

## **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