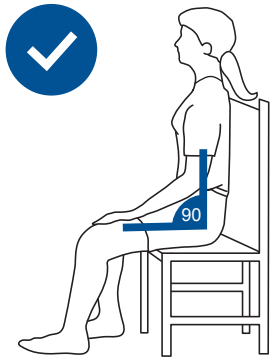
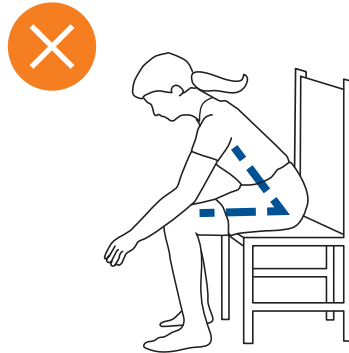


90° Precautions

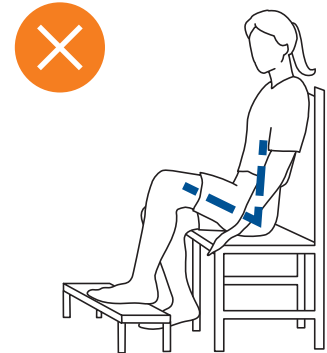
Universal Hip Precautions



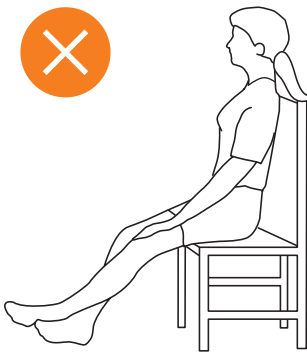
DO keep your hip
at a 90° angle



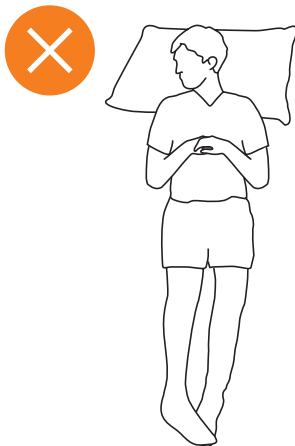
DO NOT bend
forward more than 90°



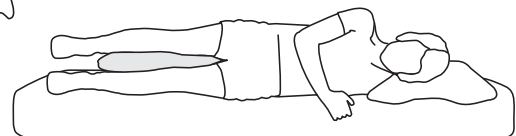
DO NOT lift your knee
higher than hip height



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