

# POP

Month 2026

**VIDEO TOOLKIT**

**Share Your Story!**



## VIDEO TOOLKIT

# Share Your Story!

**Organized by the American Board for Certification in Orthotics, Prosthetics & Pedorthics (ABC), POP Month is a month-long celebration of the prosthetic, orthotic and pedorthic (POP) profession. It recognizes, motivates and inspires professionals across the country.**

There are more than 15,000 POP professionals across the United States making a profound difference for patients and families. Whether a technician, patient care provider, student, resident, teacher, researcher or advocate, each individual's role is vital to the profession's future and we salute them!

POP Month recognizes and celebrates these significant contributions while inspiring the current and future workforce.

**Celebrate POP Month in March by inspiring others with your POP career journey! Individuals and groups across the country are posting their POP stories to share their own experiences and celebrate their colleagues, mentors, teams, classmates and others.**

Sharing stories is easy! Use your phone to record a brief, one-minute (or less) video about how you discovered the profession, what it's like to work as a POP professional or what inspires you most about your work. No need for a formal, prepared script. Just hit 'record!'



## VIDEO TOOLKIT

# Share Your Story!

## How to Share Videos on Social Media

Videos can be shared with current and aspiring POP professionals by posting to your (or your employer's) social media accounts.

For all posts, use #POPmonth2026 and tag the WhatIsPOP and ABC accounts.



Instagram: [@what.is.pop](#) / [@abc.opp](#)



TikTok: [@whatispop](#)



Facebook: [@POPcareers](#) / [@ABCopp](#)



LinkedIn: [What Is POP](#) / [American Board for Certification in Orthotics, Prosthetics & Pedorthics, Inc.](#)



YouTube: [What Is POP](#) / [American Board for Certification](#)



## VIDEO TOOLKIT

# Share Your Story!

## Need Ideas for Video Content?

Consider responding to one of the following prompts.

### Who Inspires Me?

- Tell us about your mentor.
- Share a patient story that sticks with you. (No last names, please!)
- Who is someone making a difference in POP?

### Why Did I Choose POP?

- How did you discover the profession?
- What is it like to be part of a POP team?
- Why are you glad you chose your career?

### What Motivates Me?

- How does your work inspire you and keep you motivated?
- Why is it important to celebrate the profession?
- What does the future of POP look like?



## VIDEO TOOLKIT

# Share Your Story!

## Keep Best Practices in Mind

- **Orient your phone vertically to record.** If available, use a tripod. If not, lean your phone against a steady surface.
- **Review your phone's storage capacity to ensure you can save your videos.**
  - o iPhone: Navigate to Settings > General > [Device] Storage
  - o Android: Navigate to Settings > Battery and Device Care > Storage
- **Check your lighting and camera angle.** Before getting started, ensure you/your video subjects are clearly visible in the camera view and are not backlit.
- **Test your microphone.** Record a five-second video of you speaking to ensure your device is clearly picking up audio. Ensure your hand is not covering the microphone when you record.
- **Show us your story's setting.** Consider filming in a lab or other work setting, using props like prosthetic limbs or asking colleagues to answer the prompts Q&A-style.
- **Tell us who you are.** Begin by answering each question with an introduction and a restatement of the prompt/question, like: "I'm [NAME], and I work for [ORGANIZATION] in [CITY]. My mentor is someone from my first-ever job in POP...."
- **Check your work.** After you record, play back the video. Ensure the footage looks good and the audio sounds clear before you post.
- **Have fun!** Use the same tone as if you are talking to a colleague or aspiring professional and let your passion shine.

Again, videos can be shared with current and aspiring POP professionals by posting to your and/or your employer's social media accounts. For all posts, use #POPmonth2026 and tag the WhatIsPOP and ABC accounts.

**Questions?** Email [Info@WhatIsPOP.org](mailto:Info@WhatIsPOP.org).