90° Precautions After Total Hip Replacement

**DO** keep your hip at a 90° angle

**DO NOT** bend forward more than 90°

**DO NOT** lift your knee higher than hip height

**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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