

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
Fluid and Nutrition	<ul style="list-style-type: none"> → Eat all meals at a table or in the dining room 	<ul style="list-style-type: none"> → Higher protein/calorie diet <ul style="list-style-type: none"> • ask if you need a nutritional supplement → Drink plenty of fluids → Regular bowel movements 	<p>If you need help at home:</p> <ul style="list-style-type: none"> → family/friends → frozen meals → Meals on Wheels® 	<ul style="list-style-type: none"> → Independence with meals → Balanced and healthy meals to help you recover sooner → More strength and energy 
Daily Activities	<ul style="list-style-type: none"> → Do self-care every day 	<ul style="list-style-type: none"> → Use the equipment set up to make you safe (e.g., grab bars, raised toilet seat, bath bench) → Wear your own clothes → Use dressing aids (e.g., reacher, sock aid, long-handled shoe horn) 	<p>If you need help at home:</p> <ul style="list-style-type: none"> → Home Care may be arranged (can self-refer) 	<ul style="list-style-type: none"> → Independence with self-care
Mobility	<ul style="list-style-type: none"> → If you have hip precautions, follow them until your doctor or therapist says you can stop 	<ul style="list-style-type: none"> → Walk at least 3 times a day, a little further each time → Do your hip exercises 2 to 4 times a day → Use your walking aid until your therapist tells you otherwise 	<p>If needed, your therapist will teach you to:</p> <ul style="list-style-type: none"> → go up and down stairs → get in and out of a car 	<ul style="list-style-type: none"> → Walk 10 to 30 metres 3 times a day for the first week → Progress to walking 50 to 100 metres 3 times a day by week 4 → Independence with mobility → Exercise regularly to a total of 150 minutes each week
Medications	<ul style="list-style-type: none"> → Know what medicine you take and why → Talk to your doctor about osteoporosis medicine and treatment 	<ul style="list-style-type: none"> → To prevent or treat osteoporosis: <ul style="list-style-type: none"> • take calcium and vitamin D supplements (make sure your doctor knows) • take your osteoporosis medicine if prescribed → Take medicine for pain as needed; tell your doctor if the pain isn't getting better → Keep taking your blood thinner as ordered 	<p>If you need help giving yourself the blood thinner injection:</p> <ul style="list-style-type: none"> → family/friends → Home Care 	<ul style="list-style-type: none"> → On osteoporosis treatment → Pain is manageable and getting better
Fall Prevention & Safety	<ul style="list-style-type: none"> → Remove tripping hazards like throw rugs 	<ul style="list-style-type: none"> → Use your glasses and hearing aids → Wear non-slip footwear → Watch your step and don't rush → Tell your doctor if you have dizzy spells → Use a night light 	<p>If you need help to make your home safe:</p> <ul style="list-style-type: none"> → Home Care assessment → medical alert system 	<ul style="list-style-type: none"> → Be safe at home → Prevent falls and injuries
Follow-Up Care	<ul style="list-style-type: none"> → Talk with your family doctor about ongoing care 	<ul style="list-style-type: none"> → Staples out by Day 14 → Lab work as ordered by your doctor → Follow-up x-ray and appointment with your surgeon if ordered 	<p>If you need help at home with your surgical incision:</p> <ul style="list-style-type: none"> → family/friends → Home Care 	<p>Talk to your doctor about:</p> <ul style="list-style-type: none"> → your fall, surgery, and recovery → preventing further falls and fractures → ongoing medical treatment