

Hip Tip: You know someone struggling with a bad hip

Hi Reader,

With over 5,000 hip replacements every day all over the world, I can be pretty confident in saying that you probably know someone who is suffering with a bad hip, or is already planning for hip surgery. In a bizarre twist of fate, my mom got Total Hip Replacement six months after I did and not the other way around. So please share my hip vlog with them so they have the best possible chance at a positive outcome.

At the time of our hip replacements, I was 55yo and mom was 79yo, so I got to compare her recovery with my own. In a lot of ways, our recoveries were similar. They followed the same course, but her progress was slower than mine. I guess that's only natural since healing slows down as we age. There were other factors as well. She has some health issues, is overweight, etc.

The biggest difference was that they found an infection in my mom's hip at around one month post-op and that's a pretty big deal. She had to undergo another surgery to clean out the infection and then she had to take antibiotics intravenously for six weeks and then orally for another three months. Thankfully that took care of it.

Hope you are enjoying that new hip,
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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