

## About Hip Fractures

A fracture of the hip is a serious injury that most commonly affects the elderly. A hip fracture usually refers to a break of the head or neck of the femur, but it can also refer to a break of the pelvis, which contains the hip socket.

### CAUSES

In the elderly, hip fractures are most often caused by a combination of weakened bones and a traumatic injury such as a fall. The elderly are susceptible to fractures because bones tend to lose density and strength with age, a condition known as osteoporosis. Hip fractures can also occur in young people as a result of severe trauma.

### SYMPTOMS

Symptoms include severe pain in the hip, bruising and swelling in the hip and groin, inability to bear weight on the injured leg, a shortened leg, and an outward turning of the injured leg.

### TREATMENT

Fractured hips are almost always treated with surgery.

Surgical options may include screws or plates to hold the bones together, an intramedullary rod, a hemiarthroplasty, or a total hip replacement, in which the hip is replaced with implants.



