



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

Care	Things to do	Day 8 to 28 After Surgery	Things to Think About	Goals
Care				
Fluid and Nutrition	→ Eat all meals at a table or in the dining room	<ul> <li>→ Higher protein/calorie diet</li> <li>• ask if you need a nutritional supplement</li> <li>→ Drink plenty of fluids</li> <li>→ Regular bowel movements</li> </ul>	If you need help at home:  → family/friends  → frozen meals  → Meals on Wheels®	<ul> <li>→ Independence with meals</li> <li>→ Balanced and healthy meals to help you recover sooner</li> <li>→ More strength and energy</li> </ul>
Daily Activities	→ Do self-care every day	<ul> <li>→ Use the equipment set up to make you safe (e.g., grab bars, raised toilet seat, bath bench)</li> <li>→ Wear your own clothes</li> <li>→ Use dressing aids (e.g., reacher, sock aid, long-handled shoe horn)</li> </ul>	If you need help at home:  → Home Care may be arranged (can self-refer)	→ Independence with self-care
Mobility	→ If you have hip precautions, follow them until your doctor or therapist says you can stop	<ul> <li>→ Walk at least 3 times a day, a little further each time</li> <li>→ Do your hip exercises 2 to 4 times a day</li> <li>→ Use your walking aid until your therapist tells you otherwise</li> </ul>	If needed, your therapist will teach you to:  → go up and down stairs  → get in and out of a car	<ul> <li>→ Walk 10 to 30 metres 3 times a day for the first week</li> <li>→ Progress to walking 50 to 100 metres 3 times a day by week 4</li> <li>→ Independence with mobility</li> <li>→ Exercise regularly to a total of 150 minutes each week</li> </ul>
Medications	<ul> <li>→ Know what medicine you take and why</li> <li>→ Talk to your doctor about osteoporosis medicine and treatment</li> </ul>	<ul> <li>→ To prevent or treat osteoporosis:         <ul> <li>take calcium and vitamin D supplements (make sure your doctor knows)</li> <li>take your osteoporosis medicine if prescribed</li> <li>→ Take medicine for pain as needed; tell your doctor if the pain isn't getting better</li> <li>→ Keep taking your blood thinner as ordered</li> </ul> </li> </ul>	If you need help giving yourself the blood thinner injection:  → family/friends  → Home Care	<ul> <li>→ On osteoporosis treatment</li> <li>→ Pain is manageable and getting better</li> </ul>
Fall Prevention & Safety	→ Remove tripping hazards like throw rugs	<ul> <li>→ Use your glasses and hearing aids</li> <li>→ Wear non-slip footwear</li> <li>→ Watch your step and don't rush</li> <li>→ Tell your doctor if you have dizzy spells</li> <li>→ Use a night light</li> </ul>	If you need help to make your home safe:  → Home Care assessment → medical alert system	<ul> <li>→ Be safe at home</li> <li>→ Prevent falls and injuries</li> </ul>
Follow-Up Care	→ Talk with your family doctor about ongoing care	<ul> <li>→ Staples out by Day 14</li> <li>→ Lab work as ordered by your doctor</li> <li>→ Follow-up x-ray and appointment with your surgeon if ordered</li> </ul>	If you need help at home with your surgical incision:  → family/friends  → Home Care	Talk to your doctor about:  → your fall, surgery, and recovery  → preventing further falls and fractures  → ongoing medical treatment