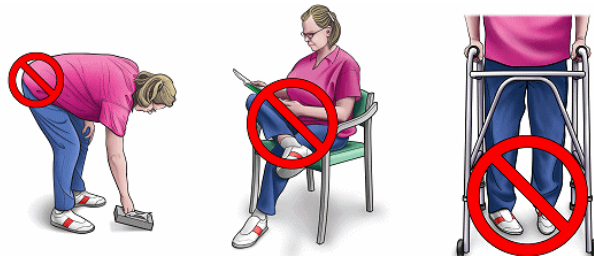




ANDREAS SAUERBREY, M.D.

HIP PRECAUTIONS:

1. Don't Bend at your waist past 90° or sit in a low chair where your knees are higher than your hips
2. Don't cross your legs at your knees or ankles
3. Don't let toes point inward in a pigeon toed position

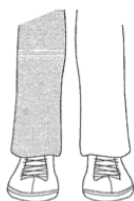


Do not bend your operated hip beyond a 90° angle.

Do not cross your operated leg or ankle.

Do not turn your operated leg inward in a pigeon-toed position.

DO THIS:



Keep toes facing forward

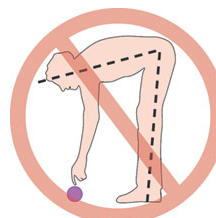


Keep hips at a 90° angle

DON'T DO THIS:



Don't turn toes inward



Don't bend over



Use elevated chairs and toilet seats



Don't sit on low seats



Sit with knees apart and feet uncrossed



Don't cross your legs

ADAPTIVE EQUIPMENT NEEDED FOR SHOWERING, DRESSING & REACHING FOR OBJECTS ON THE FLOOR



Reacher



Sock Aid

