



OrthoLink



Canadian
Orthopaedic
Foundation

A newsletter dedicated to bone and joint health

Welcome to our Spring Newsletter

There's an old saying "with Spring, comes new life". How true for the Canadian Orthopaedic Foundation. With exciting new initiatives underway and a continuing focus on our much needed core programs, we are helping to give Canadians new life through mobility.

We are pleased to share this newsletter is now available in electronic format. By signing up to receive future newsletters by email, you are helping the Foundation to significantly save on production and mailing expenses, and you are supporting our environmental stewardship. Simply visit www.orthoconnect.org and register to join our electronic mailing list.

We hope you enjoy this Spring issue and we welcome your feedback.



www.orthoconnect.org

GETTING YOUR HOUSE IN SHAPE SHOULDN'T PUT YOU OUT

Every year, this single spring activity results in sprains, strains, aches and pains for thousands of Canadians. Golf? Baseball? No, spring cleaning.

Tidying up your home and yard? All that bending, lifting, climbing and stretching can pose a threat, says the Canadian Orthopaedic Foundation - especially if you don't take the proper precautions.

Spring cleaning can flare up underlying conditions, or cause other injuries, not just because it's physically demanding, but because it's something you don't do regularly. Back spasms, wrist and shoulder strains, and microtears of muscles and ligaments are all real concerns. To prevent such mishaps, the Canadian Orthopaedic Foundation offers these tips:

- Don't overdo it. The basement didn't get filled with clutter overnight, so you don't have to clean it all in one day. Pace yourself, especially if you've been relatively inactive during the winter. Get help moving heavy objects. And avoid the "lazy man's load", where you carry too much to avoid an extra trip. You can easily strain something, or lose your footing and fall.
- Use proper techniques when bending or lifting - keep feet shoulder width apart, bend at the knees, keep stomach muscles tight, lift with your leg muscles, and keep objects close to your body.

- When you have to reach that top shelf, use a step stool instead of a chair or couch. If you're using a ladder, ensure it's on a firm and level surface; in the spring, the ground outside can be soft or wet.
- Even simple movements can cause injury. Stay aware of repetitive motions - like stacking boxes or raking - and take breaks. Instead of over-reaching or twisting your body awkwardly, stop and move closer to the task at hand.

While you're getting your house in shape, spring is also a perfect opportunity to get your body in shape. Do a physical assessment; What's the state of your joints? What's your fitness level? Are your shoulders and knees wearing out? Spring is a great time to commit to being active and mobile. For the thousands of Canadians unable to partake in physical related activities as a result of bone and joint surgery, they can seek support through the Ortho Connect program. Visit www.orthoconnect.org or call 1-800-461-3639.

By Stuart Foxman

THE HEALING POWER OF COMMUNICATION

*Orthopaedic patients find relief
with peer support program*

If you or a loved one has recently been faced with an upcoming orthopaedic surgery, you know all too well it is a time of stress, anxiety, fear and confusion.

Patients and their families face doubt and questions about upcoming surgical treatments. So where do they turn for guidance? Who can they depend on to offer a real world view of what to expect? In many cases, speaking with someone who has been through the same experience can provide needed support.

Orthopaedic patients have come to rely on and benefit from the power of communication delivered through the Ortho Connect peer support program available at www.orthoconnect.org. Operated by the Canadian Orthopaedic Foundation, Ortho Connect volunteers help patients to feel confident and informed through providing an experienced, understanding ear and encouragement when waiting for surgery and throughout rehabilitation.

“Ortho Connect enables patients to learn, understand, and become comfortable with their upcoming surgery, and as surgeons, we see that people who take part in decisions about their health care are more likely to have better outcomes,” says Dr. James Waddell, orthopaedic surgeon at St. Michael’s Hospital in Toronto, and board chair of the Canadian Orthopaedic Foundation. “A live voice or online peer who understands just what you’re going through provides immeasurable comfort – and a personal view of what to expect and how to get ready for your return to mobility.”

More information on the Ortho Connect peer support program and bone and joint health can be found online at www.orthoconnect.org or by calling 1-800-461-3639.

ASK AN EXPERT

QUESTION:

Is it common to still experience pain surrounding the surgical site even a few months after surgery?

ANSWER:

It is quite common to experience pain surrounding your surgical area. You may begin a physical therapy program to strengthen your muscles. It may be months before your desired results are achieved, so don’t get discouraged. You will experience steady improvement up to five or six months following surgery. After that point further improvement is slow. It has been shown that even after a year or more, activity can increase as muscle strength continues to improve.

Your surgeon will bring you back for follow-up visits. Each surgeon or health care centre has their preferred schedule. Usually you will see the doctor at six weeks, six months and one year if there are no concerns.

Follow-up after year one is totally dependent on your progress and whether or not you are having any problems.

REMEMBER: Timelines are general because each person heals differently

INSPIRE CHANGE

Call for Ortho Connect Volunteers

Our phone-based peer support program is successful because of our amazing volunteers who ensure it is both effective and impactful for their fellow Canadians.

You can inspire change for future orthopaedic patients. Do you know a friend or family member who would enjoy being an Ortho Connect volunteer? We are seeking volunteers who have recently and successfully completed their return to mobility following orthopaedic surgery. Simply contact the Foundation at 1-800-461-3639 x 4 or volunteers@canorth.org and we’ll take care of the rest.

HELP TO SUPPORT THE GIFT OF MOBILITY.

All patient programs and resources are produced free of charge by the Canadian Orthopaedic Foundation. It is through your kind generosity that we are able to offer these much needed resources to thousands of Canadians. Your joining the monthly giving plan enables the Foundation to plan in advance allowing us to deliver the best tools and resources month after month. Please give generously to help thousands of Canadians cope with and recover from their orthopaedic journey.

It’s in my 206 bones!

Here’s my gift to help give Canadians *new life* through mobility.

My single gift amount is: \$25 \$50 \$100 Other \$ _____

\$206 for my 206 bones

(donate \$206 or more to be recognized as a 2011 Club 206 donor)

- I would like to make monthly credit card donations of \$ _____
- Contact me about Planned Giving
- Contact me about becoming a Volunteer

Email: _____

Help save costs and reduce the impact on our environment.

Add to receive future information electronically.



Payment Method:   Cheque Enclosed

(Make cheque payable to the *Canadian Orthopaedic Foundation*)

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