

Hip protectors: can they help break your fall and not your hip?

Sarah Chapman for Evidently Cochrane 17 April 2014 (updated 01 October 2019)

References and further reading

Cameron ID, Dyer SM, Panagoda CE, Murray GR, Hill KD, Cumming RG, Kerse N. Interventions for preventing falls in older people in care facilities and hospitals. Cochrane Database of Systematic Reviews 2018, Issue 9. Art. No.: CD005465. DOI: 10.1002/14651858.CD005465.pub4

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005465.pub4/full>

[Podcast](#) of the above review.

Gillespie LD, Robertson MC, Gillespie WJ, Sherrington C, Gates S, Clemson LM, Lamb SE. Interventions for preventing falls in older people living in the community. Cochrane Database of Systematic Reviews 2012, Issue 9. Art. No.: CD007146. DOI: 10.1002/14651858.CD007146.pub3.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD007146.pub3/full>

Please note: due to its size and complexity, this review is not being updated. Instead, the topic area has been split and separate reviews of the main interventions will be conducted. Lead author Lesley Gillespie explains, in [this editorial](#).

Handoll H, Elliot J. “Preventing falls and fall-related injuries in older people”. Cochrane Library, Cochrane Special Collections. 17 October 2018. Web. 01 October 2019.

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Santesso N, Carrasco-Labra A, Brignardello-Petersen R. Hip protectors for preventing hip fractures in older people. Cochrane Database of Systematic Reviews 2014, Issue 3. Art. No.: CD001255. DOI: 10.1002/14651858.CD001255.pub5.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001255.pub5/abstract>