

## HIP PROTECTORS Falls body armour



### Why are hip protectors an important bone health protection strategy for *long term care residents*?

#### Because ...

*Hip protectors are padded undergarments designed to decrease the impact of a fall on the hip by either absorbing or shunting energy away from the hip, thereby reducing the risk of a hip fracture.*

#### 1. Do they work?

*Hip protectors can prevent some hip fractures and are most effective when staff*

- are aware of which residents can benefit the most
- apply them and occasionally check that the resident is wearing them, and
- select a hip protector that fits the resident and is comfortable to wear

#### 2. Who should wear them?

*Residents should be offered hip protectors if they have*

- osteoporosis and/or arthritis in the hip
- fallen or are at risk of falling
- previously broken a hip
- unsteady walking and independently transfer
- and/or dementia



#### 3. What kinds are there?

There are different types available, hard-shelled and soft-shelled.

*Hard-shelled types* shunt fall impact energy away from the hip. They have foam padding covered with a plastic coating that lays ovetop of the hip bone area.

*Soft-shelled types* absorb fall impact energy over the hip area. They have no plastic coating.

## MAKE NO BONES ABOUT IT

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