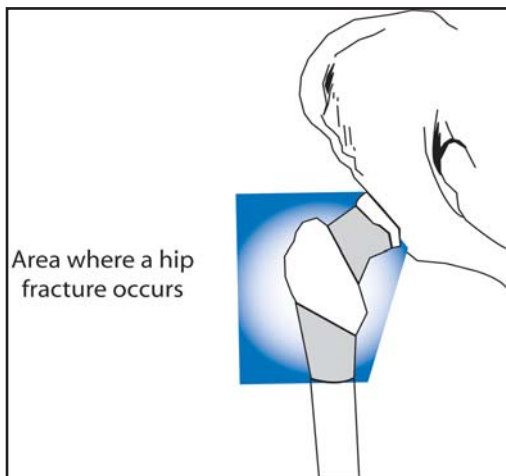


## What Is a Hip Fracture?

Hip fractures are a fracture of your trochanter.



Hip fractures are one of the most serious consequences of a fall.

## What Are the Consequences of Hip Fractures?

In people over the age of 65, hip fractures can lead to:

- Loss of independence - many people who suffer a hip fracture end up living in nursing homes
- Increased risk of another hip fracture
- Increased risk of premature death - about 1/3 of people who suffer a hip fracture die within one year

## How Can You Prevent a Hip Fracture?

Wear hip protectors. Studies have shown that hip protectors, when worn at the time of a fall, reduce the rate of hip fractures by at least 70%.

## Will You Look Heavier in Hip Protectors?

Hip protectors add a ½ inch of size to each hip. This is generally not enough to alter your dress or slacks size.

## How Much Do Hip Protectors Cost?

Most facilities provide 3 hip protectors to you, for free. If you wish to buy more from the company's listed on the back of this form, they cost an average of \$30 each.

## How Do You Use Hip Protectors?

Hip protectors are worn like underwear. You can wear them instead of your normal underwear. Hip protectors should be worn over any incontinence products.

## How Do You Take Care of Hip Protectors?

Hip protectors are easy to wash. Wash & Dry on warm permanent press cycles. Avoid hot water. Use a small amount of bleach. Make sure to dissolve the bleach in the water BEFORE you add the hip protectors to avoid damaging the pads and elastic.

## For More Information . . .

Talk to your doctor about your risk of falling and whether hip protectors are right for you.

Some examples of hip protector models:



Images courtesy of HipSaver™

Images courtesy of Posey™

## Hip Protector Suppliers

The following list of soft-sided hip protector manufacturers are provided for your information. We do not endorse either company and urge you to talk to your doctor about which one is right for you.

### HipSaver™

7 Hubbard St.  
Canton, MA 02021  
Phone: 800-358-4477  
Web: [www.hipsaver.com](http://www.hipsaver.com)

### Posey Hipsters™

J.T. Posey Company  
5635 Peck Road  
Arcadia, CA 91006-0020  
Phone: 800-477-6739  
Fax: 800-767-3933  
Web: [www.posey.com](http://www.posey.com)



PREVENTING  
HIP FRACTURES  
WITH  
HIP PROTECTORS

