

Hip Fracture

Hip fractures often happen with falls and are more common in the older populations where there is a greater prevalence in women over the age of 80. It is also more common in those who have fallen and have osteoporosis ('thinning' of the bones). Pain is often felt around the injured hip and especially into the groin and upper thigh. It is often more challenging to move your leg and have high levels of pain on standing and walking. The leg can look shorter and turned outwards.

There are a number of reasons why an older person might fall: the doctors will look into any underlying diagnoses.

Hip Fracture Treatment

If you have had a broken hip you may have had surgery to align the bones and allow for healing. The type of surgery will depend on where you have broken your bone and also any underlying health problems that you may have. The surgery will help to bring together the fracture, and is known as 'internal fixation'. If this is not possible, sometimes the best option is to have a hip replacement.

After surgery, you will be able to take pain relief, but should this not help, consult a pharmacist or GP for further advice. You can be offered some exercises by the rehab therapist to help improve your hip movement, and your strength. You may also be seen by an occupational therapist to help you reach your maximum level of function and independence after your hip fracture. They can help with any adaptations that may be needed around your home to allow you to return home safely.

Post hip replacement you will be given movement restrictions for 6 weeks. These include:

- Keep your hip at less than a 90 degree bend.
- Do not cross your legs.
- Imagine you have a box on your lap that stops you from completing these movements.