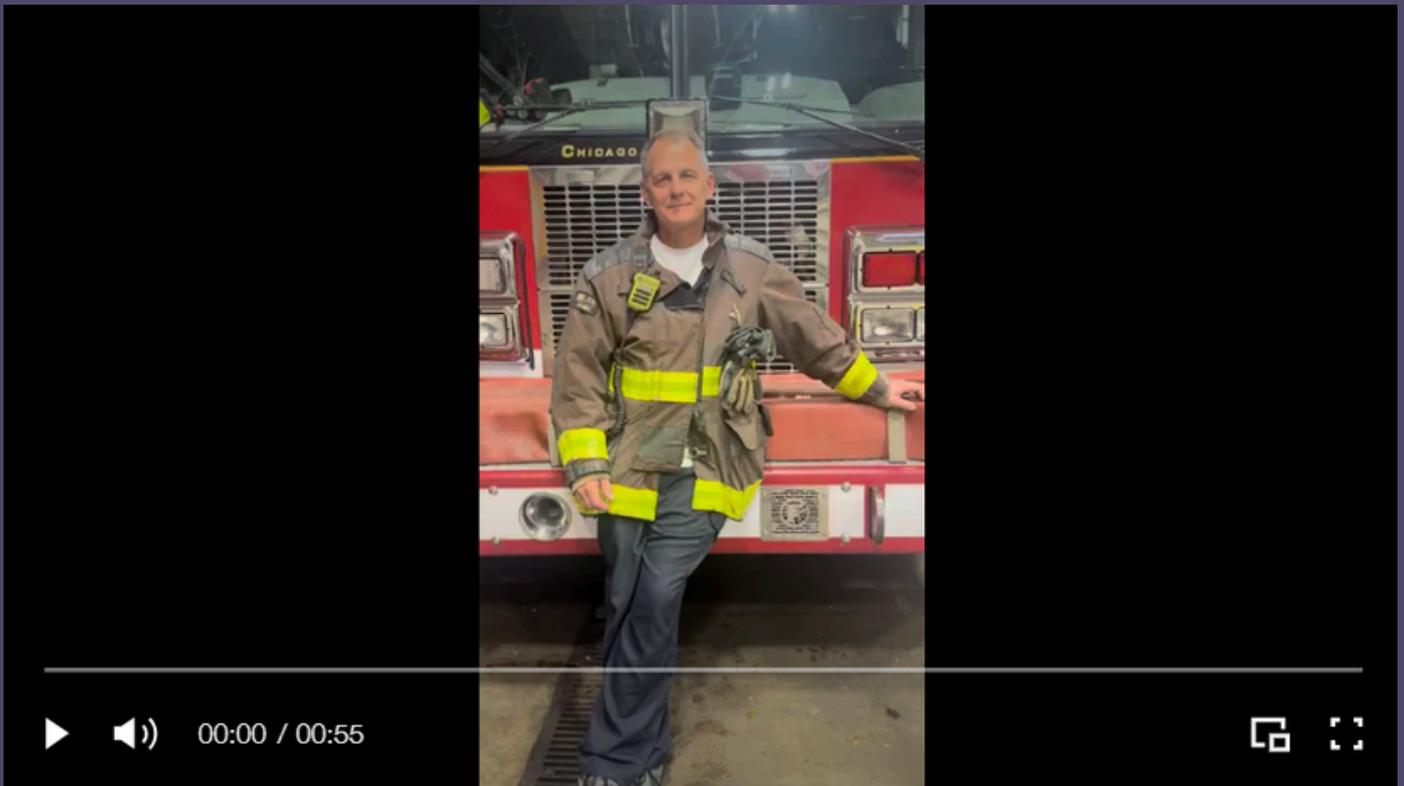


The Monthly Lift

by Dr. Antigone Vescei

January, 2026

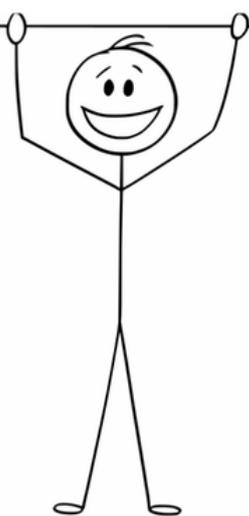
Real stories, practical tips, and a laugh to keep you moving.
This firefighter kept his hip and retired on his own terms



Did you know that adding supervised exercise delayed hip replacement for 4 years and nearly doubled the chance of patients with symptomatic hip arthritis to keep their natural hip for up to 6 years?

[Here's the Study.](#)

JOKE OF THE MONTH



TEXTBOOK I STUDIED FOR 8 YEARS



MY FIRST PATIENT



Know someone who could use a comeback story of their own? Forward them this e-mail!



[Need more inspiration?](#)