

After A Fracture - Workshop Plan	
Learning Objectives:	<p>Participants will be able to</p> <ul style="list-style-type: none"> 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	<p>Workshop Sign-In</p> <ul style="list-style-type: none"> 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 <p>Starter [Slide 2]</p> <ul style="list-style-type: none"> Play the video “The Importance of Knowing About Osteoporosis and the Risk of Fractures Associated With the Disease” [1:35]
2	<ul style="list-style-type: none"> 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	<p>Part 1 - Fragility Fractures [Slides 8-9]</p> <ul style="list-style-type: none"> Review the definition of a fragility fracture
20	<p>Part 2 - After the Fracture [Slides 10-23]</p> <ul style="list-style-type: none"> 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. <ul style="list-style-type: none"> 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. <ul style="list-style-type: none"> 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	<p>Part 3 - The Day-to-Day After a Spine Fracture [Slides 24-30]</p> <ul style="list-style-type: none"> ● 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] <ul style="list-style-type: none"> ○ encourage participants to follow along with the instructions
5	<p>Part 4 - Hip Movement Precautions [Slides 31-35]</p> <ul style="list-style-type: none"> ● 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. <ul style="list-style-type: none"> ○ 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	<p>Cool-down Activity [Slide 36]</p> <ul style="list-style-type: none"> ● Have participants complete the Cool-down Activity in their After A Fracture - Workshop Guide by identifying: <ul style="list-style-type: none"> ○ 3 new facts that you learned in this workshop ○ 2 topics you want to learn more about
<p>Resources:</p> <ul style="list-style-type: none"> ● 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 <p>Other Resources Needed:</p> <ul style="list-style-type: none"> ● pens/pencils ● tables ● chairs ● long wooden dowels, broom handles or PVC pipe for hip hinge activity 	