

## Choosing hip protectors

Based on research, we use 'SafeHip' and 'HipSaver' brands.

To choose your hip protector, talk with your nurse, doctor, or occupational or physical therapists. Some hip protectors do not protect enough.

## How much do they cost?

Ask your insurance company if you can claim hip protectors under your extended health insurance.

## Information on Hip Protectors

Visit the website below to learn more about hip protectors.

'Aging is a Contact Sport'  
[agingisacontactsport.com](http://agingisacontactsport.com)

## For more information

Contact our Seniors Falls and Injury Prevention team at through email.

[fallsprevention@fraserhealth.ca](mailto:fallsprevention@fraserhealth.ca)



## Hip Protectors

**Always on your side**

A broken hip can cost you your independence, your well-being, even your life.

The following information will help you learn more about the benefits of using hip protectors to reduce the risk of a broken hip.



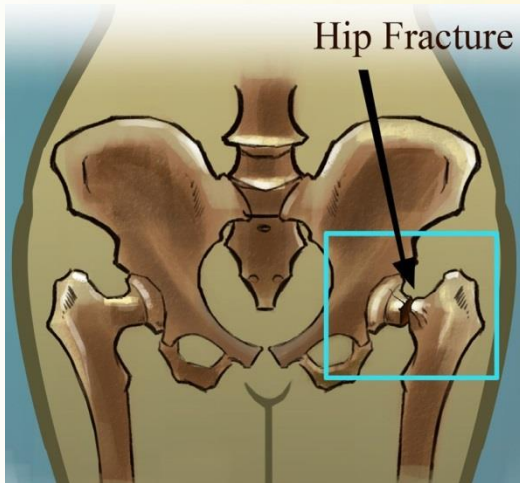
[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

Catalogue #254857 (September 2016)  
To order: [patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca)

## What is a broken hip?

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



## What could happen after a break?

Many people who break their hip find their lives change. Many people can't 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.

## What causes a hip to break?

Falls are the most common cause of broken hips. Most of these breaks happen in people over 75 years of age.

## Can I lower my chances of a break?

**Yes!** You can lower your chances of breaking your hip by wearing hip protectors.

Wearing your hip protectors at the time of a fall will reduce your risk of breaking your hip by 80%. This means wearing them even when you are in bed.

## What are hip protectors?

Hip protectors are underwear, shorts, or pants with special padding on the sides to protect your hips during a fall. Hip protectors are comfortable and easy to put on and even sleep in.

## How do they work?

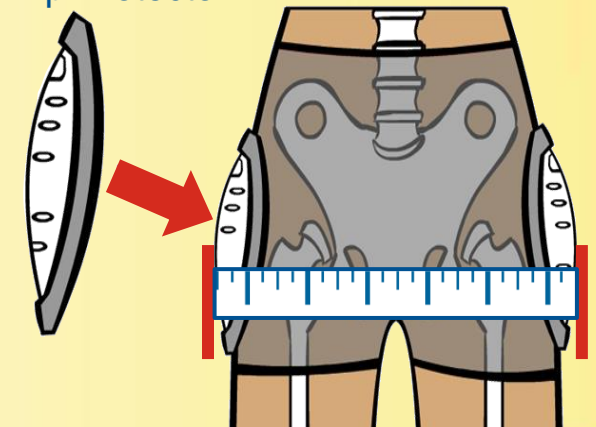
Hip protectors absorb the impact of a fall and help protect the bone.

## What is the right size and fit?

When wearing the hip protector, the padding must always stay in place over your hip bone (top part of the femur).

To find the right size for you, measure around the widest part of your hips.

## Hip Protector



Measure around the widest part of your hips