

**CSA-OC3****MAXIMIZING FUNCTION THROUGH POST-FRACTURE REHABILITATION**

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The International Osteoporosis Foundation formed the Rehabilitation Working Group in 2018 and this group was tasked with conducting a scoping review on the current evidence base for rehabilitation strategies post fragility fracture. Exercise post fragility fracture to the spine and hip

is strongly recommended to improve quality of life, reduce pain and improve physical function. Outpatient physiotherapy post hip fracture has a stronger evidence base than outpatient physiotherapy post vertebral fracture. Education increases understanding of osteoporosis and may improve other health outcomes such as pain. Appropriate nutritional care after fragility fracture provides a large range of improvement in morbidity and mortality. Future research is considering transitions of care and continuity of care for the patient post fragility fracture.

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