70° Precautions after Hip Replacement Surgery

**DO** keep your hip at a 70° angle

**DO** sit with your knees lower than your hips

**DO NOT** bend your hip more than 70°

**DO NOT** bend forward

**DO NOT** cross your legs at the knees or ankles

**DO NOT** roll your hips inwards or outwards

**DO** keep a pillow between your legs when lying on your back or on your side

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