

Hip Tip: At this point, your hip implant can be worked loose with too much activity

Hi Reader,

Congratulations, you're 2 weeks into your recovery!

My surgeon said "The first 9 months post-op is the most vulnerable period for your new hip. Initial fixation of your implant is similar to driving a nail into wood. This holds well for about 2-4 weeks.

At 2-4 weeks, bone remodels to prepare for ingrowth. The process starts with bone resorption which initially weakens fixation/attachment. You can work a hip implant loose...before the bone can grow into it. The bone is racing to grow into your implant before you can work it loose. This is an easy race to win, if you listen to your hip and do not overdo it.

The key sign you are overdoing it is thigh pain. Thigh pain is a sign you are overstressing the tight wedge fixation of your hip implant.

Listen to your body and your hip! Pacing yourself is an investment you are making in the final result you obtain. With common sense, the odds are >98% you will get an excellent outcome."

Your first post-operative appointment should be coming up soon! At that visit, they will likely check your wound, evaluate your recovery progress, remove your staples and/or sutures, take an X-ray, review your medications, and update your strengthening exercises. If you have any questions write them down and bring them to your appointment.

Common questions at this stage include:

- When can I drive?
- When can I stop using walking aids?

- When can I return to work?
- When can I ditch these compression socks?
- When can I resume [your favorite sport/activity]?

Check out the video below for the answers to many of your hip recovery questions.

Warm regards,
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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