



## Helpful Hippy Newsletter

By Pete Zierz

Ho Ho Ho! Merry Christmas and Happy Holidays!

Good morning {{  
contact.FIRSTNAME }},  
Grab some 'Nog and read  
on...



### All I want for Christmas...

Like a 5 year-old, my list is long, but I'll be happy playing with the wrapping paper.

- Give the Gift of my Hip Vlog to someone who needs it. Be a good Elf!
- If you have your new hip, send me a holiday pic of you enjoying the holidays
- Friend/Follow me on Facebook ([click here](#))

### Make my Day

Comments like this make my day and keep me motivated...

*"Pete your channel provides some very useful info in particular for me. As a medical professional, the osteointegration stuff allowed me to have useful return to work discussions."* -Nicola

## My Latest Videos



## Hip Q&A

**Q:** Randy asks: *"I'm scheduled for my surgery in one month. One question: I'm a side-sleeper, but believe I will be able to sleep on my back. What are your thoughts about sleeping in a recliner? I did that 8 years ago when I had shoulder surgery. The only problem I see with a recliner is getting in and out of it. But at least I'd be sleeping on my back."*

**A:** Great question. I'm a side sleeper too and usually alternate from side-to-side throughout the night. Different surgeons will have differing instructions for their patients.

Mine said that I could sleep on my operated side immediately after surgery so long as I had a body pillow between my feet and legs and could tolerate it. I tried it briefly the first night, but it was too uncomfortable, so I slept exclusively on my non-operative side for several weeks which caused some strain to the arm/shoulder I was sleeping on so much. But many surgeons instruct their patients to sleep on their backs. If I were to do it over again, I would try to do that, BUT I would practice and learn how to sleep on my back for a couple weeks before surgery. **[Read the rest near the end of this email]**

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

## Facebook Jail

Yes, it's a thing and I'm currently serving time for trying to help too many people with whom I am not Facebook Friends. Basically, they have restricted my account, so you can imagine how frustrating it is when people reach out to me in a post or comment and I am unable to respond! It might help me avoid jail time in the future if you Friend/Follow me by clicking this Get Out of Jail card. TIA, Pete



## ToC All-Star Christmas Special

My wife and I have been loving this unique twist on cooking competitions and it is perfect for the holiday season. If you enjoy cooking shows, you should check it out!



## YHJ hits 1,000 Subscribers

The Your Hip Journey email system sent 160 emails today helping folks like you with timely tips and encouragement. Super proud of my little digital assistant 'Elf!'



**Wishing you all the best in your hip journey,  
Santa Pete**

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

## Hip Q&A

### A: [Continued]

Regarding sleeping in a recliner, I also did that after my shoulder surgery 10 years ago - in fact that's why we bought the recliner - but my surgeon advised against sitting or sleeping in recliners early in hip recovery because of two reasons:

1. We are supposed to get up frequently and move around and it is too easy to get comfy in a recliner for long periods of time.
2. He said that the angle of your hip when in a recliner puts strain on the implant and the incision.

And as you pointed out, the getting in and out of a recliner could be tricky and risky with a new hip, though an electrically assisted recliner can solve that particular concern. We recently picked one up very reasonably at the Habitat for Humanity ReStore and my wife loves it. She says she feels spoiled each time if lifts her up and out of the recliner.

### 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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