

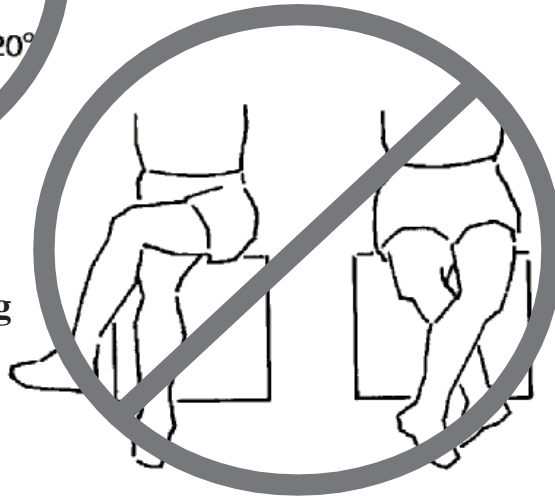
Hip Precautions - Posterior



DO NOT bend your body forward more than 90 as in bending way over.



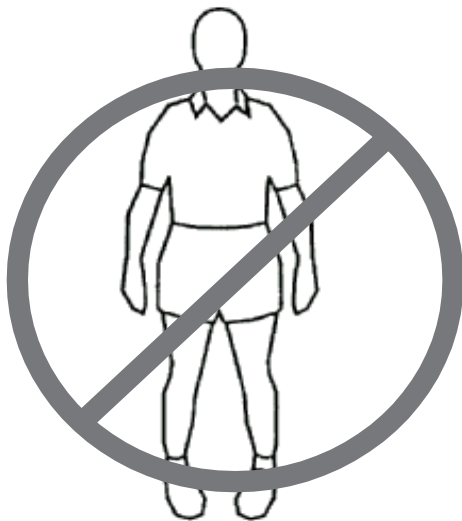
DO NOT sit with your knees turned inward, as this motion rotates the hips in a poor position.



DO NOT cross your operated leg over the midline of your body such as in crossing your knees or ankles



DO NOT sit on a low toilet or chair.



DO NOT stand with toes turned in.



DO NOT lie without pillow between legs.