

Hip Tip: Continue walking regularly to prevent blood clots

Hi Reader,

As a reminder, these messages will decrease in frequency in the coming weeks, and they follow the typical post-operative process for most patients. If you no longer want to receive these messages, you can remove yourself from Your Hip Journey emails [here](#), but we hope you'll stay :)

My surgeon said "Remember, to help prevent blood clots, continue to take your prescribed blood thinner. Plenty of walking and still elevating to get rid of residual swelling in your ankle/calf helps prevent clots from forming too!"

Motivation and positive thinking can give you the energy you need to be successful after hip replacement surgery.

My surgeon said "In general, it is ok to start using the stationary or recumbent bike 2 weeks after surgery. Initially, you may not be able to make a full revolution, and that's ok. Gradually, as your swelling subsides, you'll be able to make a full revolution. Start with the seat high, then gradually lower it to a comfortable height."

Because of the risk of falling while riding a bike outdoors and damaging the artificial hip before you have fully healed, my surgeon strongly advised against it. So I held off until about 8 months post-op before venturing outside on a bike.

The video below can help you navigate back to the sports and activities you love. There is also a companion PDF guide on HipVlog.org. When you watch the video, make sure to post a comment and weigh in on the big debate in our family. ;)

Happy healing,



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



This email was sent to vichann34@gmail.com

You've received it because you've subscribed to our newsletter.

[View in browser](#) | [Update your Surgery Date](#) | [Unsubscribe](#)

