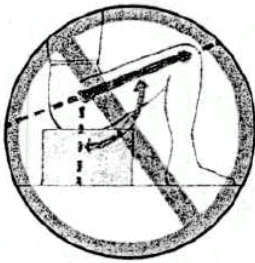


Posterior Hip Precautions

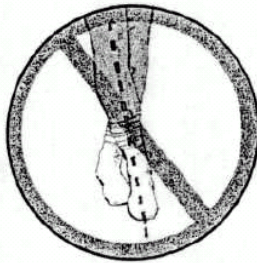
- Don't bend your hip past a 90 degree angle.
- Don't cross your legs.
- Don't twist your hip inwards- keep knees and toes pointed upwards.

Following Restrictions

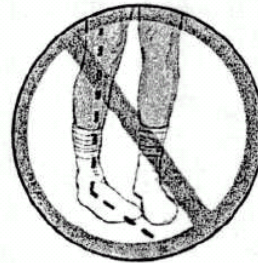
To care for your new hip and keep it from sliding out of position, you'll need to follow a few general rules at first. Your surgeon may recommend some additional restrictions based on your condition and type of surgery.



Don't bend your hip more than 90 degrees.



Don't cross your operated leg over your other leg.



Don't turn your operated leg inward (pigeon-toed).

