

After a Low-Trauma Fracture™

Use the fracture as a reason to look more closely at bone health, recovery and future risk.



WHAT IS A LOW-TRAUMA FRACTURE?

A fracture caused by a fall from standing height or less, or by an everyday movement that would not usually break a healthy bone.



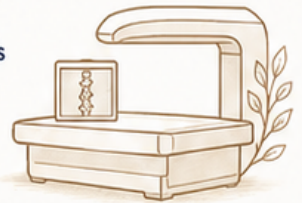
1 COMPLETE THE IMMEDIATE FOLLOW-UP

- ☐ Confirm how the fracture should be protected and monitored.
- ☐ Know which symptoms require urgent reassessment.
- ☐ Ask when movement, weight-bearing or daily activities can resume.



2 ASK FOR A BONE-HEALTH EVALUATION

- ☐ Does this fracture suggest osteoporosis or increased fracture risk?
- ☐ Do I need a DXA scan or vertebral assessment?
- ☐ Should my height and previous fractures be reviewed?



3 LOOK FOR CONTRIBUTORS

- ☐ Do medicines, early menopause or health conditions matter?
- ☐ Are vitamin D, calcium, kidney, thyroid, parathyroid or absorption concerns relevant?
- ☐ Which targeted tests would change my plan?



4 PLAN RECOVERY & SAFE MOVEMENT

- ☐ Would physical or occupational therapy help?
- ☐ How can I rebuild strength without overloading the healing area?
- ☐ Do I need temporary equipment or help with daily tasks?



5 REDUCE THE CHANCE OF ANOTHER FALL

- ☐ Review balance, vision, footwear and home hazards.
- ☐ Ask whether any medicine contributes to dizziness or unsteadiness.
- ☐ Address the circumstances that led to the fall.



6 CLARIFY FRACTURE-PREVENTION TREATMENT

- ☐ Does my fracture history make treatment appropriate?
- ☐ Which option fits my overall risk and health history?
- ☐ What is the monitoring, duration and transition plan?



ASK ABOUT FRACTURE LIAISON SERVICES

A Fracture Liaison Service coordinates bone evaluation, treatment, rehabilitation and follow-up after a fragility fracture. Ask whether one is available through your hospital or health system.



MY FOLLOW-UP PLAN

Next appointment: _____ Provider: _____

Evaluation or referral requested: _____

My next three steps: 1. _____ 2. _____ 3. _____



SEEK URGENT MEDICAL CARE

Get prompt help for worsening severe pain, new numbness or weakness, breathing difficulty, chest pain, confusion, a cold or discolored limb, or another fall with possible injury.



Gentle Reminder

Healing the fracture and investigating why it happened are both important. Follow-up can help protect your future mobility and independence.



Martine's Midlife Wellness Tip

Before leaving an appointment, ask who owns the next step. A named provider and a scheduled date are much easier to follow than 'check on this later.'

