

Hip Tip: Find support by sharing your story in Facebook groups

Hi Reader,

Remember to stay positive and focus on what you CAN do, instead of what you can't. You've got this! Believe in yourself, others do!

If you joined a hip replacement support group on Facebook, share an update. If you're not sure what to write, here are some ideas:

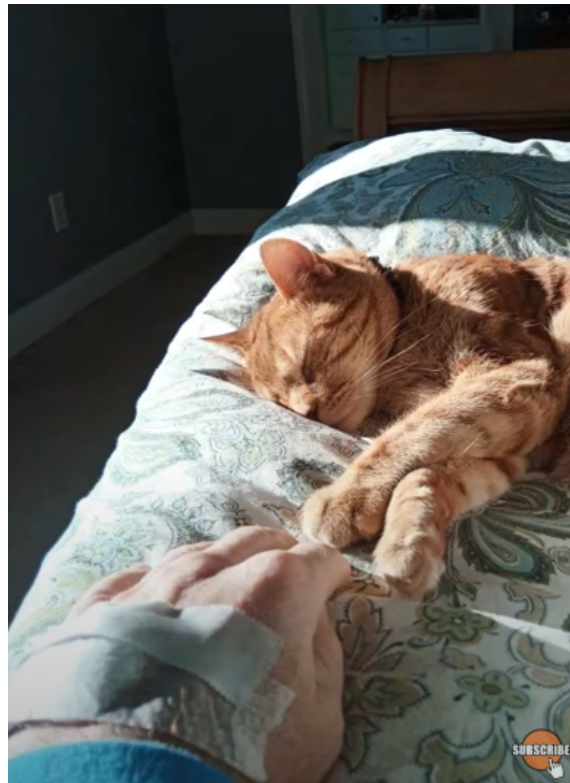
- How did you know you needed THR?
- Share the piece of advice that was most helpful in your recovery so far
- If you are a pet lover, share a pic of your fur baby (see mine below)
- What was the biggest surprise in your recovery so far?
- What is keeping you motivated to recover fully?

If you are looking for a Facebook group to join, consider these:

- My Facebook group is [Hip Replacement Support](#) ❤️📝
- A helpful group that I admin is [Hip Replacement group for Active people](#)

Also, feel free to post a comment or question on any of my YouTube videos or just reply to this email. I do my best to reply to all of these.

Thanks,
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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