

Who can benefit from hip protectors?

Older adults:

- Who are at risk of having a fall or have a history of falls
- Who are underweight, frail or weak
- Who have balance problems
- Who have vision problems
- Who have osteoporosis

And/or

Anyone with a significant injury or illness or chronic condition, including people with Parkinson's disease, stroke, dementia, Multiple Sclerosis, diabetes or bladder problems.

When worn properly, hip protectors are an effective way to reduce your risk of hip fracture.

For more information and additional copies please go to Infonet: Seniors' Health and Continuing Care.

Continuing Care—Saskatoon Urban
Royal University Hospital
3rd Floor
103 Hospital Drive
Saskatoon, SK S7N 0W8

Ph: (306) 655-2400
Fax: (306) 655-1053

<https://www.saskatoonhealthregion.ca/seniorshealth>

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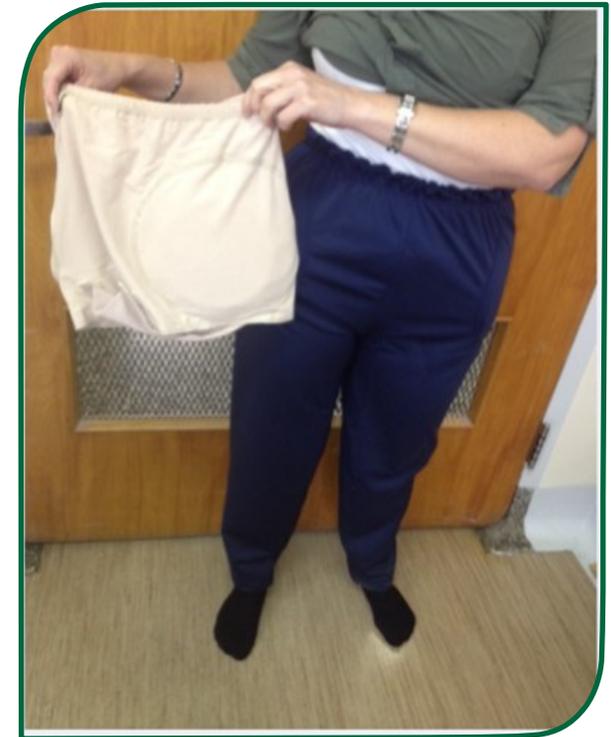
To access more brochures, please contact
Brenda Chomyn at 306-655-2454.

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Interior Health Fall Prevention Communities of Practice
(Acute, Community and Residential).



saskhealthauthority.ca

Hip Protectors



Reduce the Risk of Hip Fracture

What is a hip fracture?

A hip fracture, or a broken hip, is a break at the top part of the leg (femur) bone where it connects to the pelvis.

95% of fractured hips are due to falls. The majority of hip fractures occur in older adults.

What are the outcomes of a hip fracture?

Hip fractures can cause pain, serious disability and death. They can result in a loss of function and independence.



Can hip fractures be prevented?

Talk to your health care provider to learn how to keep fit, improve your balance, or to get more information on preventing falls.

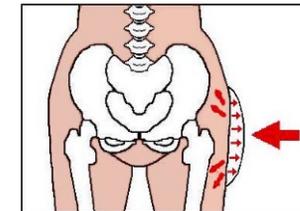
Wearing hip protectors can reduce the chance of a hip fracture... up to 80% when worn at all times and appropriately.

What are hip protectors?

They are a special type of garment that prevents the hip from breaking during a fall. They have special padding that protects the hip bone. There are a variety of sizes and styles including underwear-type styles, sweat pants, shorts and capri pants. All hip protector garments can be machine washed and dried.

How do they work?

Hip protectors absorb the impact of a fall and help protect the bone.



Hip pad absorbs & redirects force

How much does a pair of hip protectors cost?

Discuss options with your health care team regarding cost and coverage. Hip protectors generally range from \$70—\$120 per pair depending on the style. You may need 2 - 4 pairs.

Can hip protectors be worn with incontinence products?

Yes, they can.

Can hip protectors be worn in bed?

Yes. They should be worn 24 hours a day unless otherwise recommended. They are comfortable, durable and breathable