

Hip Tip: Walking may be the only physical therapy you need

Hi Reader,

Congratulations on completing your first week after surgery. If you need a good laugh today, watch the video below.

My surgeon said "As a reminder, formal outpatient physical therapy (PT) is generally not required after hip replacement and most of my patients recover quickly and regain their strength by walking and following a few simple home exercises, as well as those given to you before you left the hospital."

If you have questions about physical therapy after surgery, please call your surgeon's office to discuss further.

Based on some informal polling, it appears that only about 50% of hip surgeons recommend formal PT after Total Hip Replacement while 50% do not recommend any formal PT. When PT is prescribed, it can be to correct compensations for patients who waited a long time for surgery, or just because the surgeon believes in PT after any surgery. Even though my surgeon didn't prescribe any formal PT, I always made sure to concentrate and walk with a proper gait and without limping. I would only walk as far as I could do so without limping.

Your surgeon should have communicated when your follow-up appointments would occur. Your first post-op appointment is generally scheduled for 16-23 days after your surgery. The typical visit includes checking your wound, removing staples and/or sutures, evaluating your recovery progress (possibly with an x ray), and reviewing your medications.

Happy Healing,
Pete



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. Remember, you are in charge of your own health.

Pete's Hip Vlog



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