

Hip Tip: Practice living like you just had your hip surgery

Hi Reader,

Now is the time to start preparing your home for a safe recovery. The biggest risk to your new artificial hip is falling. Remove clutter and move furniture to create large walking paths. Move essential items from low cupboards or high shelves to spots that are easier to reach. Consider making sleeping arrangements on the first floor so you don't have to use the stairs as often for the first few days after surgery. Also, make sure all areas you walk in are well lit. Change burnt-out light bulbs and, if needed, add extra light to see.

Practice, practice, practice! One of the best things you can do to prepare for a smooth recovery is to practice things you will need to do for the first weeks or months after surgery.

I put a big emphasis on pre-hab and recovery fitness and if I were to do it over again, here's what I'd do or do differently.

- Focus on maintaining overall fitness level pre-op to facilitate recovery. I wouldn't necessarily focus on things related to my hip because I don't think it was necessary. But I would, if possible, increase my walking to acclimate my body because I've never done so much walking as during my THR recovery.
- Focus on strengthening upper body because you need more upper body strength to do things early in recovery.
- Practice activities pre-op that will be a challenge post-op. Get on/off the toilet without using your operative leg, in/out of bed with leg lifter, practice using crutches or whatever you will use post-op, etc.

- If you're a side sleeper, practice sleeping on your back if possible. I ended up sleeping exclusively on one side (non-operative) and it caused some problems with my shoulder/arm.
- My surgeon said "By far and away gait training with forearm crutches is the most important activity for you right now." So grab those crutches and practice getting around doing daily activities.

Please know that initially you may not be able to provide your usual level of care and attention to your pets or children. If possible, you may want to arrange for someone to help care for them for the first few days when you return home. This is also true for yard work and your mail, which you may want to delay or have someone else manage.

Practice makes Perfect!

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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