

After A Fracture Workshop Guide

Starter Activity

Watch the video “The Importance of Knowing About Osteoporosis and the Risk of Fractures Associated With the Disease” from Osteoporosis Canada.

After the Fracture

Three Stages of Pain from a Fracture

Record any details that you might want to remember for the three stages of pain in the space provided.

1. Acute Pain

2. Sub-Acute Pain

3. Chronic Pain

Four Most Common Broken Bones

What are the four most common sites for broken bones due to osteoporosis?

Fill in the blanks with the appropriate keyword.

- _____
- _____
- _____
- _____

What is a Neutral Spine?

Write down a brief description of a neutral spine that will be easy for you to remember.

The Hip Hinge

The Hip Hinge

- Bend your knees slightly while keeping your back straight from hip to shoulder
- Stick out your tailbone behind you to bend forward from the hips



I will be able to identify and demonstrate a minimum of 3 methods for maintaining a neutral spine independently, focusing on safe movements and good posture.

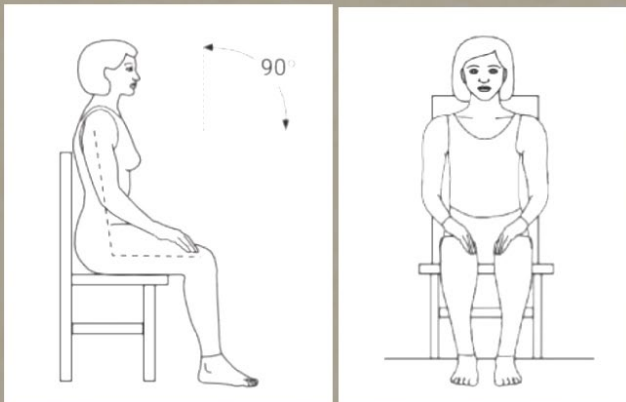
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Hip Movement Precautions

Fill in the blanks with the appropriate keyword.

- After a hip fracture, your surgeon, nurse or therapist will let you know how much weight you can put on your repaired hip
 - known as your weight-bearing status
- Depending on what surgery you had, you may have some movement precautions, such as
 - do not bend your hip more than _____
 - do not _____ your body
 - do not _____ your legs or ankles

Hip Movement Precautions



- when sitting in a chair
 - sit with a neutral spine
 - keep your legs uncrossed



I will be able to identify 3 movement precautions for your hip following a hip fracture

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- If you have had a partial or total hip replacement, do not do any of the following for at least 3 months after surgery
 - do not bend your hip more than 90 degree
 - do not bring your knee _____ than your hip
 - do not reach _____ towards your feet
 - do not _____ for objects on the floor
 - do not twist your body



What does this mean to you?

With the person beside you, discuss what these movement precautions mean to you and your daily activity. Record your ideas in the space below.

- Are these precautions that you are already taking?
- How will these precautions affect your routine?

Cool-down Activity

Reflect on what you learned during this workshop. In the appropriate space below identify:

3 new facts that you learned in this workshop

2 topics you want to learn more about