



COMMUNITY THERAPY SERVICES INC. MANAGEMENT OF HIP FRACTURES

BED POSITIONING

- use foot cradle
- avoid pillows under knees
- in supine use trochanteric roll to keep leg straight and big toe pointed to ceiling
- during side-lying, keep pillows in place between the legs.



TURNING IN BED



LEG SUPPORTED DURING TURN

TO UNAFFECTED SIDE

- place pillows between legs when lying on back prior to turning
- position resident in full or half side-lying
- support affected leg during turn

TO AFFECTED SIDE

- place pillows between legs when lying on back prior to turning
- position resident in 30° side-lying until incision is healed



If there is a concern about skin please see positioning on Pressure Ulcer Management: Recommendations for Turning and Positioning handout.



MOBILITY

- weight-bearing status may have changed as a result of fracture
- SEE LOGOS FOR CURRENT MOBILITY AND TRANSFERS

EXERCISE PROGRAM **Do each exercise 5-10 times at least once daily**

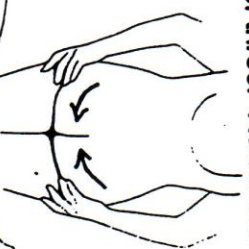
1. Move ankles up and down and around in a circle



3. Keeping knees straight, slide leg out to side, then back to centre.



4. Tighten buttocks, hold to count of three. Relax and repeat.



2. Pull ankle up as you tighten knee. Hold knee straight to count of 3. Relax and repeat. May require a rolled up pillow or towel under affected leg.



5. As directed by therapist, bend hip and knee, sliding heel toward buttocks. Straighten leg. Relax and repeat.

