










Hip Fracture Recovery Pathway: After Surgery: Day 8 to 28

Care	Things to Keep Doing	Day 8 to 28 After Surgery	Things to Think About	Goals
Fluid and Nutrition	<div>→ Eat all meals at a table or in the dining room</div> <div></div>	<div>→ High-protein, high-calorie diet (ask if you need a nutritional supplement)</div> <div>→ Drink plenty of fluids</div> <div>→ Regular bowel movements</div> <div></div>	<div>If you need help at home:</div> <div>→ Family or friends</div> <div>→ Frozen meals</div> <div>→ Meals on Wheels</div>	<div>→ Independence with meals</div> <div>→ Balanced and healthy meals to help you recover sooner</div> <div>→ More strength and energy</div> <div></div>
Daily Activities	<div>→ Do self-care every day</div> <div></div>	<div>→ Use the equipment set up to make you safe (like grab bars, raised toilet seat, bath bench)</div> <div>→ Wear your own clothes</div> <div>→ Use dressing aids (like reacher, sock aid, long-handled shoe horn)</div>	<div>If you need help at home, Home Care may be arranged (you can also contact Home Care yourself, without a referral)</div>	<div>→ Independence with self-care</div>
Mobility	<div>→ Continue your activities and exercises as instructed by your doctor or therapist</div> <div></div>	<div>→ Walk at least 3 times a day, a little further each time</div> <div>→ Do your hip exercises 2 to 4 times a day</div> <div>→ Use your walking aid until your therapist tells you otherwise</div> <div></div>	<div>If needed, your therapist will teach you to:</div> <div>→ Go up and down stairs</div> <div>→ Get in and out of a car</div> <div></div>	<div>→ Independence with mobility</div> <div>→ Walk 10 to 30 metres, 3 times a day for the first week</div> <div>→ Progress to walking 50 to 100 metres, 3 times a day by week 4</div> <div>→ Exercise regularly to a total of 150 minutes (2.5 hours) each week</div>
Medicines	<div>→ Know what medicine you take and why</div> <div>→ Talk to your doctor about osteoporosis medicine and treatment</div> <div></div>	<div>→ To prevent or treat osteoporosis:</div> <div><div>Take calcium and vitamin D supplements (make sure your doctor knows)</div><div>Take your osteoporosis medicine, if prescribed</div></div> <div>→ Take medicine for pain as needed (tell your doctor if the pain isn't getting better)</div> <div>→ Keep taking your blood thinner as ordered</div>	<div>If you need help giving yourself the blood thinner injection:</div> <div>→ Family or friends</div> <div>→ Home Care</div>	<div>→ On bone health treatment plan</div> <div>→ Pain is manageable and getting better</div>
Fall Prevention and Safety	<div>→ Remove tripping hazards like throw rugs</div>	<div>→ Use your glasses and hearing aid</div> <div>→ Wear non-slip footwear</div> <div>→ Watch your step and don't rush</div> <div>→ Tell your doctor if you have dizzy spells</div> <div>→ Use a night light</div>	<div>If you need help to make your home safe:</div> <div>→ Home Care assessment</div> <div>→ Medical alert system</div>	<div>→ Be safe at home</div> <div>→ Prevent falls and injuries</div>
Follow-Up Care	<div>→ Talk with your family doctor about ongoing care</div> <div></div>	<div>→ Staples out by Day 14</div> <div>→ Lab work as ordered by your doctor</div> <div>→ Follow-up x-ray and appointment with your surgeon, if ordered</div>	<div>Your Fracture Liaison Service (FLS) team will continue to contact you about your bone health</div> <div>If you need help at home with your surgical incision:</div> <div>→ Family or friends</div> <div>→ Home Care</div>	<div>Talk to your doctor about:</div> <div>→ Your fall, surgery, and recovery</div> <div>→ Preventing further falls and fractures</div> <div>→ Ongoing medical treatment</div>