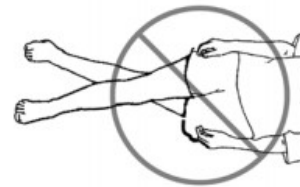


Posterior Hip Precautions

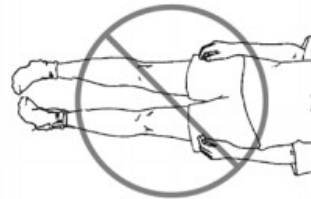
Do not bend forward past 90 degrees.



Do not cross your legs.



Do not turn toes inward and do not twist.



Do not turn knees inward or together.

