



Helpful Hippy Newsletter

By Pete Zierz

Wanna pay it forward and help me spread the word? I want to help everyone going on a hip journey, so I am looking for Hippy Helpers to share my hip vlog and reach a million hippies. [Email me!](#)

**Good morning {{
contact.FIRSTNAME }},
All Hands on Deck!**



Ask: Please forward this newsletter to at least one person who needs it.

Offer: If you received this newsletter from another, you can [subscribe here](#).

In this issue...

A big Thank You to the Anonymous supporter of Pete's Hip Vlog last week who [bought a Ko-fi](#) (say "Coffee"). This will help offset [my expenses](#). Thanks for your support!

We've all heard of AI, but it's affecting the world in surprising ways. Just check out this comment I received on YouTube. More thoughts on AI below...



@PraiseTheLord247 • 21 hours ago

This is AI he wouldn't have a hip replacement model behind him

Reply

0 replies ^



@PetesHipVlog • 0 seconds ago

Wow and I thought I was sceptical. Nope, that is an actual physical model that I bought that sits on my actual bookshelves. If you watch some of my other videos, I actually use it to point things out. So were you watching my hip vlogs to help in your own hip journey, or?

From the Mailbag

"Hi Pete, Well, the first 10-14 days sucked. I was expecting that. Progressively it has gotten better. 2 week post-op got a 🍊!"

Been working with both a Physical Therapist I've known for a long time and a Personal Trainer/Massage Therapist. They are both top-notch. The hip is responding well! Still on a cane, but doing more short stints without it. Driving has been fine so I've done a lot of that. Appreciate the support, humor and information. It's been invaluable. Living my best Palouse life! ." -Jim



Send me your Questions

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

6 months post-op: Should I push through or back off?

Q: *"Hi Pete enjoying your vlog! I'm a very active 66 year old six months out of three operations on the same hip due to prosthetic joint infection – so I'm on a very drawn-out timeline for recovery. Sidenote: the very first interior placement went very well and I was literally dancing at about 2 1/2 weeks and then the infection set in.*

So here I am at six months post-op and really having trouble getting going because the inflammation seems to ramp up severely upon even biking 6 or 7 miles or walking 2 or 3 miles. I'm now doing some pretty mellow Pilates, and that seems to be OK. I'm wondering did you feel a certain heaviness or stiffness in your joint when you were wrapping up exercises and if so what did you do - back off or stop or push through? - James

A: Hi James, Thanks for the email, update and question!

First, sorry you had a rough time of it with the infection...I know that can be rough.

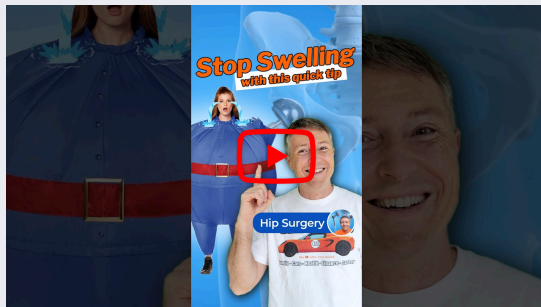
As you may know, I suffered a serious setback around six months post-op, but my symptoms were different - primarily thigh pain - the Dr. said it was bone inflammation...internal and nothing I noticed visibly. To allow that inflammation to heal and fully subside required me to drastically reduce my activity level for a couple months. I mention this just to emphasize how long it can take for inflammation to fully resolve, not to suggest that you are also suffering from bone inflammation. My surgeon told me the inflammation from my THR surgery could take a year or more to fully resolve. The other thing I understand about inflammation is that it predisposes one to additional inflammation (flare ups). It sounds like maybe you have some ongoing inflammation that this level of activity is causing to flare up.

WWPD: What would I (Pete) Do? If it were me, I would take a break of several weeks - maybe reducing my activity level by 75% (that's a 75% REDUCTION) - that's what I had to do with the bone inflammation. Then I would S-L-O-W-L-Y increase my activity level over the following six to eight weeks, but if I noticed any of the same symptoms, I'd ease back off and maybe take another break.

The other thing you might consider is a course of anti-inflammatories. That was another thing I did to alleviate the bone inflammation, but my surgeon cautioned me against using that as a mask to allow me to continue at my then-current activity level. I assume he sees that with patients and then their problem persists or even worse, becomes chronic. I assured him that I would back off my activity as we'd discussed. I hated having to take that huge step backwards, but I'm in this for the long haul, so I did it and things have been good since.

Hope this is helpful. Please do let me know how things go and whether any of this ended up helping. Good luck sorting this out!

My Latest Videos



Numbness episode 2

Lin: "Hi Pete, I am 6 months post-op, and your vlog has been so helpful and supportive the whole way. I still love getting it and eagerly open it up when it comes up in my emails.

I do have a concern ... the on-going pain (and numbness) in the outside thigh of my hip replacement. This pain had really subsided about a month after surgery, but gradually started up about a month later. The pain is not at all constant - it is just when that area is touched. I rub up against something, etc. and I still have some numbness but that doesn't bother me.

I had a 3 month checkup with my surgeon and he said what I am feeling is normal. But since it is still happening, I feel more concerned. What do you think? I am walking normally, gardening, walking the dog, etc., but not really doing any "serious" exercising. Could that be a reason for the ongoing pain? I do massage the area regularly to breakup any possible scar tissue.

Thank you for any thoughts, and once again, your vlog is woo!" -Lin

Pete: Hi Lin, Thanks for the kind words, I'm so glad my hip vlog and email system have been helpful in some small way in your hip journey. :)

I guess it's possible that it's normal, but I don't like that you still have this pain at 6 months post-op, nor do I like the fact that it started up about a month post-op. So I think you've been patient and it may be time to press the matter with your surgeon or seek a second opinion. While I can't offer any specifics, I can share some thoughts/concerns:

- My surgeon always said "pain in your thigh is a sign you are overstressing your implant." Normally I take 'thigh' to mean the front/quad muscle and I'd call the side of the thigh the hip. Does that sound right?
- I suffered a setback at six months post-op that was diagnosed as 'bone inflammation.' Sharp pain in my thigh/quad. You can watch my video on "[Avoid Setbacks](#)" for a more thorough explanation.

- Being tender to the touch is perplexing. That makes me wonder if there's an infection. Infections can be sneaky and hide for very long periods of time. I've known hippies who struggled for several years with infections. The other thing it reminds me of is when my wife broke her leg...they put some plates and screws in her that hurt when she bumps them against something...but in a hip replacement I'm not aware of any hardware that could be touched from an external bump...do you have screws or something else that were put in during your hip replacement? How does your surgeon explain this? What does he/she say is causing this pain when touched?
- If I were experiencing this, I might try discontinuing the scar massage and take some prescription NSAIDs for a few weeks to see if perhaps this is somehow related to inflammation or inflammation of a nerve. And I would press my surgeon for a more thorough explanation and perhaps some additional testing or an MRI or prescription for PT to see if that might improve things.

Is any of that helpful? Best wishes figuring this out. It can be maddeningly difficult to determine these things sometimes.

Lin: *"Thank you so so much for your long, thoughtful reply, Pete. Really helpful and insightful. Everything you said makes sense to me.*

I think I will try the NSAID route for 2 weeks and if no improvement., schedule an adjustment with the surgeon.

You have set my mind more at ease, as well as a good place forward. Thank you again. It means so much. " -Lin

Resource Links

- [My Amazon Affiliate shop](#) for my Hip Kit, Book Club and Weight Loss products
- [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

New Seasons of my favorite shows

Just started watching Season 4 of [Reacher](#) on Prime.

[House of the Dragon](#) released a new season and it does not disappoint (so far).

Sadly, I finished watching the series [Deadwood](#). It was quite crude, but I enjoyed seeing one interpretation of the wild west during the gold rush era.

Artificial Intelligence (AI)

The below comment reminded me of all the ways AI is affecting our lives. People have lost jobs, some are more sceptical of content, I'm seeing reduced views and watch time on my content - I assume because of the flood of AI-generated content, websites are being crashed by AIs downloading EVERYTHING all at once, etc. While I've toyed with the idea of using an AI to build a Pete's Hip Vlog app and occasionally use it to generate ideas or an image, all of my content is PI, not AI. That's Pete's Intelligence for what it's worth LOL. I did find this article about AI very interesting though: [What just happened to TheNumbers.com should worry us all](#)



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Watch this if you are NERVOUS about HIP SURGERY



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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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