

Get up and get moving—early mobilisation after hip fracture surgery

ABSTRACT

Early mobilisation must follow on from early hip fracture surgery as delayed ambulation leads to poor post-operative outcomes. Early mobilisation post-operatively was associated with better mobility and more discharges from hospital. Embedding it into routine clinical practice will require involvement of the orthogeriatric multidisciplinary team.

Keyword: Hip fracture; Early mobilisation; Rehabilitation; Older person