

After A Fracture - Workshop Plan	
Learning Objectives:	Participants will be able to - Identify the 3 stages of pain following a fracture - Identify the 4 most common sites for broken bones due to osteoporosis - Identify and demonstrate a minimum of 3 methods for maintaining a neutral spine independently, focusing on safe movements and good posture. - Identify 3 movement precautions for your hip following a hip fracture - Identify 5 movement precautions for your hip following a partial or total hip replacement.
Time: (min)	Workshop Details
2	Workshop Sign-In - Circulate the Workshop Sign-In Sheet while everyone is getting settled and during the introductions for the workshop - Prior to the start of the workshop, place an After A Fracture - Workshop Guide on every desk/wherever participants will be seated Starter [Slide 2] - Play the video “The Importance of Knowing About Osteoporosis and the Risk of Fractures Associated With the Disease” [1:35]
2	- After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slides 4-5] - indicate that the learning outcome for each slide will be located at the bottom of that slide [Slide 6] - encourage participants to complete their After A Fracture - Workshop Guide during the workshop as this will provide them with a useful resource [Slide 7] - following these introductory slides, the facilitator will work through the PowerPoint slides with the participants, engaging the group in participant-centric activities while they complete the After A Fracture - Workshop Guide
1	Part 1 - Fragility Fractures [Slides 8-9] Review the definition of a fragility fracture
20	Part 2 - After the Fracture [Slides 10-23] - Review Slides 11-15 - To review the material covered on the slide, you can either choose to briefly summarize the slide yourself or have volunteers read the bullet points to the rest of the group. - The recommendation is to always be as participant-centric as possible and engage the participants in as much of the learning process as possible. - Encourage participants to record important information in their After A Fracture - Workshop Guide - Review Slides 16-23 - To review the material covered on the slide, you can either choose to briefly summarize the slide yourself or have volunteers read the bullet points to the rest of the group. - The recommendation is to always be as participant-centric as possible and engage the participants in as much of the learning process as possible. - Encourage participants to record important information in their After A Fracture - Workshop Guide - Engage the group in a discussion about their experiences with assistive devices [Slide 21]

10	Part 3 - The Day-to-Day After a Spine Fracture [Slides 24-30] ● Review Slides 25-29 by briefly reading the key points to the group ● Encourage participants to engage in the movements that maintain a neutral spine and have them work with a partner to ensure that they are engaging in these movements correctly ● Encourage participants to complete the appropriate section of their After A Fracture - Workshop Guide ● Play the video on Moving between Standing and Sitting [2:59] [Slide 30] ○ encourage participants to follow along with the instructions
5	Part 4 - Hip Movement Precautions [Slides 31-35] ● Review Slides 32-35 ● To review the material covered on the slide, you can either choose to briefly summarize the slide yourself or have volunteers read the bullet points to the rest of the group. ○ The recommendation is to always be as participant-centric as possible and engage the participants in as much of the learning process as possible. ● Encourage participants to complete the appropriate section of their After A Fracture - Workshop Guide
5	Cool-down Activity [Slide 36] ● Have participants complete the Cool-down Activity in their After A Fracture - Workshop Guide by identifying: ○ 3 new facts that you learned in this workshop ○ 2 topics you want to learn more about
Resources: ● After A Fracture - Facilitation Guide ● After A Fracture - Presentation ● After A Fracture - Workshop Plan ● After A Fracture - Workshop Guide ● Workshop Sign-In Sheet ● Workshop Evaluation Form Other Resources Needed: ● pens/pencils ● tables ● chairs ● long wooden dowels, broom handles or PVC pipe for hip hinge activity	