

Hip Tip: Again, don't overdo it!

Hi Reader,

My surgeon said "Having had my own hips replaced, I've learned some things that might help you. Your hip will start healing immediately after surgery and your body will burn calories like a furnace. You will feel best during the first 36 hours (after surgery), but by 5-7 days, this 'furnace' will catch up with you and for 2-3 days you will feel exhausted. Complications can increase with muscle sparing operations when patients feel so good that they overdo activities and irritate soft tissue (wound, muscles) or overload bone." If you watched the video "Survive Week 1 Post-op" which I shared a couple days ago, this describes my experience to a tee.

Our hip journeys are all unique, but if you would like to see how my walking progressed from Day 1 through 4 months post-op, including when I discontinued walking aids, when I attempted my first trail hike and beach walk, you can see my progress in the video below.

Wishing you the best in your healing journey,
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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