

Hip Tip: Increased activity comes with increased swelling

Hi Reader,

Make the best use of today and you will eventually see the fruits of your labor! Remember that it's normal to have more swelling as you increase your activity. Be sure to continue taking anti-inflammatory medication if it was prescribed to you to ensure your surgery success!

To help reduce your risk of developing a blood clot, please remember to take your prescribed blood thinner.

Believe it or not, I stumbled on a post where folks were talking about creative things to do with their femoral heads. That's the ball of your femur that they cut off during hip replacement. Some folks turned them into paper weights and at least one person turned theirs into a topper for a walking stick. I briefly considered turning mine into a gear shift knob, but it turned out to be too difficult to get mine from the hospital, so I gave up on the idea.

Cheers,
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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