



## Helpful Hippy Newsletter

By Pete Zierz

How can we help a million new hippies this year?

Good morning {{  
contact.FIRSTNAME }},  
Grab your cuppa and read on . . .



**Thank you for being part of the Pete's Hip Vlog community!**

**Ask:** Please share my hip vlogs on all your social platforms so the algos will allow me to help more hippies. I've made it easy - here are all the links to explore and share:



### Send me your Questions

Got a burning question? I'd love to address it in an upcoming Helpful Hippy Newsletter. You can reply to this email anytime with your questions. Anything is fair game.

### Are we all really that different?

True, everyone's recovery is different, but some things remain the same for all Total Hip Replacements (THRs) regardless of approach, robotic assistance, etc. There is a lot of research of fracture healing and the six week healing timeframe is probably based on how long a fracture to a bone's outer layer, known as **compact or cortical bone**, takes to heal.

But your implant stem needs to integrate with the much softer interior bone known as **spongy bone** or cancellous bone. These two types of bone heal very differently.

Medical Errors is the third-leading cause of death in the U.S. after heart disease and cancer, so maybe our medical professionals don't always get it right... Here's a different recovery from a recent post:

*"This is just some advice from someone who has had 2 hip operations and the second dislocated 6 times... Please please everyone, don't try and get back to normal too quickly... Walk when you can but don't get on a horse/bike, or go for a run, you are not the same person any more, you've had major surgery. It will come back, but don't rush. Remember: more haste, less speed."*

In surgery, they will saw off your Femur's Head, they will ream out (drill) the center of your Femur and they will insert the implant stem - sometimes forcefully into the spongy center of your femur. The vast majority of modern THRs are done without screws or cement, so they rely on the bone eventually growing into the implant to create a solid fixation (osseointegration). But how long does that actually take?

After surgery, the body's natural healing processes take over and bond the implant to the bone. But did you know that about two weeks post-op your body will actually absorb some of the bone, weakening the bond with your implant? It's called resorption and it is part of bone healing. Until the implant has fully osseointegrated with the bone, some motions can interfere with the bonding process.

I don't claim to have all the answers, but this video shares the best research I've been able to find on this often misunderstood subject, so I hope you find it helpful in navigating your own recovery. <https://tinyurl.com/osseointegration>

## My Latest Videos



## Resource Links

- [My Amazon Affiliate shop](#) for the gear you need pre- and post-op
- [HipVlog.org](#) is my companion website with lots of additional resources
- Join [Pete's Hip Vlog on Facebook](#)
- [Win at the Game of Life](#) - my other channel with tips on Family, Finance, Fitness, etc.

## What I'm Reading, Listening To, Watching, and Thinking About

### My Beach Body Challenge

I've lost 9lbs in 4 weeks, but the temptation this past weekend derailed me a bit. Never fear, we'll turn these lemons into lemonade and use this as RESET. Otherwise things are progressing according to the same plan that's helped us maintain healthy weigh for over 30 years! Many of us gain weight waiting for hip surgery or during recovery, so if you haven't followed my challenge so far, I hope you will start now. I'd really appreciate the support. You can [follow my progress on my Facebook profile](#). Thanks in advance!

### Last Will and Testament

Morbid, huh? Not really. Having your affairs in order is actually saying "I Love You" to the loved ones you will leave behind. Having lost our parents recently, we see how stressful it can be when your affairs are not in order, so we're committed to making this as easy as possible for our loved ones. With our children grown, we've entered a different phase of life and so our estate plan needs to be updated. This will be the third version with about 10 years in between each. Are your affairs in order?

### Japan

My buddy Fernando, his wife Claudia and I are planning a trip to Japan this October. I'm really looking forward to it because my daughter and I had planned a trip to Japan to celebrate her graduation, but the COVID lockdowns killed that trip. Japan has such a quirky culture. We're going to dress up like characters from the video game Mario Kart and drive go-karts around downtown Tokyo!

Best wishes for your hip journey,

Pete

P.S. Feel free to hit reply and send me a message. I read every email.

**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.

Links for my website, channel, social media, etc. below:



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