

Hip Tip: Celebrate your new hip progress!

Hi Reader,

Did you miss me? I hope your recovery has been progressing well. If it has, you might be planning a big adventure to celebrate your new hip and your new lease on life!

Two months before my total hip replacement I hiked the Inca Trail to Machu Picchu with a friend. To celebrate my new hip, we walked the Camino Santiago in Spain around six months post-op. And at two years post-op I went on an epic hike with my son back to Machu Picchu and then on to Patagonia near the Antarctic!

Whatever your passion, I hope you're getting excited about resuming the activities you love while balancing this with the knowledge that complete healing can take 9 to 12 months.

If you like hiking or walking, check out this video for inspiration. Yes, that's me with a full beard for the first time in my life!

Happy Trails,
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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