

Hip Tip: If you can't resolve your pain, learn to manage your pain

Hi Reader,

Identifying, resolving and/or managing pain can be tricky and often involves some trial and error. The video below explains an approach that works for all sorts of injuries and pain, not just pain from a bad hip.

Hope you're not in too much pain today,
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.



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