The Physio Movement

# HIP FRACTURE

## WHAT IS A FRACTURED HIP

A fractured hip generally refers to a break in the upper 1/3rd of the femur (thigh bone), otherwise known as the femoral neck.

## ANATOMY:

The hip is a ball at socket joint that allows the leg to rotate around the pelvis. The femoral neck attaches to the ball of the hip joint and sits in the socket of the acetabulum. The hip plays a crucial role for mobility and stability.

## MECHANISM OF INJURY:

The most common mechanism for a fractures hip is a fall where the injured person lands directly on the hip. A direct blow to the hip or a motor vehicle accident is also a common mechanism.

## DIAGNOSIS:

Diagnosis of a hip fracture will usually occur when you present to your doctor or to hospital. Gathering a thorough history and observing the position of the leg/hip will help with accurate diagnosis.

X-ray will confirm fracture findings, although MRI or CT scan may be required if X-ray doesn't reveal a fracture and there are still suspicions.

## SIGNS AND SYMPTOMS:

- Inability to stand up after the fall
- Severe pain to the hip and groin
- Inability to put weight on the injured leg
- Stiffness, bruising and swelling around the hip
- The injured leg may be shorter and externally rotated

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## PHYSIOTHERAPY TREATMENT OPTIONS:

- Stretching exercises
- Gluteal strengthening
- Movement education
- Lifestyle modification
- Pain relief strategies
- Dry Needling
- Hydrotherapy
- Help in the home
- Food coaching
- Exercise therapy

## PRECAUTIONS:

Many hip fractures occur due to decreased bone density with conditions such as osteoporosis. Women and the elderly are at greater risks as they lose bone density and muscle mass at increasing rates. Minimal exposure to the sun and poor diet also play a significant role.