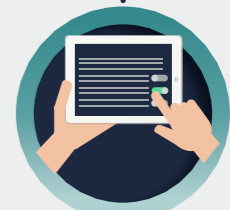


Information for people who have fallen and broken a bone

Click on the circles to view our resources 



How to reduce the risk of falling



Osteoporosis - preventing broken bones

Start your recovery journey

If you are admitted to hospital with a broken hip



If you have a broken bone, head or spine injury in hospital due to a fall



If you have any fragility fracture (broken bone caused by osteoporosis)



Injectable medication



Exercising after a broken bone



Returning home and continuing care via your GP surgery



Recommended oral medication/ medication review with your GP



Staying on treatment



Empowering you to understand and improve your care

