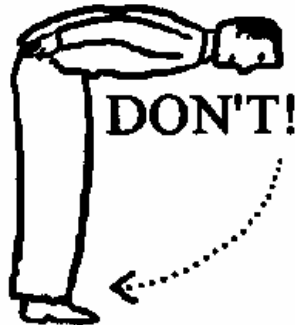


*Greenwich Hospital*

**TOTAL HIP PRECAUTIONS**



**DON'T!**



**DON'T!**

Do not bend over past 90 degrees.

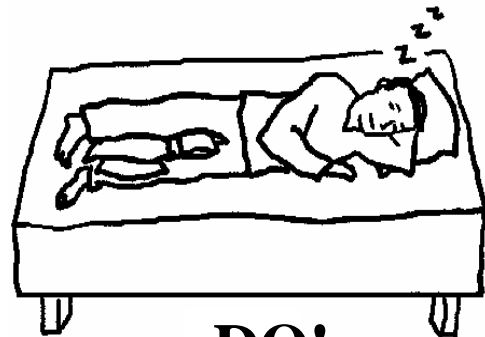
Get assistance with items in low drawers/closets and with tying your shoes.



**DON'T!**



**DON'T!**



**DO!**

Keep your injured leg forward facing at all times. Avoid turning your feet inward.

Keep a pillow between your legs at night.

*For more Patient Education Fact Sheets, see the Greenwich Hospital web site at [www.greenhosp.org](http://www.greenhosp.org) and click on Patients & Visitors, then Patient Education* Rev. 9/04