

Hip Tip: Pain is a warning sign, don't move in ways that cause pain to your hip

Hi Reader,

Great job, you're about 4 weeks into your recovery! At this point, you should be off of your narcotic pain medications. You may not feel 100% normal at this point but you should be getting around pretty easily and starting to feel like yourself again.

My surgeon said "After hip replacement, there is a small risk of a dislocation (hip popping out of the socket). To minimize the chance of this happening, move your hip cautiously and avoid positions that increase your pain."

My surgeon said "Patients can resume participation in low-impact activities after adequate recovery (6-12 weeks) after joint replacement. These include golf, walking, hiking, gardening, stationary cycling, swimming, and elliptical machines. Some of the best activities to help with motion and strengthening are swimming and using a stationary bicycle. High impact activities like running, jumping, soccer, basketball, and expert-level skiing should be avoided as these activities put too much strain on the replacement materials."

The video below and this free [Resuming Sports/Activities](#) guide can help you decide when and how to ease back into all the sports and activities you love. I shared this video with you last week, but honestly it is so important that I wanted to share it with you again.

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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