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 THIS:

Keep toes facing forward
Keep hips at a 90° angle

DON’T DO THIS:

Don’t turn toes inward
Don’t bend over

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.
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

www.AndreasSauerbreymD.com