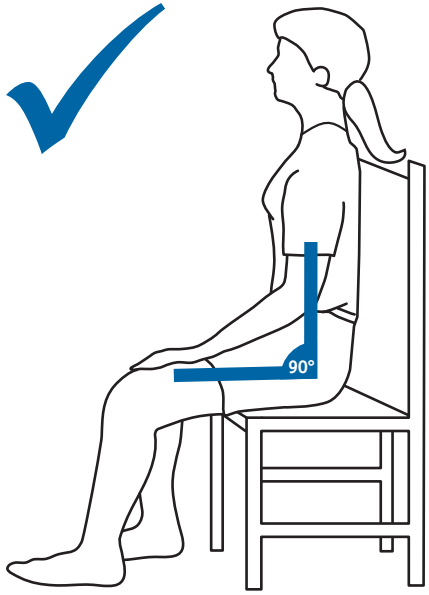
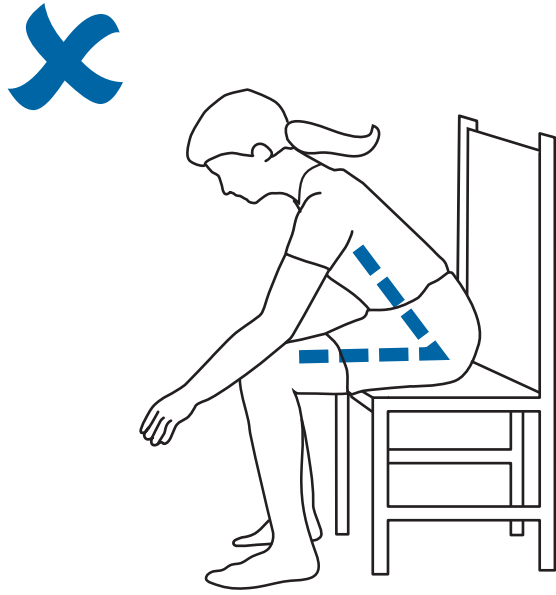


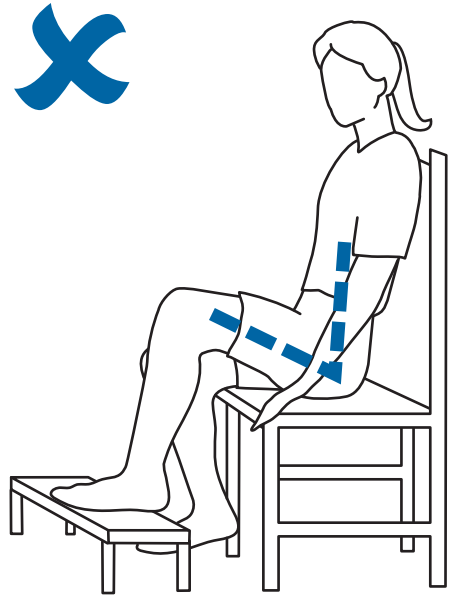
90° Precautions After Total Hip Replacement



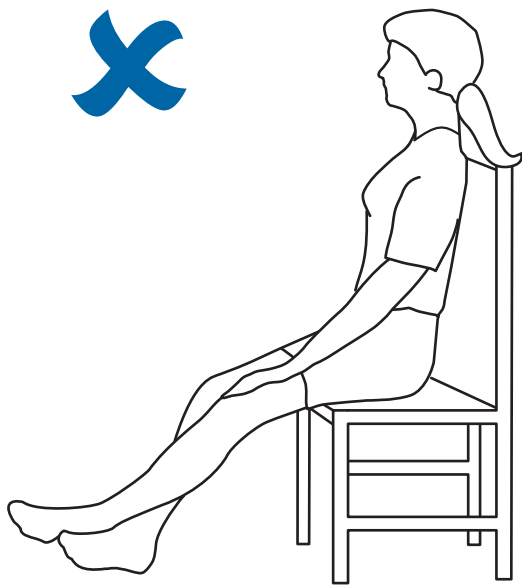
DO keep your hip at a 90° angle



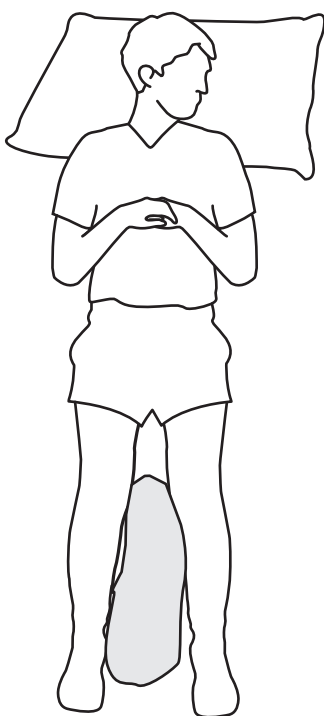
DO NOT bend forward more than 90°



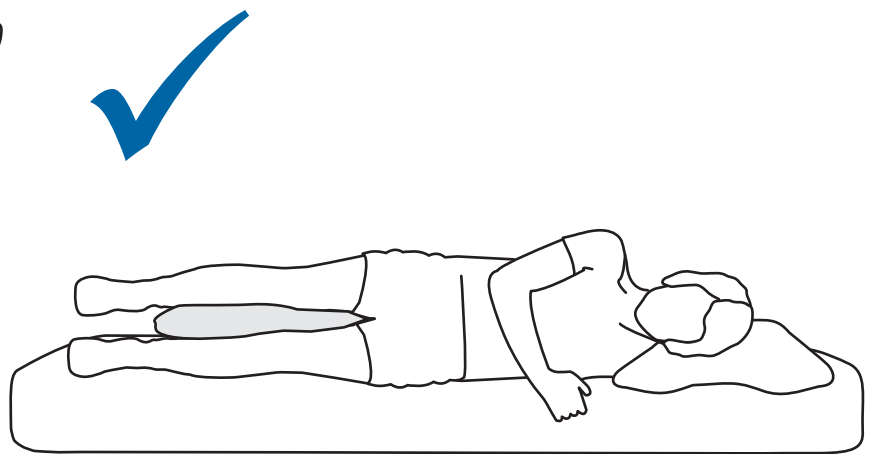
DO NOT lift your knee higher than hip height



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