

Hip Tip: Remember to exercise your upper body

Hi Reader,

My surgeon said "Your goals should continue to evolve as you progress after surgery. Believe in yourself and success can be yours! Don't forget to incorporate upper body exercises into your gym routine. These can increase your overall strength and function. Focus on proper technique."

After my 2.5 week post-op checkup, I started easing into some hip-friendly exercises to begin rebuilding my overall fitness. In this video, I share the hip-friendly exercises that I was doing from weeks 9-16.

Cheers,

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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