

## Information about your fractured hip

The hip includes the head or “ball” of the thigh bone (femur). The thigh bone fits into the socket of the pelvis. Ligaments and muscles hold the joint in place.

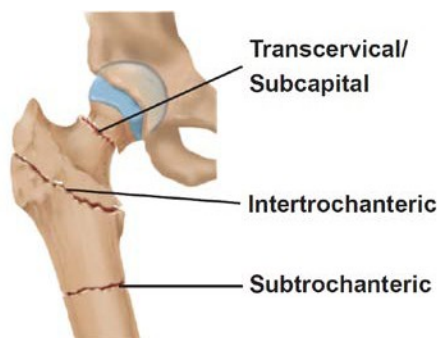
### Why did it happen?

Hip fractures are almost always a sign of osteoporosis.

### What types of hip fractures are there?

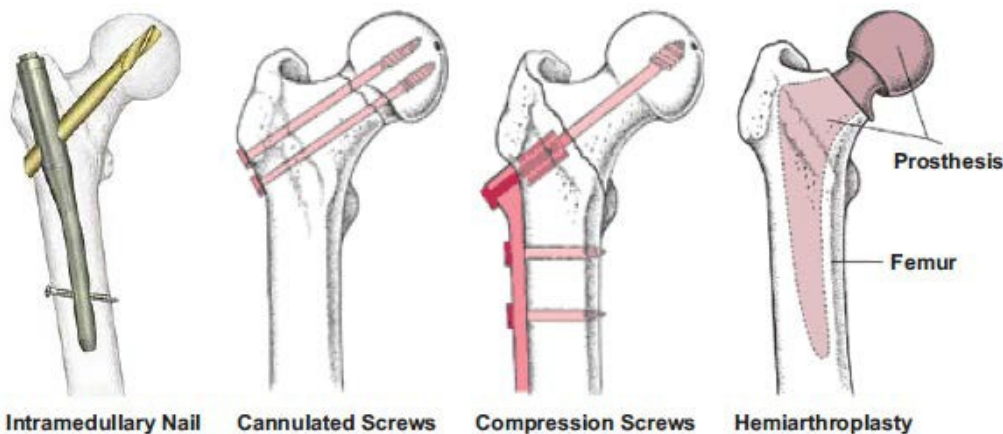
The hip can break:

- across the neck of the bone (transcervical, subcapital)
- below the neck of the bone (intertrochanteric)
- across the shaft of the bone (subtrochanteric)



### How are hip fractures fixed?

There are many ways to fix the hip. How it's fixed depends on the type of hip fracture you have. Some of the ways are shown below:



*Pictures of trochanteric nail, sliding hip screw, and cannulated screws courtesy of AO Principles of Fracture Management, 2<sup>nd</sup> Expanded Edition, 2007. Copyright AO Publishing Davos, Switzerland.*

Your surgeon will talk to you about the repair you need. If you have questions, please ask your surgeon or your nurse. If you can, have someone with you to help you remember what you're told. If no one is there when the surgeon speaks with you and you want a certain person to be included, please ask your surgeon to call them.



## Confusion/Delirium

Some people become confused or delirious after a hip fracture. Family members and friends can help by letting the doctor or nurse know if you're not acting like your usual self.

### How do I get ready to go home?

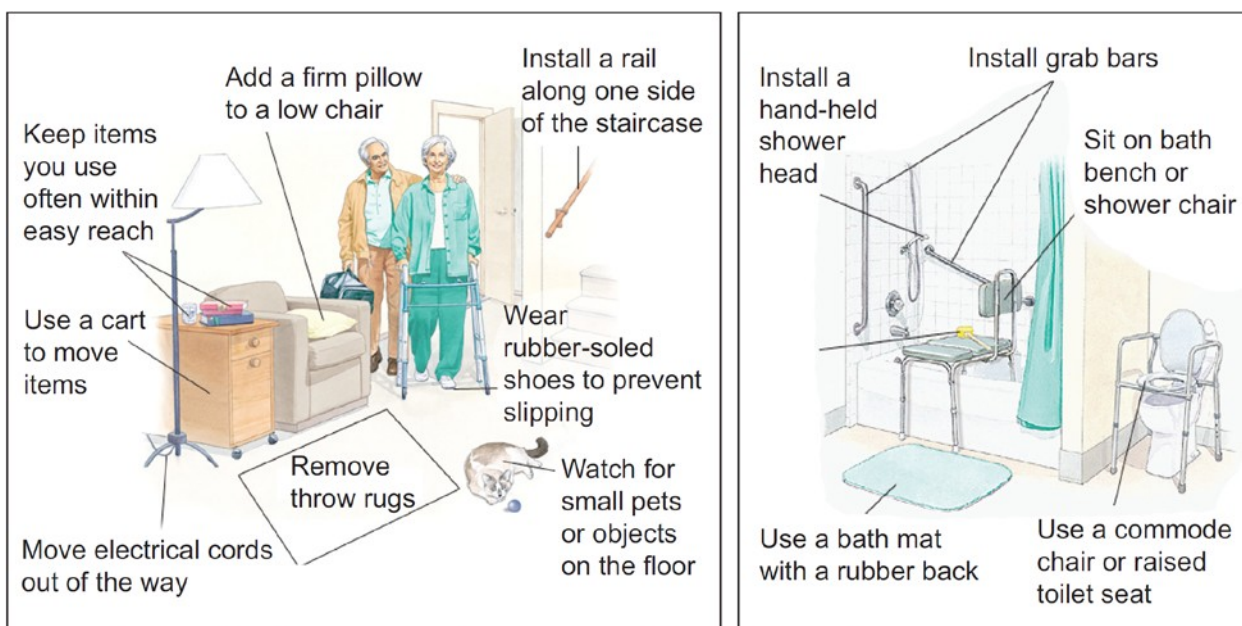
The goal after your surgery is for you to go home as soon as possible. You'll also need to arrange for a ride home from the hospital.

As you recover, you'll be assessed to see how well you're able to do everyday activities (for example, getting in and out of bed on your own, getting dressed, walking with an aid, managing meals, and so on). The sooner you can manage on your own, the sooner you'll go home. The staff will help you, but the real work will be up to you.

It's important to have someone stay with you if you live alone. How long they stay will depend on your recovery and how your home is set up. You'll also need someone to prepare some meals for you or you can make arrangements for Meals on Wheels.

### What can I do to get my home ready?

Before you go home, you should have someone make sure that your house is set up for you as you recover. The illustrations below show you the kinds of things to look for or do.



Source: <http://mountnittany.org/wellness-library/healthsheets/documents?ID=205>

For 24/7 nurse advice and general health information call **Health Link** at **811**.

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