

## Hip Tip: Don't let your restrictions discourage you

Hi Reader,

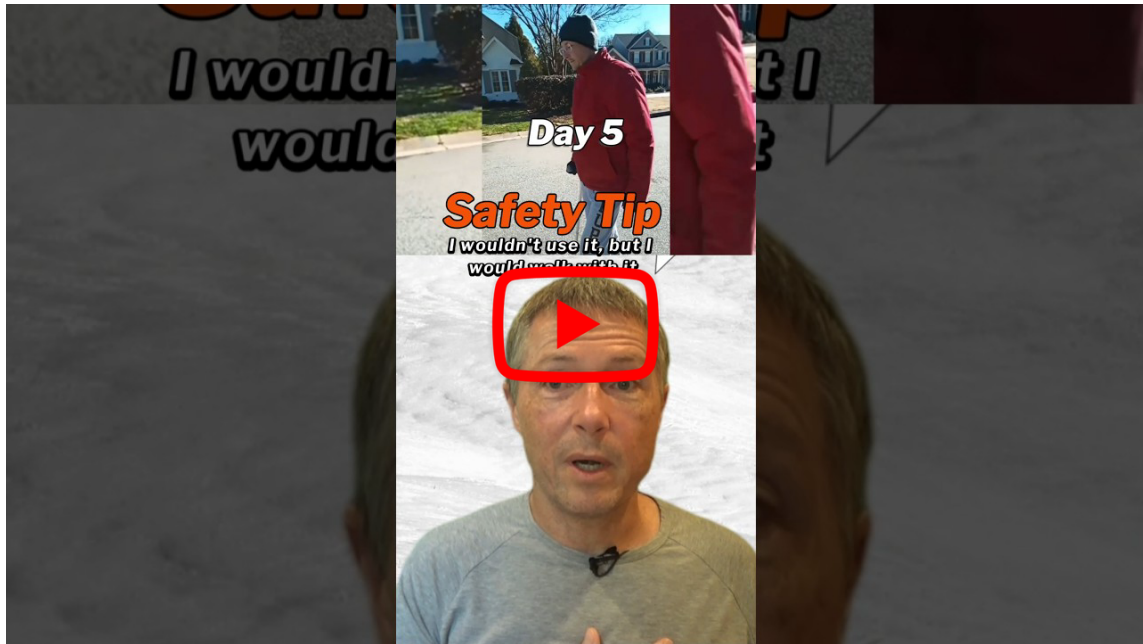
My surgeon said "It's normal to still be feeling pain. Don't give up! Focus on completing your exercises and staying positive. If you're feeling tired, it's ok to take a break from the home exercises to rest. It is normal to feel fatigued after doing a limited amount of activity. That will get better with time.

Work to develop good muscle control of your operative leg. Have someone around to be sure you don't fall if you're beginning to walk longer distances. Use at least a cane or crutch for longer walks. Remember, one long walk may be exhausting to you now, but it will get better with practice."

Even if you no longer need a walking aid, I found it helpful to carry at least one crutch with me as a warning to others to steer clear and to be careful around me. You wouldn't want to fall and damage your hip because someone did not control their overly friendly dog. The YouTube Short below covers this.

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



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](#)

