

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
- with balance problems
- with vision problems
- with osteoporosis

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

Hip protectors work the second you put them on!

**No Waiting!
No Side Effects!**

Recognize that despite your best efforts some falls may happen

**Protecting yourself from a hip fracture increases your quality of life...
so give your hip a hug!**

Your Health Care team can assist you to find the best style and size.

This brochure was developed for use throughout Interior Health by the Fall Prevention Communities of Practice (Acute, Community and Residential).



Interior Health

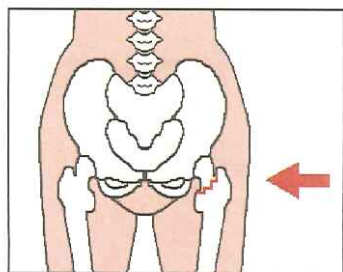
Hip Protectors Work!



Reduce the Risk of Hip Fracture

What is a hip fracture?

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



Unprotected hip with fracture

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 serious disability and death. Many people may not regain the ability to walk and may lose their independence.

Can fractured hips be prevented?

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

Wearing hip protectors can reduce the chance of hip fracture by more than 50%.

Hip protectors are comfortable and work the second you put them on!

What are hip protectors?

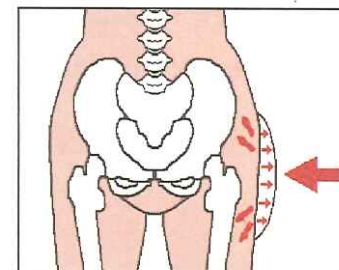
Hip protectors are garments designed to prevent a hip from breaking during a fall.

They have a soft, thin but powerful pad 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 are machine wash and dry.

How do they work?

Hip protectors absorb the impact of a fall and direct it away from the bone.



Hip pad absorbs & redirects force

How much does a pair of hip protectors cost?

\$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. They are comfortable, durable and breathable.