

# Hip Precautions

After Hip Replacement Surgery

**Don't** bend at you hip past 90°



When sitting, **ALWAYS** keep your knees lower than your hips.

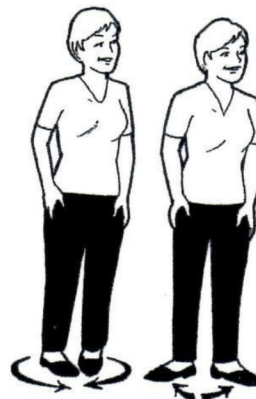
**Do** avoid bending more than 90°



**Don't** let your knee move inward past your navel.



**Don't** turn your feet in or out.



**Do** use pillows between your legs at night to keep your hips properly aligned.

