

'STEP-HI' Back to a Life in Motion

Volunteers Needed For a Hip Fracture Recovery Study

Did You Know?

Many hip fracture patients never return to their pre-fracture level of daily functioning and mobility.

We are testing strategies that may improve recovery after a hip fracture.

Who Can Participate?

- Women with recent hip fracture
- Aged 65 years or older
- Willing to participate in a supervised exercise program and/or take a hormone medication, for 6 months.

Transportation provided to all research visits and exercise sessions.



This study is being led by Dr. Sarah Berry, MD MPH & Dr. Douglas Kiel, MD MPH at Beth Israel Deaconess Medical Center and Hebrew SeniorLife.



Marcus Institute
for Aging Research
Hebrew SeniorLife



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**For more information on what is involved and how to participate in this study,
contact the site study coordinator:**

(617)971-5800 or email: oneill@hsl.harvard.edu