

Hip replacement success aided by powerplates

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Woke up this morning to learn about issues with metal on metal hip replacements ([cobalt chrome](#)). This was first [documented](#) in 2012!

I had a Titanium hip replacement last year. This is more expensive but I was told, as I am younger than the average patient, slim and exercise I pass the test to receive one. I am lucky! My friends called me the bionic woman.

My scar is tiny in the lower part of my bottom and a year later is barely visible. I am so grateful for this surgery as my life would be truly miserable by now if I had not had it done. This is my story how. I walked on the hip 5 hours after the op. I regained full mobility in just one week, following 18 months of genetic grade 4 severe osteoarthritis pain.

I had a full right hip Titanium hip replacement 22 June 2016. I was 51. Just two weeks later I returned my crutches to the hospital, and pain medication to the bathroom cabinet (none of it worked)!

I did this by making myself “surgery fit” working out with no-impact exercise using pain medication. For 6 months, pre-op, I used [Power Plate](#) vibration training, twice a week for 30 minutes with my personal trainer.

Standing, lying, sitting on a vibration plate following a regime of full body exercises its accelerated enhanced Pilates core stability exercises. Developed for astronauts who lose muscle mass and suffer poor circulation in space. It’s also great for sport injuries rehabilitation, the elderly, post-natal hip issues, and as I discovered [#osteoarthritis](#).

I got the OK from physio at 12 weeks and gently went back on the [#PowerPlate](#).

So, don’t just sit on your backside, there are ways of exercising that are no impact on your skeleton but will greatly help circulation, strength and mobility in short 30 minute sessions. Smaller home machines can be purchased for under £150 but you do need a good few sessions to learn the full body core stability positions otherwise a waste of time. However, I know I must continue to exercise as become quite achey. I need to keep my strength or my muscles will deteriorate fast. So I go to the gym twice a week and continue to use power plates and supplement with weight bearing machines.

I hope healthcare professionals will be encouraged to recommend #PowerPlate vibration training as part of pre and post operation physio.