

Hip Tip: Slow and steady wins the race

Hi Reader,

There is hope! If you're not satisfied with where you are in your recovery, just remember that this is a marathon, not a sprint. The Tortoise wins the race Every - Single - Time!

It may seem far off in the future, but it might help to watch this update I put together documenting my progress and lessons learned in my first year post-op. Right now everything seems new and confusing, so why not benefit from what I've learned along my own hip journey.

Back to the Future,
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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