

ESTIMATING HIP-FRACTURE RISK

To estimate a senior's risk of experiencing a hip fracture, one need only ask the right question: "Do you have difficulty maintaining your balance?" This simple query may seem obvious. However, while poor balance is known to increase fall risk, there has been no clear-cut evidence for a link between scientifically measured balance and the risk of fracture. With this in mind, researchers decided to investigate whether asking patients about their balance might be a simple alternative to complex tests that measure balance. After studying twins aged 55 years and older (which removed genetics as a factor), researchers found that twins who said their balance was impaired had a more than three-fold greater risk of fracturing a hip.

As we age, our ability to balance and see clearly changes. If you recently fell and now experience a great deal of hip pain, you may have a hip fracture. At Barclay Friends, we provide seniors with the highest professional and humanitarian standards of care. As specialists in rehabilitation, we offer physical, occupational, and speech therapy. Kanchan Jindal, RN, has successfully completed all requirements for certification by the National Alliance of Wound Care (NAWC). Please call us at 610-696-5211 if you would like to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. Among the seniors who fractured their hips during the course of the study mentioned above, roughly four of ten of the hip fractures were linked to poor balance.