

## Precautions and Limitations



1. Do Not twist your body.

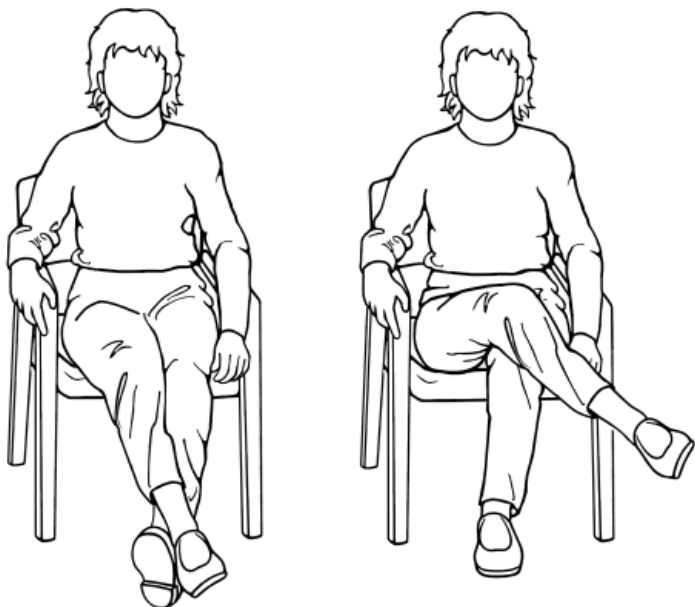


2. Do Not climb. You may go up and down stairs as directed.



3. Do Not bend your waist more than a 90° angle.

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4. **Do Not** cross your legs

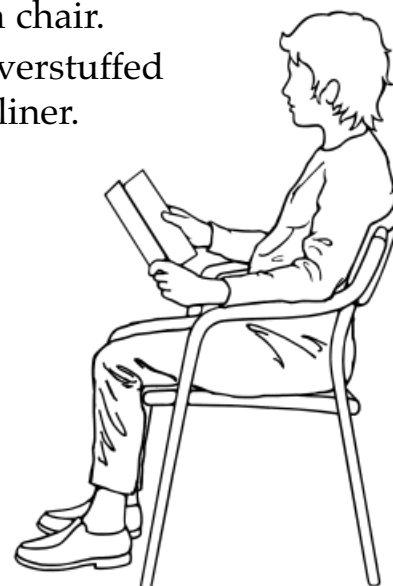


5. **Avoid** pointing toes in (internal rotation) and out (external rotation) of operated leg.



6. **Do Not** kneel.

7. **Do** sit in a firm chair.  
Do not sit in overstuffed furniture or recliner.



8. **Do** always lie with a pillow between your legs.