



Hip protectors

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Subjects (LCSH): Accidents--Prevention
Falls (Accidents)
Hip joint

Specialty: Muscoskeletal System

Abstract: Hip protectors are plastic shields or foam pads used to protect the hip area. Why hip protectors are needed as well as how to use them are reviewed. A size measurement chart is included. Ask your occupational therapist or physiotherapist if hip protectors are right for you.

Responsibility: Prepared by: Falls and Injury Reduction, Western Zone

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