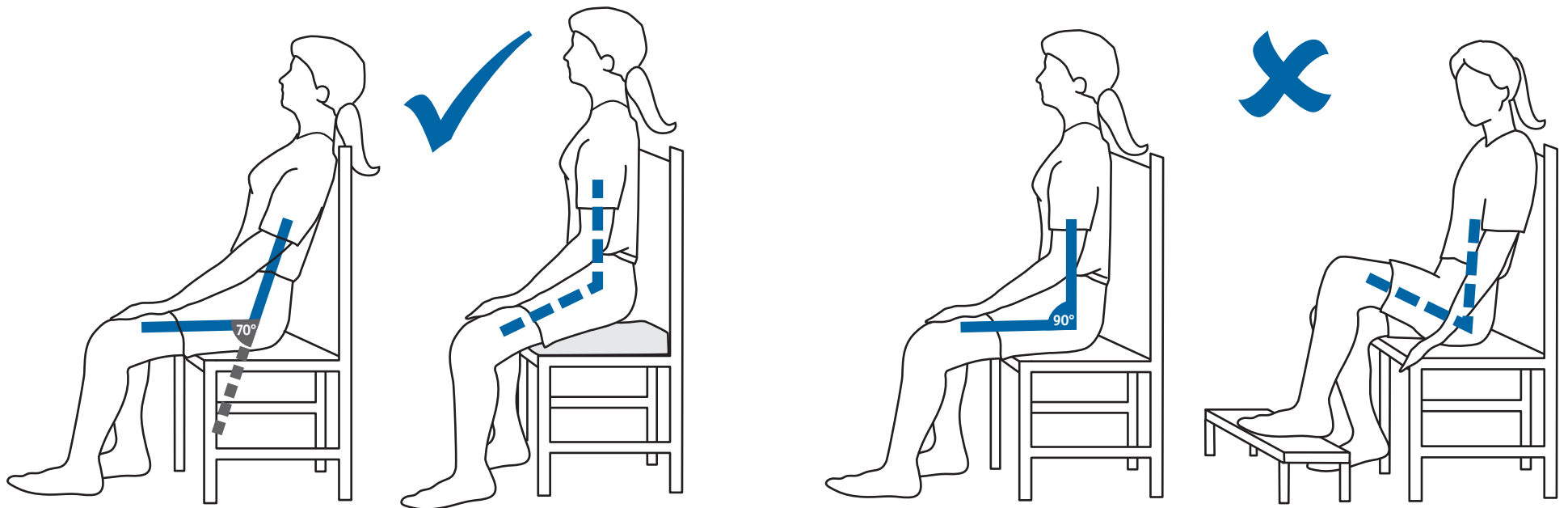


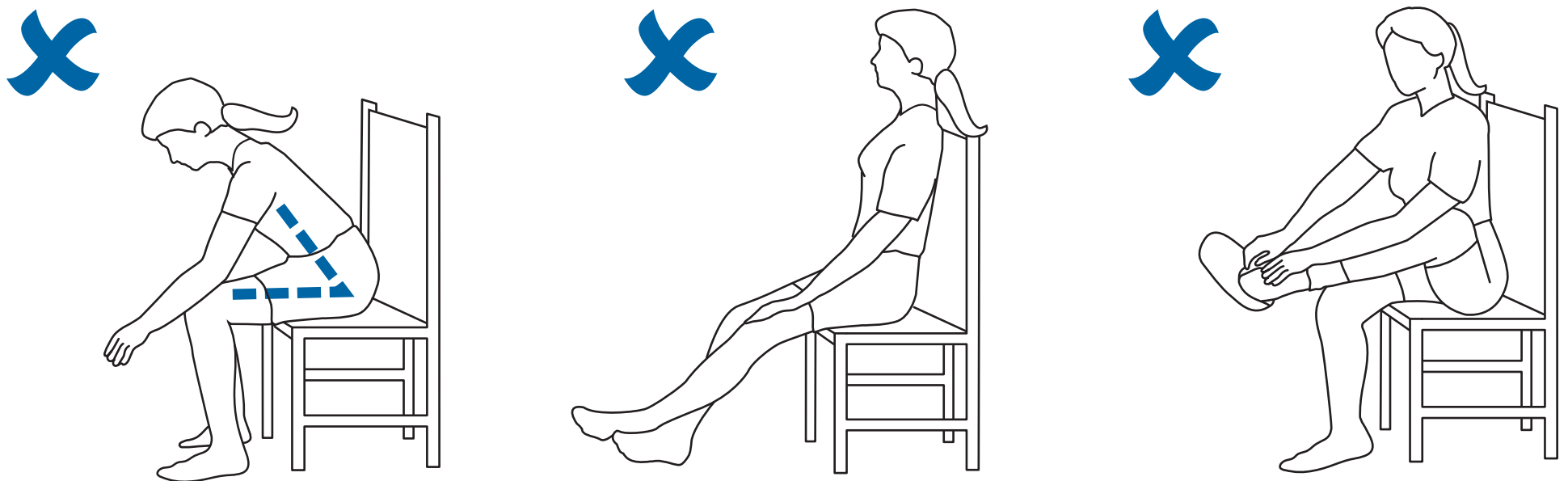
70° Precautions after Hip Replacement Surgery



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