Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Hip Fracture Surgery

Postoperative Phase

- Weightbearing: As tolerated unless otherwise instructed
Assistive device: Recommended for balance and to reduce fall risk
- Brace: None

Goals:
- Normalize gait
- Fall prevention and safety
- Chair rises
- Balance & proprioceptive training
- Safe loading
- Core and abductor strengthening
- Priority is safe return to activities of daily living

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