

## Did you know...

- Hip protectors can reduce the risk of hip fractures in women over the age of 70 in long term care facilities by 23% if worn properly.
- Some reasons for not using hip protectors may include:
  - ⇒ appearance
  - ⇒ discomfort
  - ⇒ cost
  - ⇒ skin irritation
  - ⇒ toileting and dressing difficulties
  - ⇒ inadequate instruction and education
- Compliance with hip protectors may be improved with teaching and motivating long term care residents and involving their families.

**Hip protectors  
can only help when  
you are wearing  
them.**



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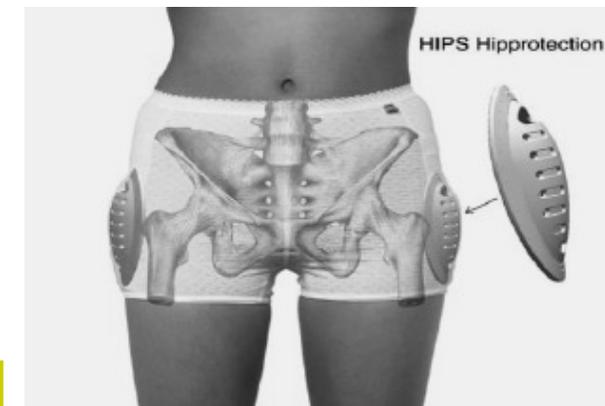
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## Hip Protectors

**Taking an active role in falls prevention**



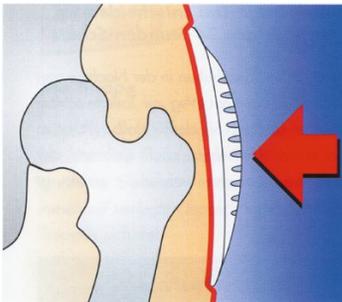


## What are hip protectors?

- Hip protectors are special underwear made to protect your hips from the force of a fall.
- They have extra padding over your hip area.
- The padding can have a hard or soft shell.

## How do they work?

- They work by moving the force of the fall away from your hip bone into the area around your hip.



## Why I may need hip protectors?

Research shows that most hip fractures are due to a fall. Hip protectors can reduce the risk of hip fracture by absorbing the force of a fall.

## Who should wear hip protectors?

You should wear hip protectors if you have:

- poor balance
- fallen more than once
- ever broken a bone due to osteoporosis
- a fear of falling



## About hip protectors

- Some brands offer styles that have room for incontinence garments.
- The hard shell insert is too hard to lie on. If you plan to leave your protectors on while you are lying down, you may find them very uncomfortable.
- The hard shells can be removed when you wash the undergarment.
- The soft shell insert is comfortable to wear while lying down. It may be stitched into the garment or removable.
- Both types of hip protectors are available according to hip size. Your healthcare provider will help you determine the correct size.

## How do I care for my hip protectors?

- Most hip protectors can be washed in washers and dried in dryers. Follow the manufacturer's instructions.
- You will need at least two pairs of hip protectors to ensure one is available to wear while the other is being washed.

## When should I wear hip protectors?

- Hip protectors should be worn whenever possible, day and night, indoors and outdoors. Falls can happen anywhere, anytime.
- If you wear your hip protectors at night, check your skin for redness. Discuss any concerns with your health-care provider.

## Where can I buy hip protectors?

- You can buy hip protectors at some medical supply stores. There are many different brands, sizes and styles. You do not need a doctor's prescription.
- Please ask your healthcare provider for more information.

## How much do hip protectors cost?

The cost for one pair of hip protectors is approximately \$80 to \$100.