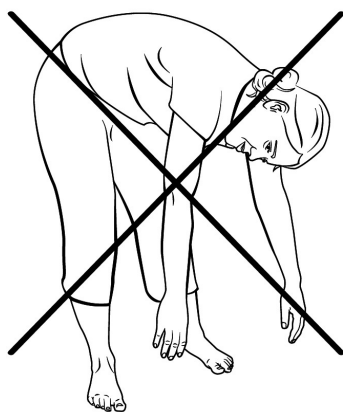


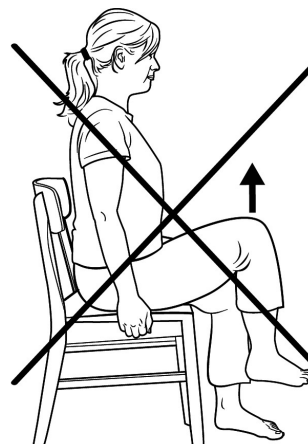
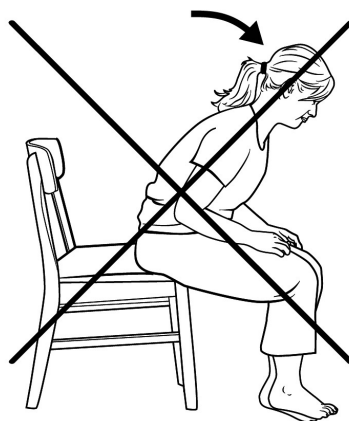
# 3 Rules to Follow After Hip Replacement Surgery

Toronto Rehab

## 1. Do not bend past 90 degrees

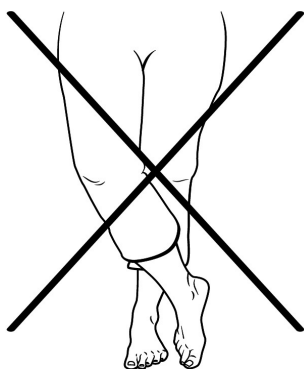


Do not bend past your waist

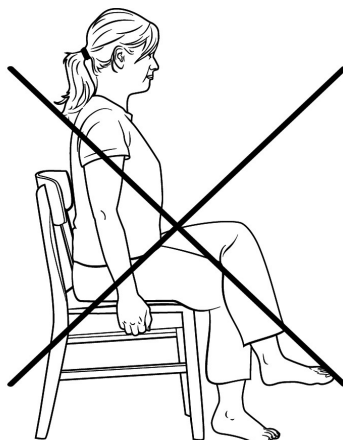


Do not lift up your operated knee

## 2. Do not cross your legs at the ankles or the knees



In bed or standing



## 3. Do not twist at your waist or hip



Sitting

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Author: Toronto Rehab MSK Program Occupational Therapy Group



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