

Hip Tip: Pace yourself

Hi Reader,

My surgeon said "Please continue to 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."

Best 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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