

Hip Tip: Ease back into the sports and activities you love

Hi Reader,

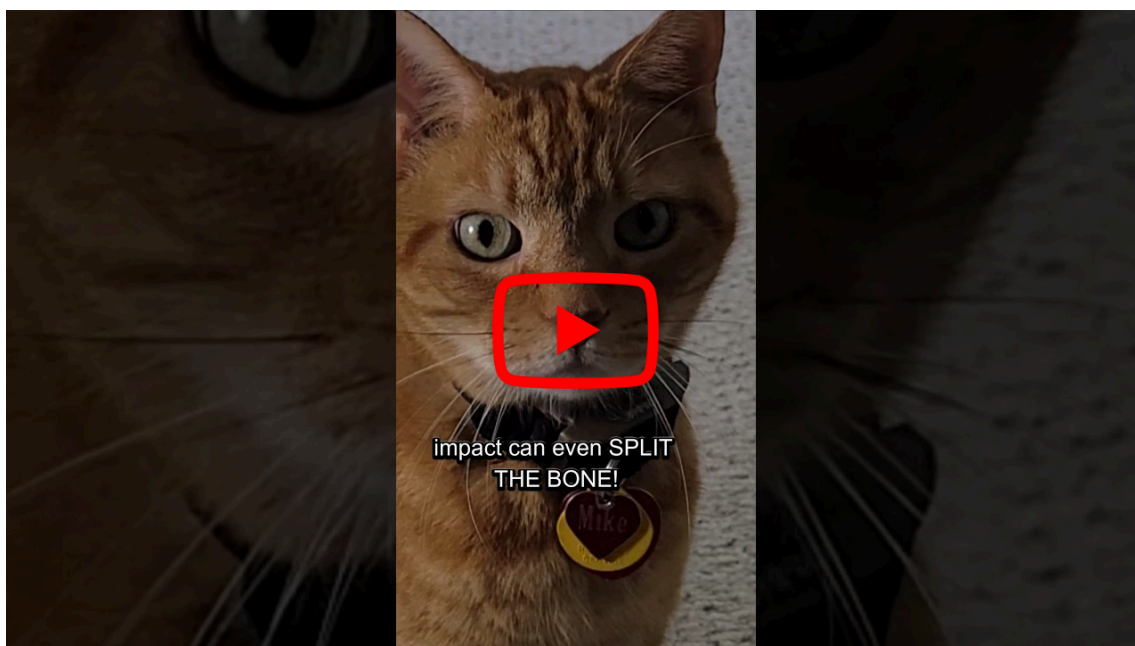
Congratulations, you're about 6 weeks into your recovery! You have made great improvements and will continue to improve over the next year. Your surgeon will probably want to see you around this timeframe and then at the 1 year anniversary from surgery.

My surgeon said "You may slowly ease back into your sporting activities at this time, but it can take some time to get back into the swing of things. Most of my patients are back to activities like walking, hiking, and stationary bike riding by 3 months after surgery but it can take up to a year. Please avoid activities that put a lot of stress on your replacement like running, jogging, basketball, singles pickleball, or singles tennis."

As you start to do more and more, it's still normal to have some pain, but this improves over the next 9 months. Listen to your hip. You won't be fully recovered until a year after surgery. Be assured this continues to improve as you become stronger and more active in the coming months.

My co-host, Mike-the Cat, has a message for you in the short video below about risky activities to avoid.

Best wishes on your healing journey,
Pete (& Mike)



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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