

Remember, total healing takes time

Hi Reader,

Thanks again for signing up for the Your Hip Journey email system. As we get started, I wanted to clear up some things that I've learned by interacting with thousands of "hippies" over the past two years.

Everyone's hip journey is similar AND unique

Two things can be true at once. It is true that our hip journeys are all unique due to a myriad of factors including age, health, lifestyle, genetics, surgeon, complications, pain tolerance, how badly deteriorated our hips are and for how long, etc. It is also true that the majority of our recovery from Total Hip Replacement (THR) will be similar to others. We might just progress slower or faster than others. My goal with the Your Hip Journey email system is to roughly replicate a text-based system that my surgeon offered to me by providing timely tips, encouragement and information that should apply to most hip journeys. But when in doubt, always check with a medical professional like your surgeon.

Many approaches, similar outcomes

Back in the day when hip replacements only lasted 10 or 15 years, there were apparently some significant differences in outcomes depending on whether yours was done through the Posterior or Anterior approach. Thankfully, medical science is always improving and it is my understanding that as long as your surgeon employs modern, muscle-sparing techniques, the outcomes are very similar regardless of approach and today's hip replacements should last from 20 to 30 years. Thank you progress!

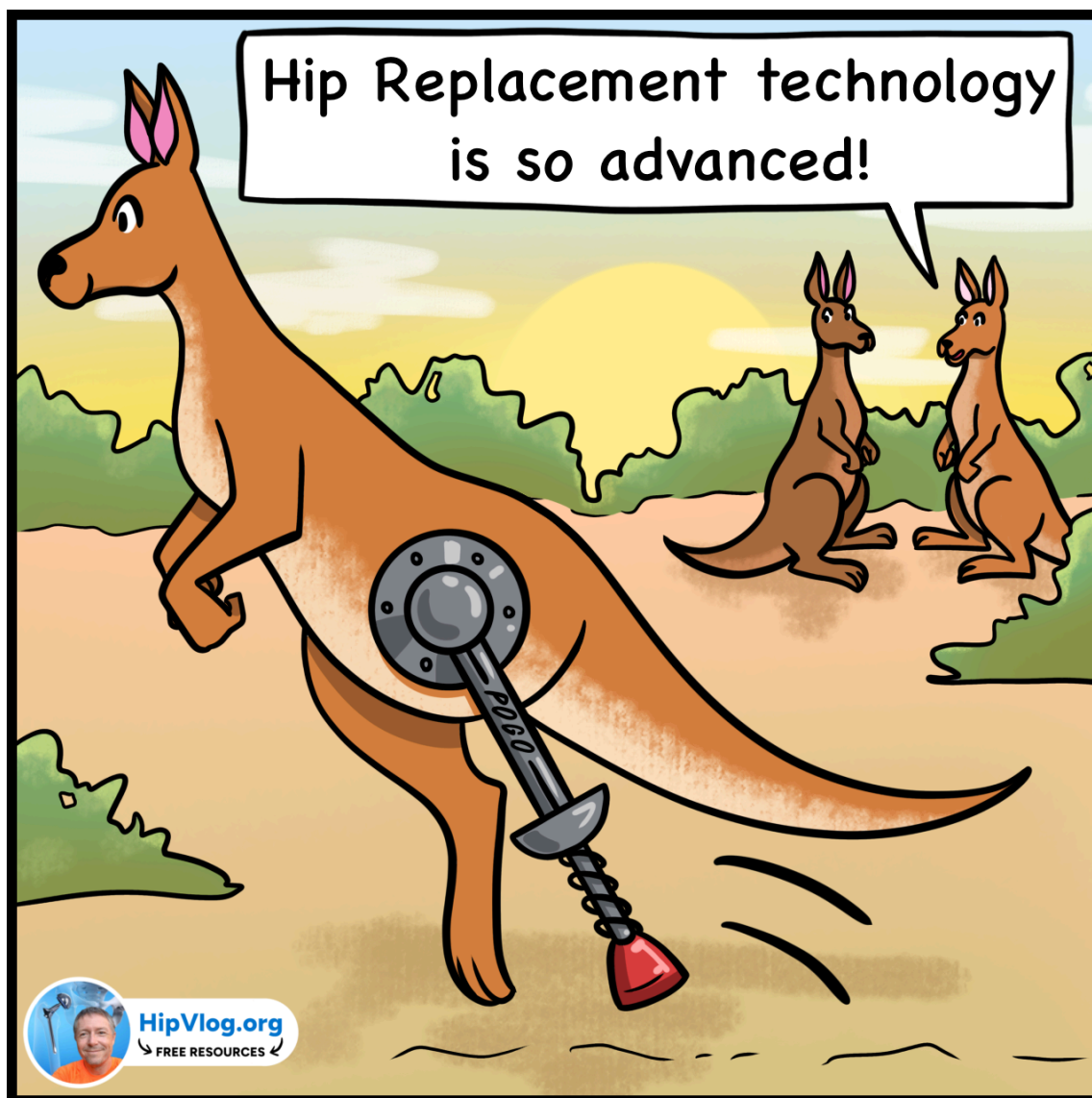
There is also a proliferation of "flavors" of the different approaches. Mine was ABMS or Anterior Based Muscle Sparing which goes in through a different muscle group than just plain old Anterior. And there are all sorts of approach variations like Superpath and robotically assisted approaches

like Mako, etc. Since there are so many variations and things are constantly evolving, it's really impossible to know if one is better than another, so I figure the most important thing is to choose a surgeon you trust with a low overall complication rate. Oh, and make sure they're staying current on modern, muscle-sparing techniques. If you haven't selected a surgeon or want to make sure you have a good surgeon, there is a bonus section at the end of this video: [How to decide whether it is time for Total Hip Replacement aka THR](#)

Osseointegration can't be rushed

Modern, muscle-sparing techniques are great because there is a lot less damage done to our bodies during surgery. But the downside is that we may feel back to normal before we have fully healed internally. Regardless of surgical approach, integration of the implant stem to your femur bone (osseointegration) still takes 9 months and other internal damage and inflammation can take a year or more to fully heal. If you feel so good that you resume some activities too soon, that can cause serious setbacks or even necessitate revision surgery one or two years later. So invest the patience necessary to allow your new hip to heal fully and properly so it can give you 20 or 30 years of useful life. You can find the research and suggestions for how to recover successfully on [Pete's Hip Vlog](#).

Wishing you the best in Your Hip Journey,
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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