

Hip Protectors

For people who are at risk of a hip fracture

Hip Protectors

What are hip protectors?

- Hip protectors are plastic shields or foam pads that protect the hip area. They are usually put 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.

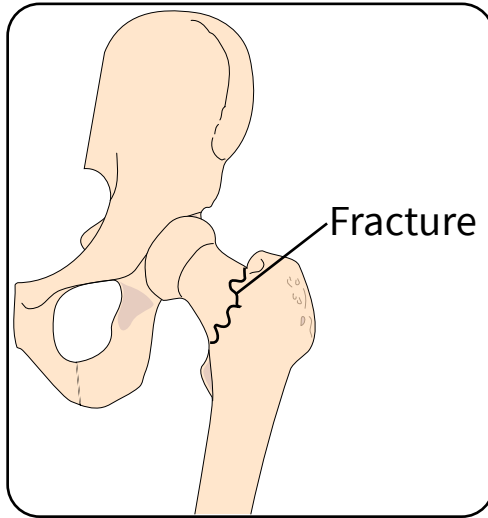
HipSaver® hip and tailbone protectors



Why do I need hip protectors?

- Hip protectors lower your risk of a hip fracture if you fall.
- You may be at a higher risk for a hip fracture if you:
 - › fell in the last year (12 months).
 - › have osteoporosis or have risk factors for osteoporosis. Ask your primary health care provider (family doctor or nurse practitioner) about your risk of osteoporosis.
 - › have had a hip or vertebrae fracture in the past.
 - › recently started using systemic glucocorticoid medication (like steroids or prednisone).
 - › are taking medication that may cause falls.
 - › have trouble doing daily activities.
 - › have eyesight or movement problems.

Example of a hip fracture



How do I use hip protectors?

- Ask your primary health care provider what hip protector style they recommend.
- Have your health care provider measure you (see page 4).
- **Wear your hip protectors at all times.**
- Make sure the padding sits directly over your hip joints.

My measurements (in inches)

Widest part of hip: _____

Waist (at your belly button): _____

Find your measurements in the chart below.

Sizes

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

Size in inches: Female	Posey® Hipsters (Hip)	HipSaver® (Hip)	ComfiHips® (Waist)
X-small	33 to 35	28 to 31	n/a
Small	35 to 37	32 to 35	22 to 26
Medium	37 to 41	36 to 39	26 to 30
Large	41 to 45	40 to 44	30 to 34
XL	45 to 49	45 to 50	34 to 38
XXL	49 to 53	51 to 57	38 to 44
XXXL	n/a	n/a	44 to 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/clinics-programs-and-services/occupational-therapy

or

Scan the QR code below on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



- For more information, visit:
 - › <http://library.nshealth.ca/FallReduction>

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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