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*Senior Fitness in the Home*

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## Fitting News

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Some types of arthritis can run in families, but it doesn't mean you're guaranteed to get it.



### A Tale of Two Hips

After having my left hip replaced in 2023, I recovered well. But not long after, my right hip started to give me trouble. X-rays revealed that I was riddled with [arthritis](#). I was surprised to an extent and knew that surgery was once again in my future. Our bodies can wear out. Medicine can help, or surgery can fix much of what is broken and give us a tune-up, but much of the recovery is up to us.

Aging is not only in our bones. Our muscles get thinner after the age of 40 and we lose muscle mass and power. We lose the equivalent of seven pounds of our muscle strength each decade from early adulthood on if no action is taken.

- By age 60 we have lost 30%
- By age 70 we have lost 45%
- By age 80 we have lost 60%

After my surgery, I started with in-home therapy, the standard two sessions, for two weeks. I knew what to expect from the sessions, BUT THIS TIME MY RECOVERY WAS DIFFERENT AND MORE CHALLENGING. I was only 16 months older, so that wasn't it. I made it through while learning new lessons including NOT FORGO OUTPATIENT THERAPY. Each day I have a routine of exercises such as tucking my pelvis while lying on my back during bridge exercises to help reduce forward leaning when I walk. I also perform an advanced version of heel slides (different than my first post op exercises) pushing my foot down and guiding my knee upward in a march to enhance my ability to bend over and tie my shoes. And it has made all the difference!

I have resumed walking four miles, five days a week, along with my upper body exercises and stretching. This time I'm smarter. I stretch not only my legs, but my shoulders too, before I go out and stretch more when I return.

For my [balance](#), I perform weight shifts – front to back, side to side (lateral), stand on one leg for no less than 40 seconds (10 is the standard requirement in a doctors' office). I practice hip and ankle mobility and stay hydrated. As I write this blog, I am twelve weeks post-surgery and I am doing just great.

Don't wait too long to get the right advice and training necessary before surgery. You'll be stronger in the long run and have less regret that you did.



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*Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*