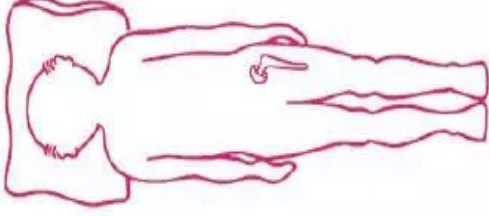


Hip Precaution No. 2:

When lying on your back do NOT roll or turn your affected leg toward the other leg or turn your toes inward.



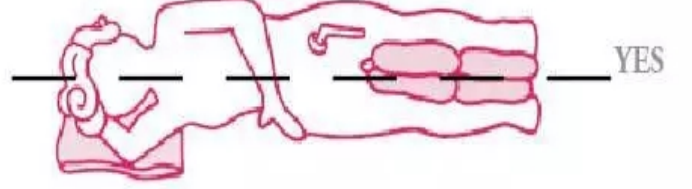
YES



NO
Do not roll
leg inward.

Hip Precaution No. 3:

When lying on your side, keep the affected leg outside the midline of the body. Don't let the toes of your affected leg turn downward.



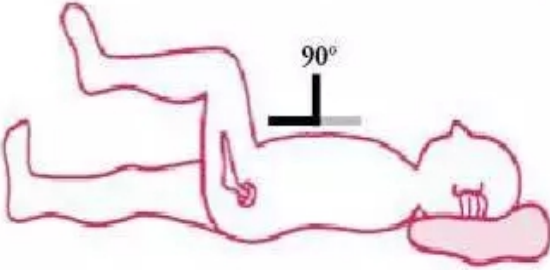
YES



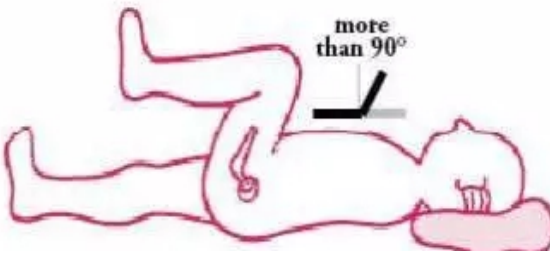
NO
Do not
cross leg.

Hip Precaution No. 1:

Do NOT bend the affected hip more than 90 degrees.



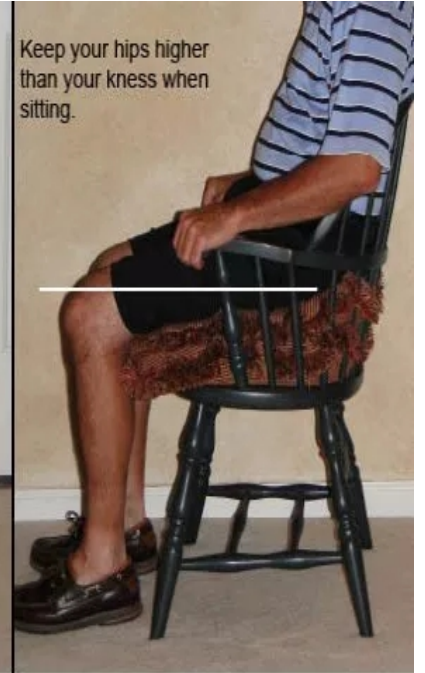
YES



NO



To raise the level of your hips, add a couple of pillows to a sturdy chair, one with arms is best.



Keep your hips higher than your knees when sitting.

નીચે બેસવું નહીં

પલાઠી વાળવી નહીં

બે પગ વચ્ચે ઓશિકું રાખવું

સંડાસ માટે ખુરશી વાપરવી