CLAIMS

1. A hip protective garment, comprising:

a form-fitted body portion; and

a conformable hip pad disposed on and integral with the body portion of the garment, the hip pad comprising a center, such that when the garment is disposed on the user, the center of the hip pad is disposed adjacent to the upper trochanter region of the user's hip.

2. The hip protective garment of Claim 1, wherein the hip pad comprises an integrated locator device that allows the user to verify the position of the center of the hip pad relative to the upper trochanter region of the user's hip.

3. The hip protective garment of Claim 1, wherein the hip pad comprises a removable impact sensor adapted to measure the force of an impact.

4. The hip protective garment of Claim 1, wherein at least a portion of the body portion comprises an absorbent material.

5. The hip protective garment of Claim 1, wherein the hip pad comprises an energy absorbing foam material.

6. The hip protective garment of Claim 5, wherein the energy absorbing foam material is a polyurethane foam.

7. The hip protective garment of Claim 6, wherein the polyurethane foam has a density of about 10 pcf to about 30 pcf.

8. The hip protective garment of Claim 7, wherein the polyurethane foam has a density of about 15 pcf to about 25 pcf.

9.. The hip protective garment of Claim 1, wherein the hip pad has a central region of uniform thickness extending radially from the center of the hip pad.

10. The hip protective garment of Claim 1, wherein the hip pad has a central region of uniform thickness extending radially from the center of the hip pad by about 1 cm to about 10 cm.

11. The hip protective garment of Claim 1, wherein the hip pad has a central region of uniform thickness extending radially from the center of the hip pad by about 3 cm to about 8 cm.

12. The hip protective garment of Claim 1, wherein the hip pad has a central region of uniform thickness extending radially from the center of the hip pad by about 5 cm.

13. The hip protective garment of any one of Claims 9 to 13, wherein the Central region of uniform thickness has a thickness ranging from about 1 mm to about 30 mm.

14. The hip protective garment of Claim 14, wherein the central region of Uniform thickness has a thickness ranging from about 5 mm to about 25 mm.

15. The hip protective garment of Claim 1, wherein the central region of uniform thickness has a thickness ranging from about 10 mm to about 20 mm.

16. The hip protective garment of Claim 15, wherein the central region of uniform thickness has a thickness of about 15 mm.

17. The hip protective garment of Claim 16, wherein the hip pad comprises an impact-resistance of up to about 10,000 newtons.

18. The hip protective garment of Claim 1, wherein the hip pad comprises an impact-resistance of up to about 7000 newtons.

19.. The hip protective garment of Claim 1, wherein the hip pad comprises an impact-resistance of up to about 5000 newtons.

20. The hip protective garment of Claim 1, wherein the hip pad comprises an impact-resistance of up to about 3000 newtons.

21. A hip protective garment, comprising:

a form-fitted body portion; and

a conformable hip pad disposed on and integrated with the body portion of the garment, the hip pad comprising a center, such that when the garment is disposed on the user, the center of the hip pad is disposed adjacent to the upper trochanter region of the user's hip;

wherein the hip pad comprises a polyurethane foam with a density of about 20 pcf, a thickness of about 15 mm, and that is capable of absorbing about 7000 newtons of force.