



Questions to Ask After a Fragility Fracture

A one-page prompt sheet for the visit after a low-energy fracture.

Educational only: This sheet is for visit preparation. It is not a diagnosis, treatment plan, or substitute for care from your own clinician.

Start with the fracture story

- Was this fracture from a low-energy fall or event?
- Does this fracture change how you think about my bone health?
- Do I need a DXA scan, vertebral imaging, or lab work?
- Should I be evaluated for secondary causes of bone loss?

Bone health follow-up

- Who is responsible for follow-up: primary care, endocrinology, rheumatology, a fracture liaison service, or another clinician?
- When should bone health be addressed after fracture care begins?
- What symptoms or medication issues should make me call sooner?

Prevention questions

- What can I do now for fall prevention, strength, nutrition, calcium, vitamin D, and protein?
- Should medication be discussed now or after more information?
- What would make my risk high enough to consider treatment?

My notes

Topic	Notes
DXA / imaging	
Labs	
Nutrition	
Medication discussion	
Follow-up date	

References

Miller AN, Lake AF, Emory CL. Establishing a fracture liaison service: an orthopaedic approach. J Bone Joint Surg Am. 2015;97(8):675-681. PMID: 25878314.

LeBoff MS, Greenspan SL, Insogna KL, et al. The clinician's guide to prevention and treatment of osteoporosis. Osteoporos Int. 2022;33(10):2049-2102. PMID: 35478046.

Generated for BonegevityMD. Bring this to your clinician if it helps organize the conversation.