



# Snap and Crack

## Part 2: Rehabilitation & Osteoporosis Therapy after a Fracture



### If you get a fracture, you need osteoporosis therapy

After you get a fracture, it's crucial to help it heal properly, regain your ability to move around, and avoid any related health problems, like breaking the same bone again. You might also want to consider taking drug therapy to reduce fracture risk.



### Did you know?



Spinal cord injury

+



Lower extremity fracture

=



You have **Low bone mass** or **Osteoporosis**

### What are the tips for successful recovery from a fracture? How do we prevent further fracture?

Get advice from your rehab team (e.g. a physical therapist, occupational therapist, nurse practitioner and/or physiatrist). Your care plan should include the following:

	If you are a <i>wheelchair user</i>	If you are a <i>walker</i>
<b>Restoration of your baseline lower extremity (hip, knee, and ankle) range of motion</b>	Physiotherapy to restore your baseline lower extremity range of motion in order to get back to the optimal seated posture in your wheelchair.	Physiotherapy to restore your baseline lower extremity range of motion before starting weight bearing activities (e.g. Standing & walking) in order to reduce the chance of getting further injury at, above or below the fracture site.
<b>Fracture risk assessment &amp; osteoporosis therapy</b>	<ul style="list-style-type: none"> <li>Bone mineral density testing. (See Episode 4)</li> </ul>	<ul style="list-style-type: none"> <li>Osteoporosis therapy. (See Episode 5,6 and 7)</li> </ul>
<b>Seating, bracing or orthotic assessment</b>	Seating assessment to reduce your risk of pressure injury as your leg length, alignment or sitting posture may have changed.	Bracing/orthotic assessment to reduce your risk of pressure injury with a brace/orthosis as your leg length or alignment may have changed.
<b>Fall prevention therapy &amp; education</b>	Upgrade your transfer technique and wheelchair skills.	<ul style="list-style-type: none"> <li>Balance training (perturbation therapy).</li> <li>Gait training with a therapist. </li> </ul>
<b>Get active again</b>	Gradually becoming more active and returning to your usual activities.	

### To Do List

### Care Plan after Fracture Healing

- Discuss with your rehab team the strategies to get you back to your baseline function!
- Talk to your doctor about drug therapy options to reduce your future risk of fracture.

**If You Have A Fracture, Get Advice From Your Rehab Team To Restore Your Functional Independence And To Prevent Future Fracture.**

**Learn More**

**SCI Fragments:**  
www.scifragments.ca

The information contained in these handouts & podcast are not intended to replace medical advice. Readers are advised to discuss their individual circumstances with their doctor & rehab care team.

Copyright ©2023, KITE Research Institute-University Health Network, Toronto, Ontario, Canada. This handout may be copied freely, but cannot be altered without permission.

**Funding**

This project is supported in part by the Paralyzed Veterans of America (PVA) Education Foundation (Grant 867), UHN Foundation, KITE Research Institute & CravenLab.

www.cravenlab.ca