

Elderly Hip Fracture Patients are Unable to Maintain Postoperative Weight-Bearing Restrictions



Immobilization due to postoperative weight-bearing restrictions leads to complications in elderly trauma patients.

The maintenance of postoperative weight-bearing in patients with...

Hip fracture



≥75 years
(n=16)

VS

Ankle fracture

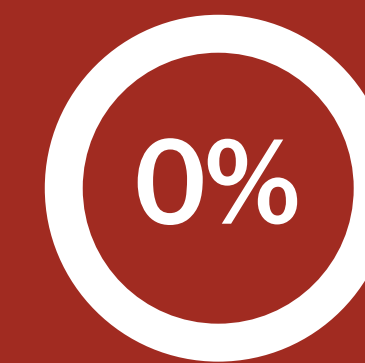


18–40 years
(n=18)

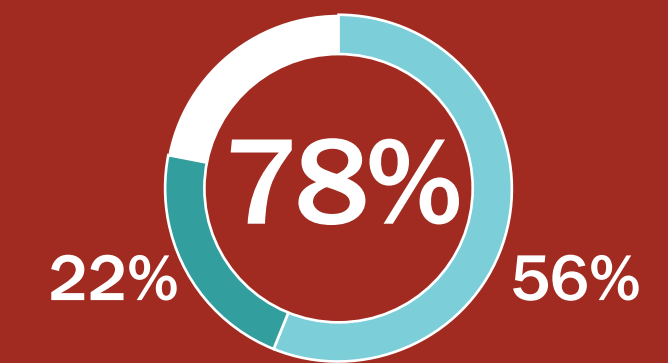
...was comparatively assessed using insole force sensors

(All patients were informed about the force sensor)

Rate of compliance with 20 kg restriction

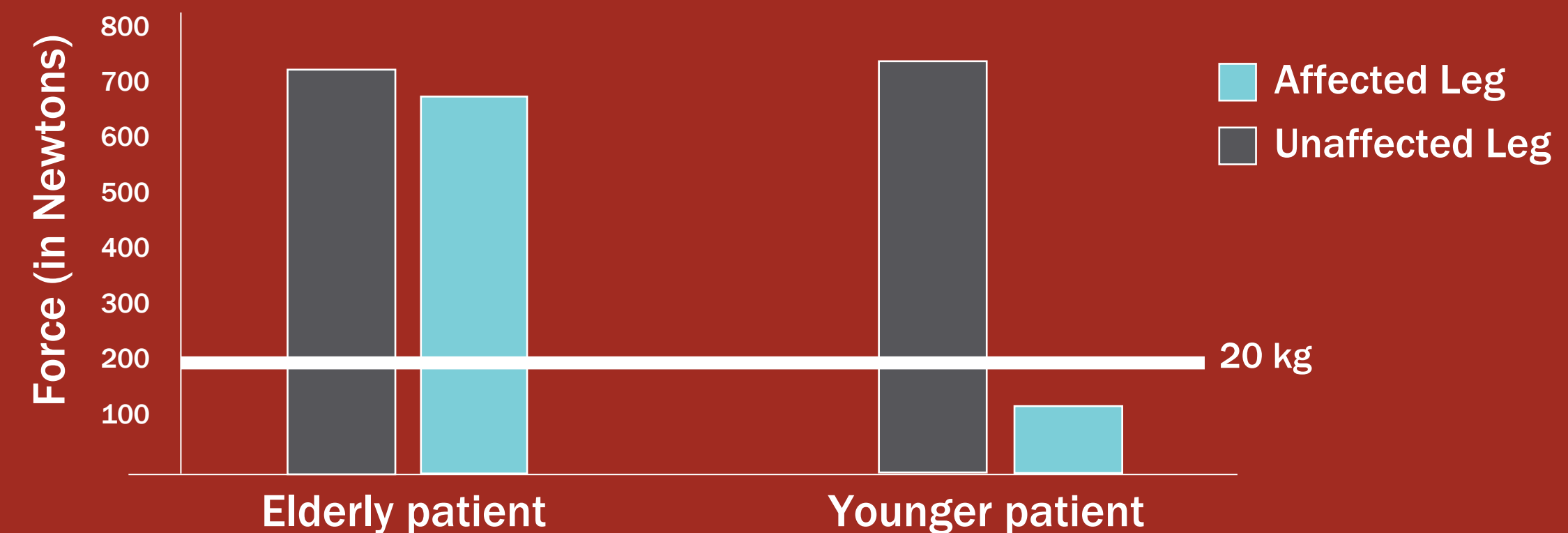


Elderly patients



Younger patients

Maintenance of weight-bearing restriction



Thus, none of the elderly hip fracture patients complied with postoperative weight-bearing restrictions.



Since weight-bearing restriction can lead to immobility and increased risk of complications, unrestricted weight-bearing is recommended for elderly hip fracture patients.

Inability of Older Adult Patients with Hip Fracture to Maintain Postoperative Weight-Bearing Restrictions

Kammerlander et al. (2018)

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