

How do I use a hip protector?

Hip protectors can be worn like an underwear or on top of underwear (depending on the model). If unsure, ask for assistance.

When should I wear hip protectors?

Hip protectors can only help when you are wearing them.

They should be worn 24 hours a day as falls can happen anywhere, any time.

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

Hip Protector Suppliers

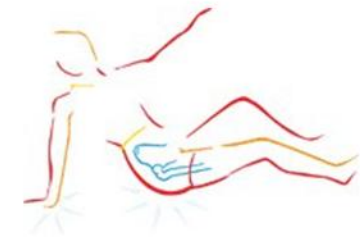
The following list of suppliers are provided for your information. We do not endorse either company and urge you to talk to a health provider about which hip protector is right for you.

Measurements

| | |
|-------------------------|--|
| Hip Size | |
| Waist Size | |
| Length (waist to ankle) | |

Hip Protectors

Always on your Side

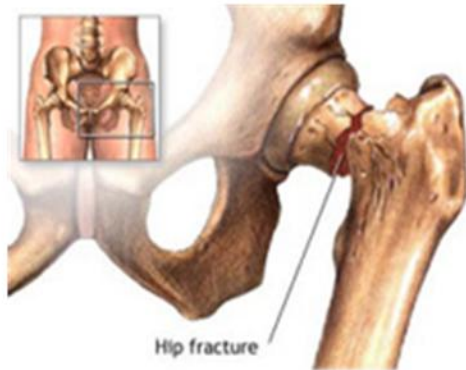


A hip fracture can cost you your independence, your well being, even your life. The following information will help you learn more about the benefits of using hip protectors to prevent hip fractures.



What is a hip fracture?

A hip fracture refers to a break of the top part of the femur bone where it connects to the pelvis.



How are hip fractures caused ?

Falls are the most common cause of hip fractures. The majority of these fractures occur in the elderly.

What are the consequences of hip fractures?

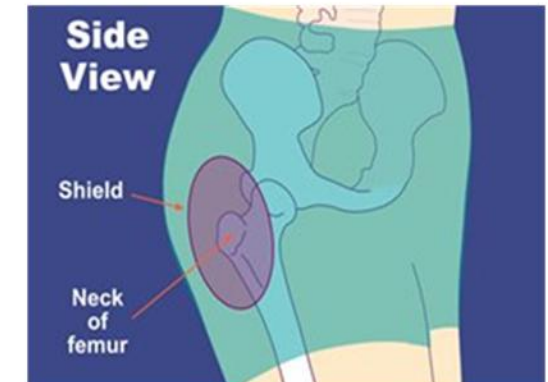
Hip fractures are associated with a high degree of morbidity and mortality, pain and hardship. The majority of people suffering hip fracture never regain their previous mobility and permanently lose their independence.

Can hip fractures be prevented?

YES! The chance of sustaining a hip fracture can be greatly reduced by wearing a hip protector. Hip protectors are comfortable and convenient, and they reduce risk of hip fractures by more than 50%.

What are hip protectors?

Hip protectors are special garments (underwear, shorts, or pants) containing soft pads specifically designed to protect your hips during a fall.



How do they work?

Hip protectors absorb the force of a fall and divert this force away from the hip bone.