

## Hip Tip: Eliminate Opioids and regain Fitness

Hi Reader,

Congratulations - you're 3 weeks into your recovery!

My surgeon said "By now, your pain should be much more manageable or gone completely. If you haven't already, you should be doing your best to wean off of any opioids and transition to only using Tylenol. Continue to do any home exercises you've been prescribed to strengthen your hip. Most patients are able to run errands around town and walk at least 2 blocks with the aid of a crutch or cane."

After my 2.5 week post-op checkup, I started easing into some hip-friendly exercises to begin rebuilding my overall fitness. In this video, I share the hip-friendly exercises that I was doing from weeks 3-8.

Sometimes going through something as life changing as Total Hip Replacement causes us to reevaluate aspects of our lives. If fitness hasn't been a priority in your life, it's never too late to start and combined with your new hip it will give you the highest quality of life possible. To demonstrate that it's never too late, I asked the Great Google "does exercise help elderly?" and here's what it said:

'Yes, exercise significantly helps elderly individuals by improving their physical, mental, and cognitive health. Regular physical activity is associated with a reduced risk of chronic diseases, improved independence, better balance, and a lower likelihood of falls, while also enhancing mood and cognitive function. It is safe for most older adults, including those with chronic conditions like heart disease, diabetes, and arthritis.'

As the Nike commercials say "Just Do It!" And if you do, I'd love to hear how it's made your life better. I'm rooting for you!

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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