

Hip Tip: Thigh pain is a warning sign that you've overdone it

Hi Reader,

How are you doing? At the typical age for a Total Hip Replacement (THR), our bodies are starting to show the signs of age and it can be extra confusing to try and figure out what pain is related to our recovery and what is not, so I wanted to share this cautionary tale.

At 3 months post-op, I was exercising a LOT to regain my former pre-op fitness level. While doing my ab workouts, I started to feel some shifting in my lower back opposite my new hip and this eventually evolved into lower back pain.

As the pain in my lower back got worse, I tried to figure out what was causing it. Was it related to my hip surgery, an unrelated injury, what? Initially, I thought this was just from my body adjusting to its new normal after total hip replacement, but when it didn't get better after 8 months of self-treatment, I sought medical advice. It wasn't easy figuring out the cause of the pain, but after many doctor visits, xrays, an MRI and several procedures we determined that it was DDD (Disc Degenerative Disease). It was unrelated to my hip surgery, but the coincidence really confused matters and delayed a proper diagnosis and treatment.

It never occurred to me that I had another serious problem manifesting right after my hip replacement. Participating in various support groups as I do, you see folks blaming all sorts of problems on their hip replacements. And you know what? Sometimes they're related and sometimes they're not!

Hopefully knowing this will help you in your hip journey and if you'd like to avoid setbacks altogether, make sure to watch the video below.

Wishing you smooth sailing in your hip 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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