



Helpful Hippie Newsletter

By Pete Zierz

I hope to help you throughout your hip journey and to build a relationship with you around common interests outside of THR.

**Good morning {{
contact.FIRSTNAME }},
Grab a cup and read on...**



Ask: This Holiday Season please support my hip vlog by clicking this [Amazon Affiliate Link](#). Anything you buy within 24 hours of clicking generates a small commission to offset expenses like website hosting, graphic design, etc.



Hip Q&A

These are some real gems

Q: Gillian had a bad experience "*I was out for a walk today (really not far) Walking down the street.....AND then when I got back I fell off my shoe Good side banging into bad side as I was taking my shoe off.....I CANNOT tell you how much it made me scream AND CRY!"*

So she asked "What shoes should I wear after surgery? Which side of the bed should I sleep on?"

A: Folks often think they need new shoes and to change sleeping arrangements after total hip replacement. Personally, I feel that minimizing change helps minimize my risk of a fall. So I wore the same shoes, though I loosened the laces, and I slept on the same side of the bed even though that put my operative side further in so things would be familiar if I had to get up in the middle of the night or in the dark.

I followed up with Gillian and unfortunately she had bought new, unfamiliar shoes for her recovery. And she was getting conflicting information from different nurses, her physical therapist, etc.

So if you feel the need to change something during your recovery, make the change at least several weeks before surgery so that you can get used to it.



My Latest Videos



What I'm Reading, Listening To, Watching, and Thinking About

Hippie Holiday Plans?

Are you and your hip planning anything special during the holidays? How is your hip, whether old and bad or replaced and new, affecting your holiday plans?

For me at 2.5 years post-op, my hip is along for the ride and doesn't really limit me. We're mostly staying close to home, but we do have a ski trip planned for December. I won't be skiing, but it's not because of the hip.

I got this recipe for spiced candied pecans from a neighbor over twenty years ago and nothing puts me in the holiday spirit better than making a batch and sharing them with friends and family. If you give them a try, let me know what you think, but be forewarned they are addictive!



Make my Day

Comments like the following make my day and keep me motivated...

"Thank you for your videos and emails. I've found them not just helpful but they've also eased my anxiety in my recovery as they let me know what was typical, what things I should avoid, and how to recognize if I'm overdoing it--which is something I'd totally do."

-Kevan

Butters (11 weeks old)

We have been getting to know our daughter's Mastador puppy Butters. At 11 weeks old he already weighs 28lbs, but he is already being trained and becoming part of the family. You can expect to see some more pics of this cutie in the future. If you'd like to share a pic of your pet, especially if they helped in your recovery, just reply to this email with a picture.





Gear you need

[Shop Now](#)

Stock up on these important items for a successful recovery.

Free Resources

[Visit](#)

You can find a lot more helpful resources on my companion website.

Win at Life

[Explore](#)

See what else I'm up to and my tips on Family, Finance, Fitness, etc.

Support Group

[Get Help](#)

Get additional help from Pete and other hippies on Facebook

Wishing you all the best in your hip journey,
Pete

P.S. Feel free to hit reply and send me a message. I read every email.



Disclaimer

I am not a healthcare professional, I speak from my personal experience with a hip replacement, from research and what I have learned interacting with thousands of individuals on social media and through my YouTube channel. This content is for informational purposes only and is not a substitute for professional medical advice, diagnosis, treatment, or care. Please seek information from a physician or other qualified healthcare provider before embarking on a new treatment, diet, or fitness program.

Links for my website, channel, social media, etc. below:



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