

Does a home-based exercise program benefit patients after hip fracture surgery?

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A study published in the *Journal of the American Geriatrics Society* indicates that a 12-month home-based progressive and supervised exercise program can help to improve functioning and physical performance after patients undergo hip fracture surgery.

For the study, 121 patients aged 60 years and older were randomized to

into an exercise group and a usual care group. Home-based exercise sessions were delivered by physiotherapists twice a week and included strength, balance, mobility, and functional components as well as brief counselling on [physical activity](#) and nutrition.

Compared with patients in the usual care group, patients in the [exercise group](#) saw more improvements over the course of a year in their physical performance, their handgrip strength, and their ability to complete certain activities of daily living.

"It is worthwhile to invest in rehabilitation exercise for older people after hip fracture. Better functioning benefits the individual and also society," said lead author Paula K. Soukkio, MSc, of the South Karelia Social and Health Care District (Eksote), in Finland.

More information: Effects of a 12-month home-based exercise program on functioning after hip fracture—secondary analyses of an RCT, *Journal of the American Geriatrics Society* (2022). [DOI: 10.1111/jgs.17824](#)

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