

Hip Tip: Our hip journeys are ALL mostly the same

Hi Reader,

Most of my audience is in the USA, but I do have viewers around the world and this message is for them. First, a viewer testimonial...

Comment on "Towel trick to relieve groin pain. #painrelief #tips #tricks #howto #phy..."



M

@mioww325 • 20h ago



I had a lot of referred pain for years pre surgery, to the extent I thought I had fibromyalgia. 4 months after surgery, all those pains are gone. I wish your channel was prescribed to all hip replacement patients. It helped me (and continues to help me) more than any info I got from anyone including my surgeon. I'm in England, had my op on the NHS. THANK YOU. I recommend your channel to everyone else who is going to have a hip replacement. Off topic, I love the little horns 'growing out of your head' in this Short 😂

Regardless what country you are in, we have a lot more in common in our hip journeys than different. They all involve a similar implant, approach and surgical procedure, so my hip vlog is helpful no matter where you had your Total Hip Replacement.

A lot of my international audience is in the Commonwealth (UK, Canada, Australia, New Zealand, India, etc.), but I also have viewers in many other countries. I hold dual U.S. and German citizenship, my dad was a German, my wife is from Spain and I have worked on three continents (North America, Europe and Asia). So as a citizen of the world, I am very glad that my hip vlog can help so many people around the world.

Please help me spread the word in your country by sharing my content and if you have a suggestion for how to serve hippies in your country better, please let me know.

Cheers,

Pete (aka Pedro/Pierre/Beh-tah/Pere/Petros/etc.)

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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