

Hip Tip:

New activities engage your hip in new ways, so be careful

Hi Reader,

Somewhere, buried deep in one of my hip vlogs, is a clip that proves that I danced at my daughter's wedding six months post-op. If you can find it, you get the Golden Ticket! Read on as there is a lesson I'll share...

I'm no dancer. What I mean by that is that I love to dance, but I ain't got no rhythm as the saying goes. So I hadn't danced since my wife and I took ball room dancing lessons at least 30 years ago. The little dances I do in private while working out to music don't count!

If I wanted to dance at my daughter's wedding, I needed help to build my confidence! I watched some videos and my wife helped me - she is a great dancer. And I practiced and learned the Cupid Shuffle which is a lot of fun (Google it).

At five months post-op, as I was getting my groove on, I was back to doing all the things I loved before my surgery. Hiking long distances, playing volleyball for several hours, working out in the gym, etc. But when I started to dance even fairly tame, I could feel muscles and things that I hadn't felt up to this point. This taught me an important lesson:

No matter how fit you are, new activities engage your body in different ways which increases risk of injury. So ease into any activity that you don't engage in regularly.

Wishing all that life has to offer,
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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