

Hip Tip: Laughter is the best medicine

Hi Reader,

Laughter has strong therapeutic value as it lifts our spirits and makes us feel happy.

Luanne's Funny Hip Adventure

"Not too many weeks after my second hip replacement surgery in 2024, we went on a getaway to Laguna Beach, California. My husband dropped me off at the beach while he went to check in our hotel. I sat on the beach & watched the waves and people watched. So relaxing! All of a sudden it dawned on me...how in the heck am I going to get up from this deep sand? I started scooting my body backwards with my feet and hands...pushing my beach blanket and bag...I was 30 feet from stairs with a railing where I hoped I could pull myself up. A man and his wife noticed me and asked if I needed help...I burst out laughing telling them my situation. With their guidance, I succeeded! Dumb and funny!!!"

The YouTube Short below is pretty funny too, so check it out if you want some more healing laughter.

Best wishes,

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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