



Helpful Hippy Newsletter

By Pete Zierz

I need volunteers to submit short clips for a new Pete's Hip Vlog intro video. I promise, it will be quick and simple. [Email me!](#)

Good morning {{ contact.FIRSTNAME }},
Wanna be famous?



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...

Can I run after hip replacement? Is hip resurfacing an alternative to hip replacement? I promise there is plenty of great hip info like this in this issue, but if you or yours like cars, check out the latest on my other channel. The TVR Tuscan was featured in the John Travolta movie Swordfish and I fell in love! Back in June my youngest son (21) and I joined a group drive through the mountains - what a special time! Please enjoy and share with all the car enthusiasts in your life. Thanks for your support!



From the Mailbag

"Thanks Pete, At 6 months now and feeling great, I have been windsurfing as often as I can. Started using the foot straps on the board last month. A famous x pro windsurfer Bjorn Dunkerbeck who has had both of his hips replaced told me to not use foot straps for a a bit. This is because in a fall your foot might get pulled, not good for a new hip. Last month I was windsurfing in Vasiliki Greece. It was/is an amazing place to windsurf. 👍"

-Dave 👍



Do you believe "Laughter Heals?"



@joycemaurer3588 • 5 hours ago

The first vlog/video series about surgery of any kind with a sense of humor! Thanks.

I try to add some humor to everything I do. You know the old saying "a teaspoon of sugar helps the medicine go down." I know not everyone shares my sense of humor, but it seems some of you do - and that warms my heart. - Pete



@catarinalastimer0 • 13 hours ago

You are the best. Your content is unique and must be study. You are the only person who can put a smile and make me laught at every worry and anxiety. This is more valuable than therapy 😊



Laughter heals 🤗
Compression sock
EXORCISM after surgery

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.

Can I run after Total Hip Replacement?



Sam Stratton

34 minutes ago · 🌐

Pete, you've done a lot of research, have you researched the rate of revision in people that jog or run compared to those that do not? I know I was told "NEVER AGAIN SHALL YOU JOG" unfortunately no data was provided to back those instructions. Can you shed some light?

3 comments Seen by 11

Pete: Hi Sam, I have researched this, but haven't found anything definitive. The problem is that medical science is always evolving and for a study to answer a question like that it needs to be controlled, consistent and over a significant period of time. This is easier with things like the Polio vaccine, but harder with things that can have so much variation like THR.

So for myself I just try to understand as much as I can about the procedures, outcomes, risks, healing science, etc. and then try to make my best informed decision because, after all, it's my life and I accept the rewards of good decisions and consequences of bad ones. I've tried to capture as much of that knowledge in two videos. The one on the [healing timeline \(osseointegration\)](#) and the one on [resuming sports or activities after THR](#). The key elements in deciding to return to any activity for me would be:

1. Am I past the 9 month healing timeline? If not, micromotions, impact, etc. can lead to aseptic loosening one, two, or several years later which would require revision. There's no way to know at the time whether what you're doing is causing this problem and "micromotions" are not well defined or understood. But after 9 months, the implant should be fully integrated into the femur and in the words of my surgeon "if you have an accident at that point, something other than your implant is likely to break."
2. Will the activity cause excessive wear to the implant (or my body!) and likely reduce the life of my implant? That's a tough one to answer, but my surgeon suggested that running was such an activity. But it's impossible to know how much this might affect your implant or reduce it's lifespan. I will never run a marathon or half marathon for a similar reason...personally, I just felt that was too much wear and tear on my body and I want to keep playing beach doubles volleyball for as long as possible.

In summary IMO, jogging and running before 9 months post-op risks revision in the short term while from 9+ months post-op, jogging and running might wear out my implant sooner than otherwise shortening its life.

For me, it was a relatively easy decision to drop running because it was never something I loved, but rather a part of my cross-training regimen. But if running was my passion, I would probably modify my habits to reduce impact and avoid long distance running.

It's a very personal decision, so hope this helps. Pete

Hip Resurfacing vs Hip Replacement

My surgeon didn't discuss the option of hip resurfacing instead of hip replacement, did yours? If so, I'd love to learn more about that conversation and our experience as I've recently received several questions about hip resurfacing.

I don't know much about hip resurfacing, but from what I've gleaned, it is a much less common procedure, but when it is a viable option the outcomes and longevity are similar to hip replacement. Here's what one viewer shared about their experience with hip resurfacing:

"I chose the resurface for a few reasons - For starters I wanted to keep as much of my bone as possible - I didn't want to lose the top of my femur. Resurfacing would maintain my femoral neck angle and hopefully keep my gait as close to original as possible.

And when I did my research I had seen a few high level athletes get back to sport again (Andy Murray tennis player, Anthony Mundine who is an Australian boxer, The Undertaker who is a pro WWE wrestler plus some NHL players), and I had not seen any athletes at a high level of sport have a hip replacement. Of course there may be some, but I don't know who. I wanted to get back to running again one day. And if for some reason, one day this resurface doesn't work for me, then there's potential for a THR.

I know the recovery is much slower than a replacement, but I was prepared for that."

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

Phase 2 of my Fitness Challenge

After a couple months of 'life happening,' I'm finally in a good enough place that I've started Phase 2 of my Fitness Challenge. Phase 2 is maintaining the healthy weight I achieved in Phase 1 while working to gradually improve my fitness while avoiding injury. Just wrapped up week 3 and so far, so good! You can join me and others on a challenge anytime, just [watch this video](#), or [join this Facebook group](#) to get started.

Mom

Mom's dementia has been progressing. She lives with my sister and there have been some worrisome developments lately. She fell trying to get up from her lift-assist recliner and four adults weren't able to help her up, so they had to call the paramedics. And she has recently asked my sister several times "Do I stay here?" "Do I have a room here?" They are coming for a visit to our beach house in October, but my sister thinks this might be the last time that they can make this trip. It's tough getting old and caring for elderly loved ones.

Planning for Japan

Back in 2019 I was planning a trip to Japan with my daughter as her High School graduation gift, but it got canceled due to the lockdowns. Now she's married with responsibilities and we thought we'd missed that opportunity forever, but we just started planning that trip for late October and I couldn't be more excited. We're planning to visit Tokyo, Kyoto and Osaka and some of the things we're planning include:

- Ride Bullet Train
- Mario Karting through downtown Tokyo
- Staying in a Pod/Capsule hotel
- Staying in a traditional Ryokan lodging
- Kimono rental while sightseeing for one whole day
- Visit a River Otter Cafe
- Sumo Wrestling Dinner

If you've been to Japan, I'd love your additional suggestions.



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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