

Hip Fracture

Hip fracture refers to a break in the hip bone, and may be treated surgically or conservatively. The decision for surgical or conservative management depends on the type of hip fracture, the individual's age, pre-morbid status, and risk of surgery. A multi-disciplinary team, including doctors, nurses, physiotherapists, and occupational therapists will be involved in the care of the patient. The physiotherapist and occupational therapist will provide rehabilitative treatment as soon as the individual is medically fit, in order to maximise functional recovery.

What does rehabilitation involve?

Rehabilitation aims to minimise overall impairments after a hip fracture, allowing individuals to regain as much independence as possible and improve quality of life.

Occupational therapy enables individuals to engage in meaningful activities, and be independent in their daily activities. Occupational therapy also enables caregivers to cope with caregiving demands. To achieve these aims, the occupational therapist will:

- Assess the individual's current level of functional status and evaluate the individual's needs
- Facilitate individuals to participate in activities of daily living to improve the individual's functional abilities and prevent complications associated with prolonged bed rest
- Provide advice on equipment and home modification to maximise independence at home safely
- Provide caregiver training on how to care for the individual

Physiotherapy assists individuals to regain function and mobility, and as much independence as possible. To achieve these aims, the physiotherapist will:

- Teach safe techniques of getting in and out of bed
- Prescribe suitable walking aids e.g. walking frame
- Provide gait retraining
- Provide caregiver training as required
- Facilitate retraining of the affected lower limbs. This involves teaching range of motion exercises, strengthening exercises and balance exercises.

Useful websites

[Hip fractures](#)

[Patient Guide to Hip Fracture](#)