



OrthoLink



A newsletter dedicated to bone and joint health

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Message from Isla Horvath, Executive Director

Inspirational author Sherry Anderson wrote, "Volunteers don't get paid, not because they're worthless, but because they're priceless."



The more than 300 volunteers of the Canadian Orthopaedic Foundation are, indeed, priceless. Volunteer Canada established National Volunteer Week (April 10 - 16), a time to celebrate Canada's 12.7 million volunteers, and this provides us with an opportunity to reflect on all that our volunteers do to enhance our efforts to support bone and joint health. We count on volunteers to:

- Operate our Ortho Connect program
- Review research applications and resource materials
- Plan and execute fundraising events and programs
- Govern and lead our Foundation

My colleagues and I are humbled by the sheer breadth and depth of volunteer contributions to the COF. For all they do, all year long, we are most grateful.

In this issue of Ortho Link, you will read more about our activities and programs - created by, led by and made possible by our volunteers.

COF launches Powering Pain Free Movement Campaign

Loss of mobility and restricted movement have a tremendous impact on the quality of life for millions of us each year, as an estimated 90% of Canadians will need orthopaedic care at some point in their lives. Fortunately, advances in orthopaedic treatments and techniques help Canadians to regain their mobility and to enjoy pain free movement.

These advances are only uncovered through research.

The Canadian Orthopaedic Foundation is in a key position to drive the research projects that support innovations in orthopaedic surgery, treatment and care.

At the same time, the COF provides programs in education (both for patients and health care professionals) and patient care.

Quite simply, the Foundation is well-positioned to advance orthopaedic research, enhance education and support patient care. We are Canada's only charitable organization dedicated solely to helping Canadians to maintain and restore their bone and joint health. We invite donors to join us in powering pain free movement.

Powering Pain Free Movement is a new campaign of the COF designed to raise significant funds to build a larger, stronger research portfolio, while continuing to provide quality education and patient care programs. The campaign is championed by Patron Dr. Marvin Tile, CM, MD, FRCSC.

Dr. Tile, Professor of Surgery (Emeritus), University of Toronto, and Orthopaedic Surgeon, Sunnybrook HSC, is a world authority on orthopaedic trauma, and in particular the treatment of pelvic fractures. He has contributed extensively to the orthopaedic community, and has received numerous awards for his work including the Queen Elizabeth 2nd Golden Jubilee Medal, and the prestigious Order of Canada, the highest civilian honor bestowed on a Canadian citizen. To read more about Dr. Tile, please visit www.whenithurtstomove.org.



According to Dr. Tile, "Canada has some of the best and brightest orthopaedic researchers in the world - researchers whose ideas can lead to innovations in orthopaedic surgery, treatment and care. The Canadian Orthopaedic Foundation is well-positioned to advance orthopaedic research and surgeon awards within Canada. At the same time, the COF must continue its investment in education and patient care. These areas all need financial support, and with expanded investment by generous donors the COF will continue to grow."

Dr. Tile encourages surgeons, patients and friends to consider joining him in powering pain free movement.

For information on contributing to the COF's volunteer led *Powering Pain Free Movement* campaign, please contact Isla Horvath at isla@canorth.org.

COF 2015 Research Awards

The Board of Directors of the COF is pleased to announce the following 2015 research grants:

J. Edouard Samson Award, sponsored by Bayer Healthcare:

The prestigious Samson award recognizes the best career orthopaedic research over a five year period at a Canadian centre.

The 2015 Samson award is presented to Dr. Pascal-André Vendittoli (Montreal, QC) for his research proposal entitled: *"Optimization of management and treatment of subjects with knee and hip joint degeneration"*

Canadian Orthopaedic Research Legacy (CORL) Grant:

The CORL fund was founded in 2006 to help ensure Canada's world-class status in orthopaedic research, thereby ensuring orthopaedic patients reap the reward of new techniques and treatments made possible through research grants from this program.

The 2015 CORL grant is awarded to Dr. Ivan Wong (Halifax, NS) for his research proposal entitled: *"The Arthroscopic Treatment of Recurrent Anterior Shoulder Instability: A Randomized Control Trial"*

The Board of Directors thanks the COF's volunteer Research Committee for reviewing and ranking all applications received, and for recommending the top applications for funding.

For additional information about the COF research program, please visit whenithurtstomove.org/grants-and-research.

5th Annual COF Bad to the Bone Golf Challenge

Hockey player Connor McDavid knows the value of orthopaedic care: last November, the Edmonton Oilers centre broke his clavicle during a game and had to sit out for the next three months. Back on the ice since February, Connor has scored goals and points for his team, and seems back in good form - thanks, in part, to good orthopaedic care.

A protégé of Sherry Bassin, Connor is thrilled to confirm his attendance on June 13 at the Bad to the Bone Golf Challenge at Wooden Sticks Golf Club. Golfers have a chance to meet Connor, along with other hockey stars.

The tournament is a fundraising event supporting the Canadian Orthopaedic Foundation. Established by volunteer Sherry Bassin, hockey legend and former owner of the Erie Otters, the tournament is celebrating its 5th anniversary, and a volunteer planning committee is working to make this the best tournament yet.

Surgeons, industry leaders and friends are invited to attend; for more information visit www.badtothebonegolf.org.



Prepare for Golf Season

Swing into Spring

Returning to golf after you've had an injury or surgery demands patience and a plan. Here's how to get back in the swing.

- Consciously progress. Go to a range to pitch and putt, and be aware of how your body feels. "Progress from wedges to irons, then to woods, only when you feel the right range of motion and the swing is pain-free," says Dr. Erin Boynton of Toronto.
- Post-surgery, be mindful of weak spots, says Mike Ranger, a physiotherapist at Queen's University in Kingston, Ontario. "Some areas have to be strengthened, like your abductor muscles after a hip replacement, or your quadriceps and hamstrings after knee surgery."
- Don't rush. "You can't speed biology - your body heals at a certain pace," says Dr. William Stanish of Halifax. When are you ready? When you can play pain-free, he

says. Come back too quickly, and you just risk going back on the bench.

The great thing about golf is that with proper treatment for injuries - or with the right precautions and preparations in the off-season, between rounds, and on the course - you can play the sport for life. "You can keep going forever," says Dr. Stanish, "and that's the great sell."

Getting the Most Out of Your Round

The best start to a round of golf? It's not a booming drive or a well-drained putt. Leave time for warm-ups, and thoughts on how you'll negotiate the course.

- Stretch and hit the range (from wedges to woods) for about 20 minutes to allow your soft tissues to get warm. "If you step to the first tee and try to hit Big Bertha 400 yards, you're more likely to tweak something," says Dr. Erin Boynton of Toronto. "You have to build up to it."
- If you're rushing from the car to the first tee, go through the golfing motion 5-10 times, without a club.
- The roughly five miles you'll walk in an average 18-hole round is good exercise, and keeps you loose. Riding in a cart (sitting in general) puts a big load on your lumbar spine, notes Dr. William Stanish of Halifax. The older you get, the less elastic you are.
- Carrying a golf bag, even with the best straps, can strain your upper back. "When I see people carrying a golf bag, I want to give them my card," says Jean-David Gagne, an athletic therapist in Quebec City who specializes in treating golfers. Make use of the pull-carts to save back strain.

Fore! Watch Out for Golf Injuries

When Tiger Woods won the 2008 U.S. Open on a bum knee - he announced days later that he needed ACL surgery - it only bolstered his legend. It also highlighted the injuries that can befall any golfer, from Tiger to the weekend hacker.

For most golfers, the risk of injury comes from repetitive motion, explains Dr. Ross Leighton, orthopaedic surgeon and Professor of Surgery at Dalhousie University in Halifax. Common damage can include pressure on the leading elbow (medial epicondylitis or "golfer's elbow"); overuse or tearing of the rotator cuff in the shoulder; lower back strain or herniated discs; and bursitis or pain around the hip girdle.

Dr. Leighton explains that treatments can range from icing and anti-inflammatories in the vast majority of cases, to steroid injections for bursitis or rotator cuff tears, to surgery for a very small minority. Surgery to elbows and shoulders are most common for golfers.

Know the warning signs: Aches and pains can be normal after a round, are usually generalized, and typically go away in 24-48 hours. So watch out for sharp pains during your swing, localized pain, or pain that lasts over 48 hours - they can be warning signs that it's time to see a doctor.

A Booming Drive...to Prepare

For golfers, staying on course depends on what they do off the course. The right fitness and exercise routine during the offseason and between rounds can reduce injuries.

- Work on your flexibility and core strengthening, says Dr. William Stanish, a Halifax

orthopaedic surgeon. A month before playing for the first time, start with back and shoulder stretches. Swing a club at home, nice and easy, to get used to the motion. Ask a doctor, fitness centre, physiotherapy clinic, or golf club about routines that suit golfers.

- During golf season, stretch your muscles three times a week, about 20-30 minutes at a time.
- In the golf swing, everything is connected, reminds Dr. Erin Boynton of Toronto. Your shoulder could hurt, but the root problem is an imbalance with your hips and back. "You need exercises to rebalance and strengthen, and stretches to loosen up," says Dr. Boynton.
- To prevent some common injuries, see a professional - a golf pro. "It's all about the mechanics," says Dr. Jennifer Fletcher, an orthopaedic surgeon in Saint John, New Brunswick. Fixing a hitch in your swing can relieve stress in one area, and have a domino effect throughout your body.

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.

Make your monthly or one-time donation by clicking the link below. Thank you for your important contribution. **Your donation matters.**



Canadian Orthopaedic Foundation
P.O. Box 1036, Toronto, ON M5K 1P2
Tel: 1-800-461-3639
Registered Charity number: 89059 4740 RR0001
