

Proven in practice and validated in biomechanical tests. Created with care for wellbeing.  
 Unique with breakthrough design utilising innovative patented technology.  
 User friendly and all soft with thin tapered padding. Cosy to sleep in.  
 Convenient to care for and washable at 95°C and tumble dryer friendly.  
 Proven in clinical studies and in widespread usage.  
 In the UK since 2002 and widely used in the NHS and Private Care.

		
<b>SlimFit Female</b>	<b>SlimFit Male with Fly</b>	<b>SlimFit TailBone</b>
		
<b>Nursing Home Style Female</b>	<b>Nursing Home Style Male</b>	<b>Nursing Home Style Tailbone</b>
		
<b>QuickChange Unisex</b>	<b>QuickChange TailBone</b>	<b>OpenBottom Unisex</b>

**Win Health Medical Ltd**  
**Unit 1, Oxnam Road Industrial Estate, Jedburgh, TD8 6LS**  
**Tel. 01835 864866; Fax: 01835 268136; orders@win-health.com**  
[www.win-health.com](http://www.win-health.com)

## HipSaver User Friendly Soft Hip Protectors Guidance for Independent Users

HipSaver soft hip protectors help to prevent fall related hip fractures and hip injuries, but only when/if the HipSaver is worn at the time of the fall. It is important to wear HipSaver during the day and at night because falls frequently occur at night.

The effects of falling can be devastating, especially, when serious hip fractures or hip injuries are sustained. Many people become bed-bound, go to permanent care, or even die. You should consider using HipSaver Soft Hip Protector if any of the following apply to you:

- You are thin and frail, or you have osteoporosis – weakened bones
- You are a smoker and regularly consume alcohol
- You have previously suffered a fracture(s)
- You have a family history of hip fracture (i.e. your mum had one)
- You have problems with balance, postural stability, or gait
- You tend to trip, slip or “bump into things”
- You tend to fall and/or you have fallen previously
- Your muscles are weak, and your agility is low
- You have impaired vision or suffer episodes of dizziness
- You suffered a stroke or have Parkinson’s Disease
- Your doctor/nurse/carer advised you to wear hip protectors

### Steps to take

- **Ensure** that your risk of falling in your own home is minimal. Improve lighting, fit handrails on stairs, and remove loose floor coverings and clutter that could precipitate your fall.
- **Decide** on the best HipSaver style for you. You can choose the attractive SlimFit model if you are fashion conscious - or choose the roomy Nursing Home model for improved comfort. Or perhaps you can opt for the SlimFit to wear during the day and consider the roomier Nursing model as a nighttime protector. If you have a problem with continence – the QuickChange model will allow you to change your personal pads easily and conveniently. OpenBottom model is best for people with special needs (i.e. requiring catheters) or as a night-time wear.
- **Measure yourself** at the widest point of your hips – at the top of your thigh bone – match your personal hip measurements with the chart below. There are 7 sizes available (XXS – XXL) – choose the size closest to your own measurements.
- **Select colour:** HipSaver SlimFit for ladies is available in a choice of white or beige colours. SlimFit Male with Fly and OpenBottom are in white only. Nursing Home Style and QuickChange are made in a practical beige colour that is resistant to discolouration and staining.
- **Care for your HipSaver:** HipSavers are easy to wash in domestic and institutional washing machines at up to 95°C and can be tumble dried. The protective pads are sewn permanently into the garments and will not deteriorate in the hot wash. Wash your HipSaver like a normal underwear. Consider how often you can do your washing, as this will help you to establish how many pairs you need. Remember that the objective is to wear a HipSaver always – day and night! *Please note that HipSaver Hip Protectors are single user personal protective garments.*
- **Protect yourself, protect your hips** - feel safe and confident to enjoy your life – wear your HipSaver hip protector night and day - all the time! The soft pads are thin and discreet and will not show underneath your normal clothing – no one will know but you!
- **TailBone models incorporating an additional pad that covers the tail bone (coccyx) area,** protecting it during backward falls and from accidental knocks and bumps. HipSaver SlimFit, HipSaver Nursing Home Style, HipSaver QuickChange are available with TailBone pads. TailBone models are only made in 6 sizes (XS – XXL).
- **VAT Relief:** VAT relief is available for registered disabled people and chronically ill people.