

## Please feed the Algorithms

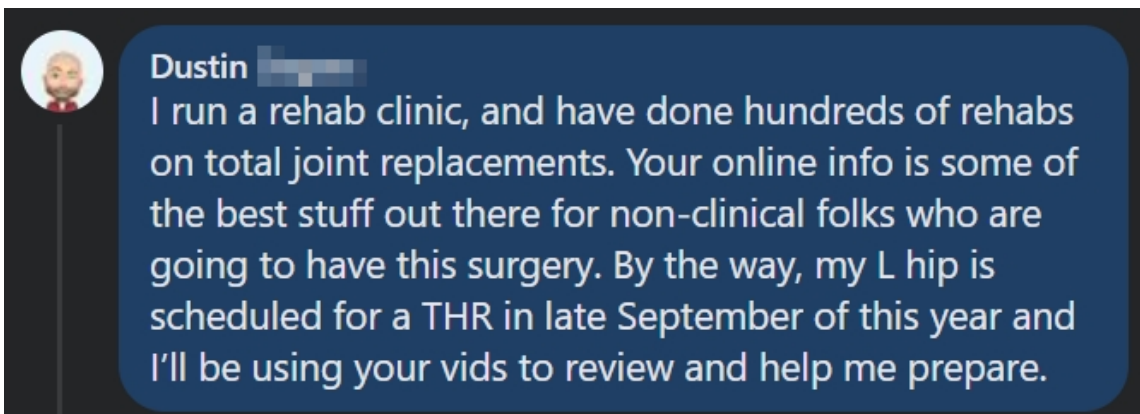
Hi Reader,

You're going to have a lot of time on your hands during your recovery. Helping others can be a great way to spend that time and can provide a big boost to your spirits. Here are some simple things you can do that will make a difference by getting my hip vlogs out to help more hippies.

- Like and Comment on every one of my videos you watch
- Follow me on other social media platforms to help me build a presence and reach people. I'm on Instagram, TikTok, Facebook, etc.
- Help other hippies by responding to their posts with links to my hip vlogs and other free resources

This would mean a lot to me. If you have another idea or are on another platform where you think I could help folks, please let me know.

Thanks in advance,  
Pete





@mickkollins  • 22 hours ago

THANK YOU Pete! This blog of yours is such a gift to so many people. There is nothing like it! You are a godsend!!  
There is more info here than most doctors or PT people will impart...mostly because they haven't gone thru it themselves. I'm getting my right THR on Aug 20...bone on bone...so good to hear that its a quicker healing time..I'm so excited to get it done..while laying up I will be watching all your videos...God Bless you and thank you!



Maggie 

Hey Pete Zierz I just wanted to say a big 'THANK YOU' for all your YouTube videos. I'm now 3.5 weeks post-op and just rewatched most of them. It's a great way to monitor how we are tracking and a reminder of what to expect. I am particularly impressed by the video on bone growth into the prosthesis and it serves as a good reminder to avoid "micromovement" and promote true union 😊

6h Like Reply Edited

#### 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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