

Hip Tip: Having second thoughts is normal

Hi Reader,

Many of us have second thoughts a few weeks before Total Hip Replacement surgery. This is normal. It could be that the pain feels better temporarily or maybe fear is taking over. Whatever the case may be, if you are having second thoughts it may be helpful to watch the below video to remind you why you are doing this. And if by some chance you have not selected your surgeon yet, there is a bonus section at the end of the video with tips on selecting the right surgeon. This might also help to alleviate some of your second thoughts.

Thanks again for signing up, you have found a great resource...

"Keep up the great work Pete - the information you provided was a life saver during my early weeks of recuperation. Now, I enjoy sharing best practices with others." - Carol

Ask: If you find my content helpful, please share [Pete's Hip Vlog](#) with your friends & family, share it on social media, share it with your doctor. Thanks in advance for helping me reach as many hippies as possible.

If you haven't done this already, save this email address to your contacts to ensure that Your Hip Journey emails make it to your inbox:

Pete@HipVlog.org

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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