

Hip Tip: Healing may take longer than some doctors say. Stay up to date on the latest research.

Hi Reader,

You should be proud of yourself! Send an email to Pete@HipVlog.org and tell us what inspires you to keep working hard after surgery. Your response will help inspire others who are recovering from surgery.

There is a lot of confusing and contradictory messaging about how long it takes to heal from Total Hip Replacement (THR). Some surgeons will tell their patients they have no restrictions after six or eight weeks while my surgeon told me that it takes nine to twelve months to fully heal.

As a doctor or physical therapist, it must be impossible to keep up with all the research in the ever-evolving medical field, so I did a lot of research and shared the results in the video and PDF linked below. This is super important as it informs how we approach recovery, so please share this with your doctor, physical therapist, or other medical professionals involved in your recovery from THR especially if they are telling you something different.

Watch the video below and share this [PDF resource](#) with your doctor, patients, family, or friends as you see fit. I hope you find this helpful in navigating your recovery.

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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