

Hip Tip: Ease back into your Camel riding habit



Hi Reader,

In one of my **Helpful Hippie Newsletters**, Eve asks *"Can I ride a camel after hip replacement? I'm planning a trip to Morocco and part of the itinerary involves riding a camel in the Sahara. It will be almost 2 years post-surgery when the trip is scheduled."*

That is a question I've never heard before! So...I have never ridden a Camel, but if it were me I would not be concerned with riding the camel unless I were particularly at risk of dislocations or something. I am not. And then it would depend on what kind of ride we're talking about and how long. If you're talking a short, light tourist ride, no worries. If it's an all-day adventure type thing, I might have some reservations since it's not something I normally do. Hope this helps. Have fun and share pics!!!

What crazy adventure are you planning with your new hip?

Happy healing,
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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