

## 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

**For More Information on  
Hip Protectors:  
Visit the website below:  
'Aging is a Contact Sport'  
[www.agingisacontactsport.com](http://www.agingisacontactsport.com)**



Interior Health

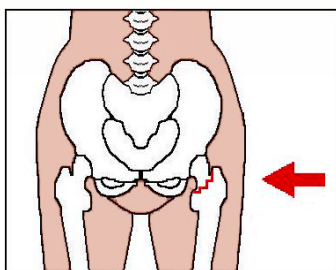
# Hip Protectors Work!



**Reduce the risk of a  
broken hip!**

## What is a broken hip?

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



**Broken hip**

## What causes a broken hip?

95% of broken hips are due to falls. Most broken hips occur in older adults due to weak and brittle bones (osteoporosis).

## What could happen after a broken hip?

Many people who break their hip find their lives change. Many people aren't able to walk as well or do what they used to be able to do. Some may need more help to stay at home or may not be able to stay in their own home. Some people may even die after a broken hip.

## Can a broken hip 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. Ask your doctor about treatment for osteoporosis.

If you have a fall, wearing hip protectors can reduce the risk of breaking a hip by more than 65%.

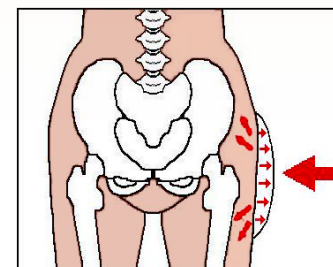
## What are hip protectors?

Hip protectors are underwear, shorts or pants with a soft, thin but powerful pad that protects the hip bone.

Hip protectors come in a variety of sizes and styles. All hip protectors can be put in the washing machine and dryer. They can be worn with incontinence products and even worn in bed.

## 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. Most people need 2–4 pairs. If cost is a barrier, please talk to your Health Care Team.

## Choosing Hip Protectors

Based on research, we recommend SAFEHIP®, Hipsaver™ and Blue Tree™ brands of hip protectors. Hip protectors can be purchased online or at a local medical supply store.

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