

## **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.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

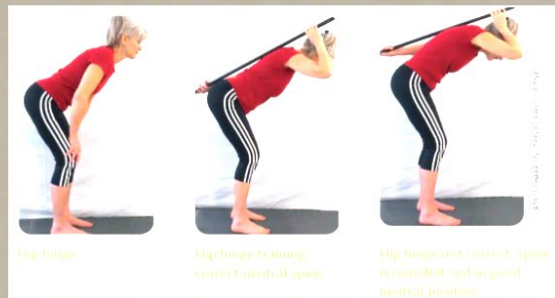
## What is a Neutral Spine?

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.

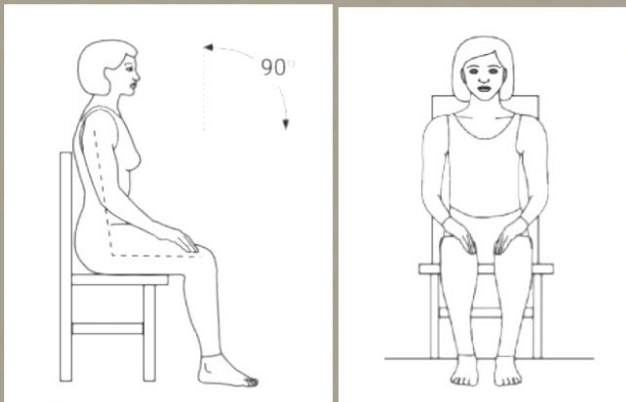
27

## 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

33

- 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