

Hip Tip: Try to relax and recover

Hi Reader,

Congratulations, you made it through hip replacement surgery. You are now officially a hippie!

Hippie (*noun*)

A fun shortcut to refer to persons who have had
Total Hip Replacement (THR)

And did you know that technically now you are a cyborg - just like Terminator! I got this personalized plate for my car...



These are automated messages designed to help your home recovery. For now, focus on relaxing and thinking positively.

FYI – these automated messages are not monitored. If you have a medical question, contact your doctor. If you have a medical emergency, call 911 or your local equivalent of emergency response.

Have a smooth recovery,

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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