

Hip Tip: You may be feeling surprisingly good, but remember not to do too much

Hi Reader,

Good morning, I hope you're feeling more rested today.

As you begin to move around more, be sure to take your time and use the techniques the therapist taught you in the hospital.

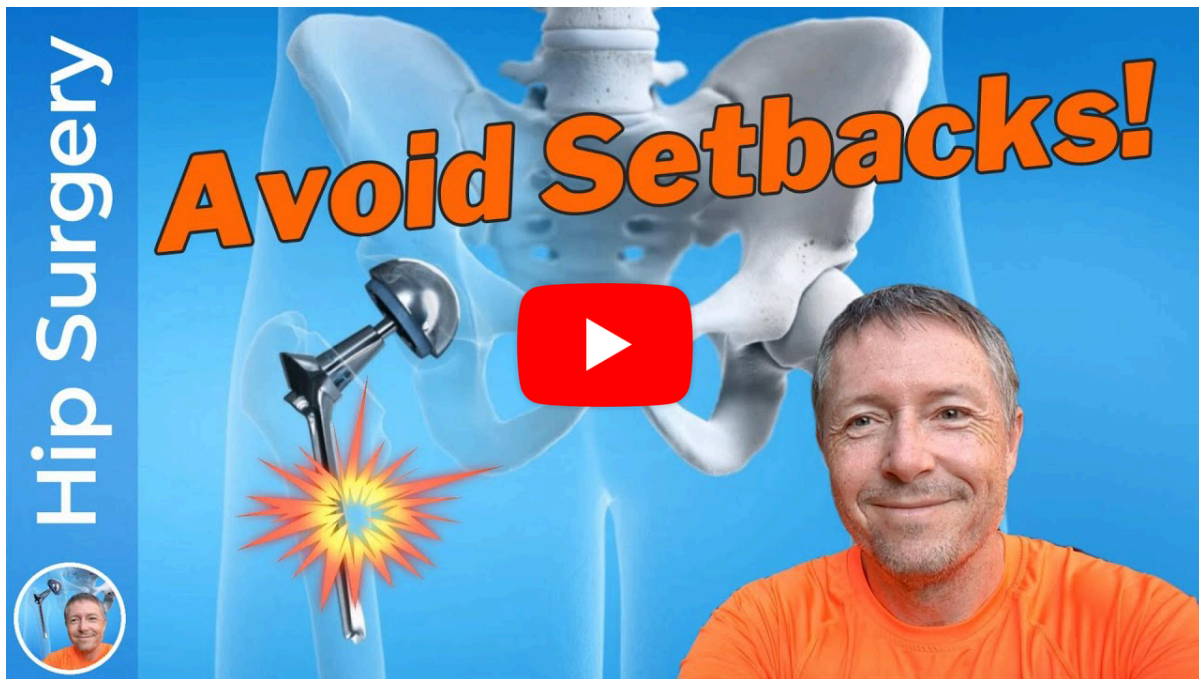
One more thing. Unless you were given other specific instructions from your surgeon, my surgeon said "you can put as much weight on your leg and ambulate as much as you can tolerate. Some increase in your pain is normal as you increase your activity. Don't ignore this pain, it's the main way you will be able to tell if you overdo it."

One of the best pieces of advice I was given was to avoid overdoing it and suffering a setback. I suffered two setbacks during my recovery and the first one was on my very first walk outdoors. I was out walking with my wife and the weather was surprisingly nice for January. Before I had even realized it, I had overdone it! Fortunately, this was a minor setback. So I rested and reset my expectations going forward. My second setback was at six months post-op and it was much more serious. If you want to learn more about avoiding setbacks, watch the below video.

Personally, I find it challenging to differentiate the normal pains caused by surgery from the pain of overdoing it. So it is probably good to err on the side of caution. My surgeon also said "Thigh pain is a warning sign that you are overloading your implant and overdoing it." So if you feel worse after an activity, or if you feel thigh pain, have a rest and reset your expectations. This applies to Physical Therapy too.

Cheers,

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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