‘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.

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