

Hippie (*noun*)

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

Hi Reader,

Thanks for signing up for the Your Hip Journey email system. Over 2,000 Total Hip Replacements are performed EVERY DAY in the United States alone, so 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 spread the word.

To ensure that Your Hip Journey emails make it to your inbox, save this email address to your contacts: Pete@HipVlog.org

As a bonus for signing up, I've included the **Hip Journey Roadmap** below and hippies are loving it!

"Your Roadmap's data and clarity around Step 5 - 9 months for bone healing, is really helpful. My physician loved it." - Fred

Your dedication to your health is inspiring! These are automated messages designed to help you along your hip journey and are informational only. They are not a substitute for professional medical advice, so if you have a question, call a medical professional like your surgeon.

This system relies on the accuracy of the surgery date you entered to provide timely and helpful information. You entered 11-12-2025 as your surgery date. If that is not correct, please update it [here](#).

This system covers the timeframe from one month before surgery to your one year post-op "Hip-a-versary!" During the most critical period, from

two weeks pre-op to four weeks post-op, you should receive daily emails.
If you do not, please reply to this email so we can troubleshoot.

Wishing you the best in Your Hip Journey,
Pete



Thank you for joining Pete's Hip Vlog, download this handy hip replacement Roadmap for free!

It can be used as a phone background, or print it out and put it on your refrigerator as a daily reminder.

"I printed it out and I'm giving it to my physical therapist when I return to regular sessions with him, post surgery. Thank you so much for this!" - Susan

Get the Roadmap

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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