

Hip Tip: Walking is the best therapy

Hi Reader,

You may be wondering "Will I need Physical Therapy (PT) after my Total Hip Replacement (THR)?"

My surgeon said "As you prepare for your recovery after surgery, keep in mind that formal outpatient physical therapy (PT) is generally not required after hip replacement."

Based on my informal polling and interacting with thousands of hippies online, it appears that formal PT is prescribed by about 50% of THR surgeons while about 50% do not prescribe any formal PT for their patients. Total Hip Replacement surgery is unique in that respect.

If your body has been compensating for a bad hip for a prolonged period, you might require PT to correct this, but otherwise you may not require PT although your surgeon may lean one way or the other on this topic.

BoneSmart.org says:

"BIG TIP: Hips actually don't need any exercise to get better. They do a pretty good job of it all on their own if given half a chance. Trouble is, people *don't* give them a chance and end up with all sorts of aches and pains and sore spots. All they need is the best therapy which is walking and even then *not to excess*."

My surgeon didn't prescribe PT for me after THR and you can see how my recovery progressed from day 1 through 4 months post-op in the below video.

Almost there!

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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