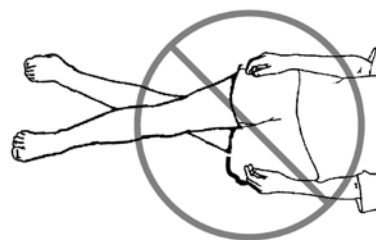
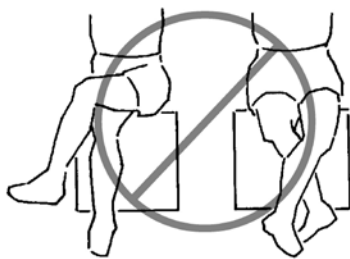


## Posterior Hip Precautions

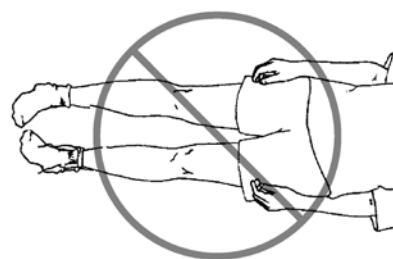
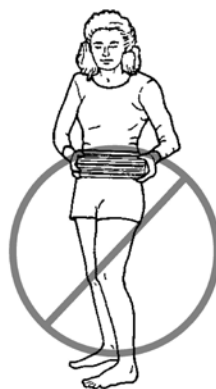
**Do not bend forward past 90 degrees.**



**Do not cross your legs.**



**Do not turn toes inward and do not twist.**



**Do not turn knees inward or together.**

