NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Hip Fractures

A suspected hip fracture needs emergency hospital assessment. Severe hip or groin pain after a fall, an inability to stand, or a leg that looks shortened or turned outward may signal a fracture. Call 911 if you cannot move safely. Do not try to walk it off or wait for a routine office appointment.

What a hip fracture means

A hip fracture is a break near the top of the thighbone. It can happen after a fall, especially when bones are weakened, or after a more forceful injury. Some fractures cause less obvious symptoms, so persistent hip pain after a fall still needs assessment.

Hospital assessment and treatment

The hospital team will assess pain and other medical needs and usually obtain X-rays. Further imaging may be needed if a fracture is still suspected. Many hip fractures need surgery; the approach depends on the fracture and your overall health.

Planning recovery

Your team will explain weight-bearing limits, walking aids, rehabilitation, and measures to reduce complications. Ask about help at home and follow-up appointments.

A bone-health review and a plan to reduce falls may help address the risk of another injury. Recovery varies; follow the hospital team's instructions for your fracture.

Related reading

- Stress Fractures
- Osteoporosis Prevention and Management with Dr. Jason Pirozzolo: Bone Health Tips

Sources and further information

- AAOS: Hip fractures
- NHS: Broken hip

This handout provides general education. Your treating clinician can explain how it applies to your injury.