

After a Hip Fracture: Common Questions



No one plans on having a hip fracture. But a sudden fall or accident can be a life-changing event. You'll often need surgery to repair the fracture and time for it to heal. It's normal to have concerns about what to expect at this time. Below are answers to some common questions.



Can I be as active as I was before?

After a hip fracture, you may not be able to move around as easily as you did before. But with some effort and a positive attitude, you can get back to doing many things you enjoy.

When will the pain in my hip stop?

Your hip will likely be sore for several weeks after surgery. But this pain can be managed with medicine. The pain should also lessen with time and proper exercise.

Why do I need to begin doing exercises right after surgery?

Exercise is needed for correct healing. Some exercises help prevent blood clots. Others build strength to help you get out of bed and get moving.

When can I go home?

This often depends on your health and how well you can get around. You'll often leave the hospital within 1 week. But you may need to go to a rehabilitation center or skilled nursing facility for an additional 1 or 2 weeks before returning home.

How long before I can use the bathroom on my own?

Your catheter is removed once you can move to the bathroom. This is often 1 or 2 days after surgery. A therapist will teach you how to get on and off the toilet safely.

When will I walk again?

With the help of a physical therapist, you'll begin learning how to walk again before you leave the hospital. Your healthcare provider may restrict your amount of weight-bearing activities after surgery, depending on the location of the fracture and the surgery type. For several months after your surgery, you may need to continue physical therapy and walking with a cane or walker.

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