

# Patients' experience of physical activity on prescription after a hip fracture

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**Background:** Fear of falling, functional limitations, and activity restriction are common after a hip fracture. Physical activity on Prescription (PaP) is aimed at increasing patients' activity and confidence.

**Purpose:** The aim of this study was to explore patients' experience of physical activity, with a focus on PaP and its effects on their daily lives.

**Method:** Individual open interviews were conducted and analysed using qualitative content analysis.

**Result:** An overarching theme was formulated: PaP means moving from insecurity and fear to increased physical activity and independence, if it is completed with individual support. This embraced the content of three categories:

Fear prevents physical activity: *"It's in your head, it's in your head. I'm afraid, afraid of falling! I was feeling a bit like this before I fell and broke my hip, but now it's awful!"* (Interview 3)

Overcoming fear: *"I was scared before the physiotherapist took me outside, and then I felt that I could do it. I could go out even though I'd broken my hip; I'd never have believed it!"* (Interview 4)



Getting support based on your own needs in order to advance: *"And then I started it and pretty quickly we got OUTSIDE! And it was absolutely wonderful! And so he [the physiotherapist] said that now we're going to go outside, and I said I can't, but he said now let's go! And then I got the confidence to do it, but I hadn't dared to do it myself, following my PaP alone."* (Interview 1)

**Conclusion:** PaP cannot replace physiotherapy. It can increase self-efficacy and physical activity after hip fracture, but only if it is completed with individual support. The physiotherapist has knowledge about exercise physiology and the relationship between movement and health, and therefore plays an important role for individual prescription of PaP.