



Helpful Hippy Newsletter

By Pete Zierz

A big Thank You to Jim and Veronica for supporting Pete's Hip Vlog during the month of July by [buying a Ko-fi](#) (say "Coffee"). This will help offset [my expenses](#). Thanks for your support!

**Good morning {{
contact.FIRSTNAME }},
Meet my Mom!**



In this issue...

This is my mom after her Total Hip Replacement...I think maybe the narcotics haven't worn off yet. ;) Even though she is 23 years older than I am, we both had hip replacements within six months of each other, so I learned a lot through our very different hip journeys - hers, unfortunately, included an infection.

I received a LOT of questions, so I'll share some of those in this issue as well as some inspiration, my latest videos and other things rattling around in my brain.

From the Mailbag

"Dear Pete,

I just wanted to say thank you for all your emails pre and post hip op. They have been immensely useful - I was terrified about my op and found your Facebook page and then your vlog, and signed up for the emails. I am so grateful that you take this time to share your journey to help others.

I will be recommending you to others and more than happy to purchase products through your page from Amazon." -Catherine

Dear Catherine,

Thank you for helping spread the word...I know I'm currently only reaching a small fraction of hippies, so every share helps. Also, thanks for the Amazon assist.

Anytime you're planning to buy *anything at all* on Amazon, if you click the link below before shopping, I'll get a small commission to help offset expenses. You just have to make your purchases within 24 hours of clicking this link:

[Click this link before shopping on Amazon](#)

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.

1Month Post-Op and I've got some questions!

Q: "Hi Pete, Welp, I must say that your videos have been a valuable asset in my recovery. I couldn't have done it without ya. Well, I probably could have, but it wouldn't have been as much fun. Currently my pain # is 0. It spikes to about 4 at night while trying to find my "spot" to sleep. I still have my right hip awaiting surgery sometime in late August. To be sure, I will readjust my surgery date in the Your Hip Journey email system when finalized.

My post-op pain was nowhere near my expectation. You had said in one of the videos to 'Keep ahead of the pain'. I was pretty successful in doing that with Tylenol and Oxycodone, trying to limit the Oxy to one a day. By the way, the pain I was experiencing for 2 years from 2 bad hips FAR FAR outweighed the pain of the surgical recovery. I guess I should have done it sooner. (Do ya think?) See Pete, I'm 75 years old, but I still try to do stuff that I did when I was 35. That issue is a work in progress.

I do have a couple questions and/or concerns for you if you don't mind.....I have a problem with picking up stuff from the floor. It seems like I just can't bend over far enough. I'm only 5'3". I need either longer arms or shorter legs. Did you have any issues like that? Maybe the new hip isn't broken in yet. I did get one of those 3 foot long gripper things but they have a problem picking up dropped ice cubes from the kitchen floor. I have to play hockey with the cube and kick it towards the chair and use the chair to get to the floor to retrieve the cube.

Another issue I have is when I get out of bed in the morning there is no pain in the hip but it is very very stiff. I have to take baby steps to get going. I feel like the Tinman in the Wizard of Oz looking for his oil can. Ever happen to you?

Keep up your Damn good work with the vlog. I appreciate you." - Harry

A: Thanks for the kind note, update and some laughs. You have a great sense of humor and that's a great asset when recovering from something like this (or suffering with pain from a bad hip).

In terms of picking things up and bending, you're still very early in recovery from major surgery at 1 month post-op, so I wouldn't worry too much about it yet. I think healing has different stages. In early recovery you want to protect your hip and let all the supporting muscles, tendons, ligaments, joint capsule heal to avoid dislocation and other complications. You may not have full range of motion (ROM) at this point. Some do, some don't. There's also a phenomenon called muscle guarding where the body restricts it's motions due to pain, etc. in order to protect against further injury. Then there's also scar tissue that can restrict ROM.

I remember distinctly a few months into my own recovery when I had resumed playing some volleyball that during one game there was a brief, sharp pain, but it went away quickly. There's no way to know for sure, but I believe that was scar tissue releasing. Often times muscle guarding, scarring and other things that limit ROM will get better with time, but sometimes you need to be intentional or engage a PT to help you regain full ROM. It just depends. Hope this helps on this front.

In terms of stiffness when first getting up in the morning, that's perfectly normal and should get better with time. At 75 the most important thing to monitor is if things are improving week-by-week or month-by-month. Did I mention this is major surgery? It can take up to a year to fully heal internally even though externally you look 100% much sooner and feel like you can take on the world! If you try the oil can, let me know if that works for you. ;)

Regarding the ice hockey, you could try the Golfer's bend - google it. This is typically recommended for hippies as a way to pick things up without bending the operative hip joint. Wish you all the best!



My Latest Videos

Fit for Life 411 is for *everyone*, not just hippies, so I hope you'll share it with anyone looking to lose weight or maintain a healthy weight and fitness. If you found my hip vlogs helpful, you will love this simple plan. I want to help you and yours get fit and stay fit for the rest of your lives! You can do it *'with a little help from your friends.'* -Beatles



Numbness and Nerve Damage?

"Pete, Your advice is priceless and I love the encouragement I get from reading the progress others are making. I am increasing my walking by ten percent every two weeks and I am very pleased to say I am up to three miles a day, six days a week.

Q: *My question is about the funny numbness I have felt in my leg almost down to my knee. I've had it since my surgery. Is that normal? How long will it last (average). I would appreciate any advice you can give me and comments from others."* - Abigail

A: Thanks for the email, the kind words and for the question! Sounds like you're doing well and safely increasing distances, etc. My understanding is you're about 3 months post-op. 'It Depends' is the answer to this and so many questions I'm afraid. Personally, I never experienced this, though now at 3y post-op I have a little numbness in my upper

groin area near the operative hip. However, I have read many, many posts of hippies with numbness of all sorts in all sorts of locations. My understanding is that this is often caused by nerve damage during surgery and that it is never intentional, so it depends on the nerves affected, how severely they were affected, etc. Sometimes the numbness goes away quickly, but sometimes it never does.

WWID: What would I Do? If it were me, I'd definitely talk to my surgeon. I'd also try to be patient to see if it heals by itself eventually. Are you seeing any improvement in the numbness week-over-week, or this month vs. last month? Hope this helps and that your numbness goes away soon.

2 Months Post-Op:

i Pete, You want questions, I can help! My anterior right hip replacement was May 19, I had knee pain before the surgery, though it went away afterwards, actually that's because I was sitting around, healing up, now that I'm trying to live a normal life and get out walking again my knee pain is ferocious, it's on the outer knees, runs down the outside front of my leg around the outside of ankles and top of foot, some say this will go away others say you got to go back to the doctor, what are your thoughts? Before the surgery another doctor wanted to do a back ablation because I do have some issues going on with my lower spine. And I still feel pretty fatigued since the surgery like I run out of energy pretty quickly and rest a few times throughout the day and with my knees hurting so bad, I want to sit or lie down anyway. Thank you." - Sherry

Thanks for the assist Sherry! LOL! Sorry about the knee pain.

Q: *At two months post-op, I have a lot of knee pain in both knees and I also feel exhausted and have to rest several times a day. What are your thoughts?*

A: The easy thing to address is your exhaustion. That's completely normal. You just underwent major surgery and while things might look pretty good on the outside and you may be capable of a lot of normal activities, your body is still working hard to heal and that may continue for up to a year. If you don't see improvement in this month-by-month, I'd check w/my surgeon to see if you have something else going on like an iron deficiency.

Re: the knees, you mentioned it's both knees and that they both bothered you before your THR, so I'm *guessing* it's mostly unrelated. THR is a brutal surgery with hammering of the implant stem into your operative leg, so I have read reports where hippies have suffered knee injuries from the surgery. So it's possible this made your operative-side knee feel worse. There's also the fact that your body mechanics have likely shifted now that you're a **cyborg** and that could be causing your knees to act up. Not to mention our bodies can only process so much pain, so it's possible that you just feel your knee pain more now that the hip pain is gone (or less).

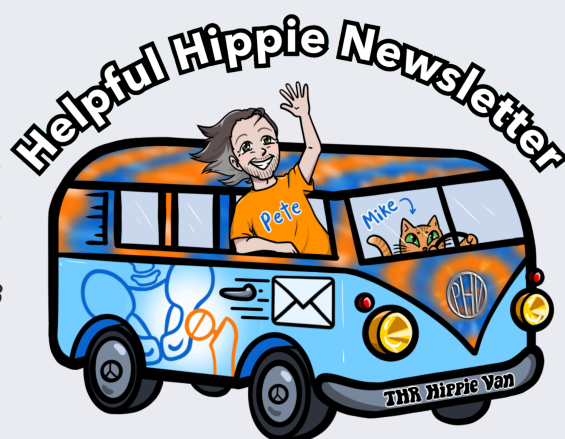
WWID: What would I (Pete) Do? If it were me and my knees, I would get xrays and perhaps an MRI of the knees if you haven't done that recently and I would talk to my surgeon about how to address the knee pain. My knees are in decent shape, so I don't know too much about knee problems, knee replacement, etc. Hope this helps and please let me know what you find or do. It helps me better answer the next person.

PS I forgot to touch on your lumbar issues. I've got DDD (Disc Degenerative Disease) in the Lumbar 3/4/5 vertebrae that causes lower back pain on my left side. I'm not sure if/how that ties in to your knee pain, but before an ablation (of which I've had several with varying results) they should be able to do a diagnostic shot...basically an anesthetic to the area they think is the source of the problem. If you feel immediate relief where the pain manifests, that's generally seen as confirming that it's the source of the problem. Did the ablation doc mention anything like that?



3 Months Post-Op: Full of Hope, not Pain

Dear Pete, Thanks so much for your humourous youtube content and vlog. It helped so much to prepare my bedroom and wardrobe, get proper equipment and release fears in my mind & get on with the healing! Tomorrow I get back to the factory floor at 68 yrs. old (since as a previous music artist, I can't afford to retire or go on vacation). Full of life and hope instead of unbearable pain. Thank you again, all the best brother hippie, peace! - Betsy



Happy 1-year Hip-a-versary!

Hi Pete, Thanks for your message. Even though I imagine it's an automated message, I really appreciate it. I am excited about my 1 year anniversary, even though no one else in my daily life seems to be. Getting back to doing things that bring me joy is the best thing about my THR, playing Pickleball with friends, hiking in the woods, and even putting on my socks pain free and with gratitude. Best and many thanks. -Trish

A: Hi Trish, The email might be automated, but I reply to every email. Thanks for the note and update. I'm glad you're doing well! - Pete



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

Settlers of Catan

I love playing Settlers of Catan and it has recently made a resurgence especially with younger people in their 20s and 30s. So I've been playing a lot and have even figured out a variation we call MEGA Catan which can accommodate up to twelve players on a single game board! This pic is from a nine-person Seafarers game and since we didn't have enough meeple sets with ships, my son used almonds! The engineering mind....



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.

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