

Hip Tip: Assess potential risk to your healing hip before trying a new activity

Hi Reader,

As a reminder, you will continue to receive post-op messages until your one year "Hip-a-versary," but the frequency of these messages will decrease significantly going forward.

Adam says:

"When I told my wife the doctor said I needed a hip replacement, she replied, 'you never were hip to begin with.'"

Please drop me a line and let me know how the Your Hip Journey email system has helped you. And please, please share my content with others so that we can reach and help as many people as possible.

Thanks in advance,
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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