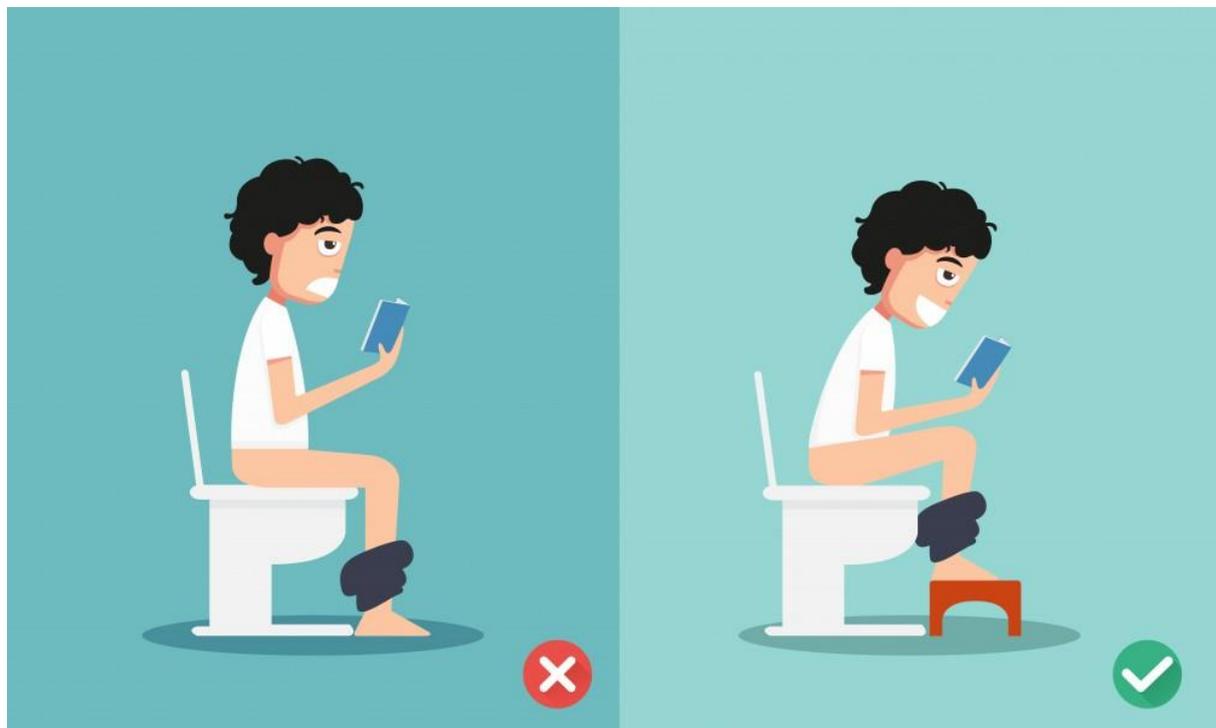
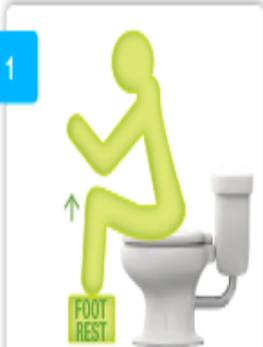
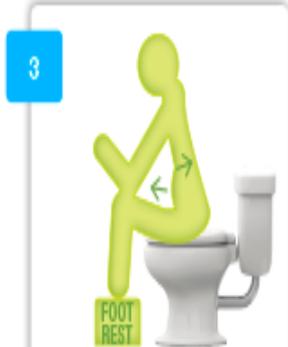


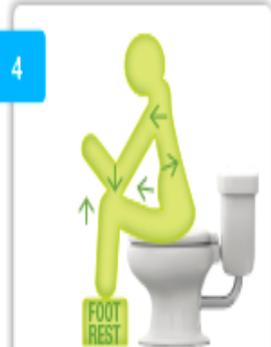
Best position to sit on the toilet



1 
Knees higher than hips

2 
Lean forward and put elbows on your knees

3 
Bulge out your abdomen and straighten your spine

4 
CORRECT POSITION

- ✓ Knees higher than hips
- ✓ Leaning forward with elbows on knees
- ✓ Bulge out your abdomen
- ✓ Straighten your spine

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