

Hip Tip: Find support in community

Hi Reader,

You will probably have a lot of questions before and after your total hip replacement. If you are receiving this email, then you have already found one great resource - Pete's Hip Vlog - but thanks to the internet, there are other great resources you can explore.

First, if you haven't already, make sure to fully explore Pete's Hip Vlog - the website HipVlog.org, the YouTube channel [@PetesHipVlog](https://www.youtube.com/@PetesHipVlog) and my Facebook group [Hip Replacement Support](#) ❤️🩹

Ask: I'm trying reach and help as many people as possible, so please follow me on your favorite social media platform. You can find me on Facebook, YouTube, TikTok, Instagram, Ko-fi, etc.

Facebook has a ton of support groups related to hip surgery, but it can take some trial and error to find one or two that are right for you. A large number of members does not necessarily indicate an active group because most members become inactive once they have recovered and resumed their lives. You will also find that every group has its own culture. Some are positive and upbeat while others are negative, have a lot of drama or allow a lot of spam.

For example, there are specialized hip support groups like:

- General hip replacement support
- Complications
- Young people
- Fit and Active

In addition to my own Facebook group [Hip Replacement Support](#) ❤️🩹, one of my favorite Facebook groups is [Hip Replacement group for Active people](#) where I am also an admin. So don't be a stranger, please tag me

and say hello next time you are on Facebook or even better [Follow Me on Facebook](#).

[BoneSmart.org](#) provides great information, guidance and expert resources. It was helpful for me during my hip recovery, but they do not allow folks like myself to share helpful videos, etc. So just be aware that it is tightly controlled and there is a lot of other good information available that you will not find on BoneSmart.org

Hope to hear from you on your favorite social media platform.

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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