

Hip Protectors



What are hip protectors?

- they are cotton/Lycra® pants with two hip protecting shells sewn in.
- The shells are designed to protect the hip should you fall.

Why do I need them?

- You may have had a fall recently, or be at risk of falling.
- You may be at risk of breaking your hip.

Are they comfortable?

- As with anything new, they may feel a little strange at first.
- Hip protectors can be worn over lightweight underwear, or instead of underwear.
- the protective shells are sewn into the material of the pants so they should not cause any irritation.
- Hip protectors can be worn with shaped incontinence pads.

Are they easy to put on?

- If you feel unsteady standing, sit down on a chair or on the edge of the bed to put them on.
- Alternatively, if you use a walking aid, use it for support in standing, whilst pulling the pants into position.
- In some cases, you may require assistance managing your hip protectors in the toilet.

Where do I position the shells?

- The protective shells should sit comfortably over the top of the thigh as illustrated.
- To position the shells correctly, you may need to cup the underneath of the shell in your hand as you pull the pants up.



When do I wear them?

- They should be worn all day.
- If you get up during the night, they should be worn then too, if possible.
- So for most benefit you should try to wear your hip protectors 24 hours a day.

How do I wash them?

- Your hip protectors should be washed at 60 degrees. They can be tumble-dried or drip-dried.
- Do not bleach when washing them.
- Do not iron.
- They will last longer if washed in a washing net.



How long will I need to wear them?

- The person who recommended the hip protectors will advise you if you are to be re-assessed after a certain period.
- It may be necessary for you to wear the hip protectors permanently, to protect you against breaking your hip. If so they may need to be replaced after 12 - 18months.

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THE HIP PROTECTOR



Information



- Over 60,000 people per year sustain a hip fracture following a fall.
- Many people do not fully regain their previous level of mobility after breaking a hip.
- Hip protectors can give you the confidence to retain your independence.

Available on mail order:

Tel: **01909 735019**

Hip Protectors issued by:

Contact telephone number:



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