

Hip Precautions

Created by STAT Orthopedic Rehab Aug 19th, 2017

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Total 4



NO HIP FLEXION GREATER THAN 90 DEGREES - HIP PRECAUTION

Do not bend at your hip greater than 90 degrees at any time.

**Failure to comply with these precautions may cause your hip to dislocate which MAY require surgical intervention to repair.



NO HIP INTERNAL ROTATION - HIP PRECAUTION

Do not roll your hip inward at any time.



NO CROSSING LEGS - HIP PRECAUTION

Do not cross your legs at any time.



NO EXCESSIVE TWISTING - SPINE, HIP AND KNEE PRECAUTION

No excessive twisting when in a standing position.

WARNING: Failure to comply with these precautions may cause damage to internal structures at your spine, hip and or knee.