



Helpful Hippy Newsletter

By Pete Zierz

Want a Live Q&A opportunity? If you want to submit questions or join live, [Email me!](#)

Good morning {{ contact.FIRSTNAME }},
I guess it's a good thing AI doesn't design our implants!



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...

There have been a spate of hippies requiring revision surgery on the forums, so this issue is dedicated to understanding and AVOIDING aseptic loosening and revision surgery.

So much to be thankful for. I just discovered that I have 10 members of my YouTube channel?! YouTube is great, but as a content creator it sure is complex, so I didn't realize that some hippies had signed up. Thanks for your support! I really appreciate it and will look at ways to reward you with exclusive members-only perks and previews. If you'd like to support Pete's Hip Vlog, you can [join Pete's Hip Vlog here](#).

Your members



Filter

Member	Current level	Total time on level	Total time as member	Last update ↑
@MichaelG-p7i ★	Hippie	2 days	2 days	Joined • 2 days ago
@CraigPrentice-h4z ★	Hippie	22 days	22 days	Joined • 22 days ago
@SheilaF-y2f ★	Hippie	1 month	1 month	Joined • 1 month ago
@janetmw6797 ★	Hippie Hero	2 months	2 months	Joined • 2 months ago
@AmandaBarry-f7l ★	Hippie	3 months	3 months	Joined • 3 months ago
@evanshaw1000 ★	Hippie	5 months	5 months	Joined • 5 months ago
@ronaldcobbs5260 ★	Hippie	5 months	5 months	Joined • 5 months ago
@kathlinfeuerstein6... ★	Hippie	5 months	5 months	Joined • 5 months ago
@linreuther6453 ★	Hippie	6 months	6 months	Joined • 6 months ago
@melaniefesmire-m... ★	Hippie	10 months	10 months	Joined • 10 months ago

I've been asked to do a live Q&A, so we are currently planning that. If you have any questions that you'd like me to address in the live Q&A, or if you would like to join one of our first live Q&As, [Email me!](#) Once we have ironed out the process, these will be more broadly publicized and then scheduled regularly.

The first video below is so important and thankfully one of my most popular videos. It explains the common misconceptions about the healing timeline after hip replacement and how to **avoid aseptic loosening** and revision surgery! The second video is my first attempt at an ASMR video. If you like ASMR or just want to ogle a beautiful car, I hope you'll check it out or forward it to you car enthusiast and ASMR friends.



I need Revision Surgery 1 year post-op THR!!!

"I had THR RIGHT SIDE in August of last year. I am now needing to have revision surgery on the same hip due to the stem loosening/separating from the femur." - Gayle

Pete says: Aseptic loosening is a tricky thing because it is hard to know whether the activities we're engaging in during recovery are causing it and we often don't feel the symptoms until a year or two later. So when I see posts like this one, I try to gently probe the poster to understand what may have caused their aseptic loosening. My goal is always to become better informed to help other hippies avoid these problem because who wants revision surgery! Here's what Gayle told me:

"I had my THR last August, by October I was back in the gym. I will never forget October 31, 2025, at 12 weeks post-op my gym coach had us doing different exercises, 31 of each. Well, one of those exercises was Kettle Bell swings. I probably did about 93 Kettle Bell swings that day 🧑🏿🧑🏿 The next day I started feeling that hip pain in my back, and it's been all down hill since. Aseptic loosening takes a while to show up in an X-ray. After this started, I went to see my surgeon in November of last year and the x-ray showed nothing, but 9 months later in August of this year it showed loosening. I will definitely look at your video."

There are so many people out there, including medical professionals, claiming THR is healed after six weeks and then one has no restrictions. This is simply not true regardless of approach, robot assist, "we are all different," etc. Please watch this to avoid a problem yourself and please share this video whenever someone mentions being healed or having no restrictions six or nine weeks post-op Total Hip Replacement.

The Best Thing About Debbie's New Hip

"My hip replacement has given me back my life! I am not even cognizant of the fact that I have a new hip. I can move how I choose, no pain, no concerns. It's absolutely wonderful."

"Thank you so much for all you do. Your emails were always timely and helpful, and I looked forward to them. I certainly recommend your site to anyone who is looking at a hip replacement." -Debbie

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.

Day 17 Post-Op: Hydration is key

Cathy replied to this email from the Your Hip Journey email system:

"I would very much like to tell you how much your emails each day have helped me. Thank you very much. They have been so informative as to what to expect each day. Thank you again." - Cathy

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

Dad, are you 'Juicing?'

As I mentioned in the last newsletter, I've embarked on Phase 2 of my fitness journey and last week I got the ultimate compliment from my 23yo son. I play volleyball with both my boys and they are in their prime, let me tell you! After a couple hours playing volleyball with my elder son, he asked jokingly if I was 'juicing' as in taking steroids?!? Why? He said because I am moving noticeably faster on the court and playing more athletically. Ah, let me just bask in that for a minute... ;)

Changing Direction and Refocusing

I've been reevaluating my YouTube channels, etc. trying to figure out how to reach and help more people. As a result, I'll be focusing more time and resources into Pete's Hip Vlog for at least the next few months. Feedback is always welcome and I hope you'll share my content whenever the opportunity arises. Let's help as many hippies and potential hippies as possible!

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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