

Recovering from a Fracture

My recovery team	What I need
<input type="checkbox"/> My advocate's name and phone	Help me work with my team to get better fast
<input type="checkbox"/> My physician's name and phone	Evaluate my risk of more fractures; get me treatment to improve my bone strength if needed.
<input type="checkbox"/> My nurse's name and phone	Help me understand the instructions I get.
<input type="checkbox"/> My social worker's name and phone	Help me identify fears that the fracture has caused and how to cope with them.
<input type="checkbox"/> My physical therapist's name and phone	A therapist who knows how to properly work with patients who have weak bones or osteoporosis.
<input type="checkbox"/> My occupational therapist's name and phone	Help me relearn how to reach, and bend and twist to protect my bones.
<input type="checkbox"/> My dietician's name and phone	A balanced diet rich in calcium with all of the bone building nutrients I need.
<input type="checkbox"/> My pharmacist's name and phone	Evaluate all of my drugs for interactions and help me control pain without getting too groggy.

*For more information on any of these suggestions, call 888-843-9391
or visit www.americanbonehealth.org*

Healthy Bones for Life™