

## Hip Tip: Stay cautious on stairs

Hi Reader,

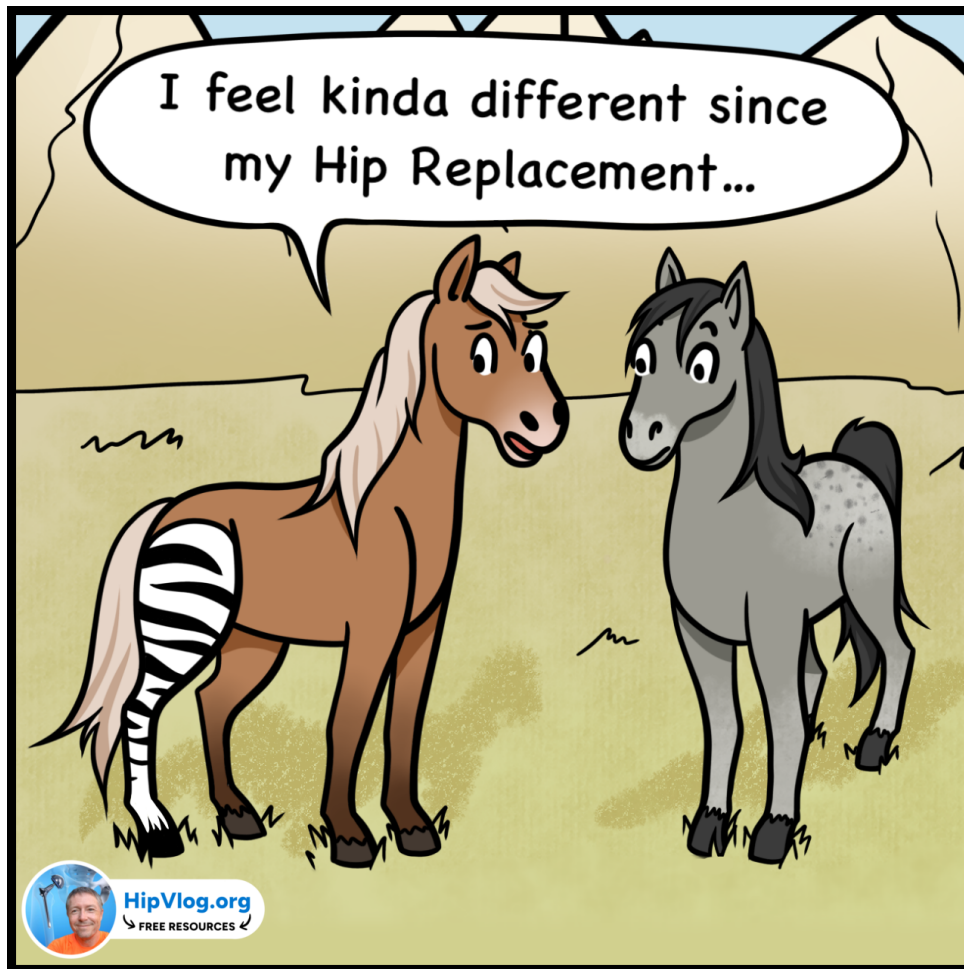
Wishing you all the best in your hip recovery journey. Keep it up!

My surgeon said "Be cautious on stairs for the first 8 weeks after surgery. **Loading the implant with walking is much safer than loading the implant on stairs.** On stairs, you are twisting the implant in the bone."

Even though I had resumed a lot of activities by this point in my recovery, I continued to be cautious on stairs. I figured it was a small concession, so I kept going up with my good leg first and down with the bad leg first, one step at a time.

Here's another cartoon my daughter drew. I hope you feel 'kinda different' after your hip replacement too, but in a good way. And if your new hip has Zebra stripes, please send me pictures!

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



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