

2021

Hip Protectors

Are you at risk for a
hip fracture?

What are hip protectors?

- Hip protectors are plastic shields or foam pads used to protect the hip area. They are usually placed in pockets in special underwear, pants, or shorts.
- Many pharmacies and medical suppliers sell hip protectors. If they do not have them, they may be able to order them for you.

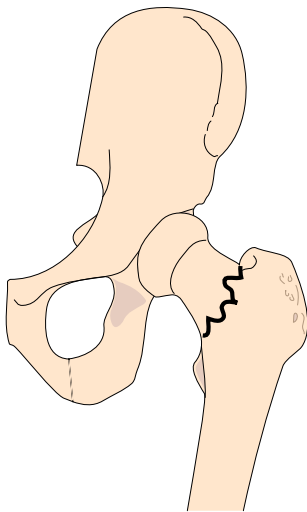
HipSaver hip and tailbone protectors



Why do I need hip protectors?

- Hip protectors lower your risk of hip fracture if you fall.
- You may be at a higher risk for a hip fracture if you:
 - › fell in the last year.
 - › have been diagnosed with osteoporosis or have risk factors for osteoporosis.
Ask your health care provider about your risk of osteoporosis.
 - › have had a hip or vertebral fracture in the past.
 - › recently started using systemic glucocorticoid medication (like steroids or prednisone).
 - › are taking medication(s) that is known to cause falls.
 - › have trouble doing daily activities.
 - › have vision or movement problems.

Hip fracture



How do I use hip protectors?

- Ask your health care provider what style they recommend.
- Have your health care provider measure you (see Sizes chart on back).
- **Wear your hip protectors at all times.**
- Make sure the padding sits directly over your hip joint.

My measurements (in inches)

Widest part of hip: _____

Waist (at your belly button):

Find your measurements in the chart below.

Sizes

Size in inches	Posey® Hipsters® (Hip)	HipSaver (Hip)	ComfiHips® (Waist)
Male: X-Small	33-35	28-31	---
Small	35-37	32-35	28-30
Medium	37-41	36-39	32-34
Large	41-45	40-44	36-38
XL	45-49	45-50	40-42
XXL	49-53	51-57	44-46
XXXL	---	---	48-50
Female: X-Small	33-35	28-31	---
Small	35-37	32-35	22-26
Medium	37-41	36-39	26-30
Large	41-45	40-44	30-34
XL	45-49	45-50	34-38
XXL	49-53	51-57	38-44
XXXL	---	---	44-50

Ask your occupational therapist or physiotherapist if hip protectors are right for you.

To find your local Rehabilitation Services Department, visit:

- › www.nshealth.ca/services
- › Search for “Occupational Therapy”
- › Then click on “Location, hours and contact information”

Looking for more health information? Find this pamphlet and all of our patient resources here:

- › <http://library.nshealth.ca/FallReduction>

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<https://www.dermasaverpro.com/collections/hipsaver-hip-protectors/products/shorts>

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The information in this pamphlet is to be updated every 3 years or as needed.