



OrthoLink



A newsletter dedicated to bone and joint health

In This Issue

[New COF Vision & Strategic Plan](#)

[Powering Pain Free Movement Year 1](#)

[Research Award Expansion](#)

[Coming Soon - New Research Competition](#)

[Will You Meet the Sunnybrook Challenge?](#)

[Our Virtual Library](#)

[Interview with Dr. Derek Cooke](#)

[Celebrate National Volunteer Week](#)

[Sign up for Bad to the Bone Golf](#)

[GLA:D Osteoarthritis Program](#)

Message from the Executive Director and CEO

This issue of *OrthoLink* is packed full of information for everyone in the COF community. In it, we're pleased to announce **significant expansion** of our **research** program, the tremendous success of the first year of our *Powering Pain Free Movement* campaign, and a **new vision and strategic plan** for our Foundation. You can read about **our virtual library** and plans for a **new resource** for patients, find out about our



upcoming *Bad to the Bone* golf tournament, and see an interesting interview with Dr. Derek Cooke, whose donation of a life insurance policy will leave a lasting legacy. And surgeons, don't miss the Sunnybrook Challenge!

National Volunteer Week takes place this month. To all our volunteers, thank you for giving us your time and expertise.

To all our readers - patients, caregivers, surgeons, donors and friends - I hope you enjoy this issue of *OrthoLink*. I welcome your comments and ideas for articles in upcoming issues. Please reach out to me directly at isla@canorth.org.

Isla Horvath

New Vision, New Strategic Plan to Drive the COF

For the past six months, the Board of Directors of the Canadian Orthopaedic Foundation (COF) has been working on refining its vision for the Foundation and identifying strategies to enable us to achieve it. The result is a three year strategic plan which will drive the activities of the COF over the next three years.

The Board defined a new vision for the Foundation: **Pain-free mobility for all Canadians**. "This simple statement clearly defines what we all strive for," says COF Chair and President **Dr. Geoffrey Johnston**. "Orthopaedic surgeons can relate to this new vision very well, as it's what we all work towards every day. And we know it will resonate very well with our patients, caregivers and supporters."



Dr Geoff Johnston

The three year plan focusses on expanding the research program, while continuing to offer vibrant education and patient care programs. "We know that there are many, many research ideas out there in our surgeon research community," says Dr. Johnston. "Funding

for research in Canada is scarce. The COF must step up to ensure those good orthopaedic research ideas - ideas *which* will ultimately enhance the health of our patients - don't die on the vine."

"At the same time," Dr. Johnston continues, "we know there is a great need for our library of orthopaedic resources, and every week we are matching new orthopaedic patients with trained volunteers to help them through their orthopaedic journey through our Ortho Connect Program. The new strategic plan will ensure that the COF can continue to deliver these three vitally important programs of research, education and care."

We look forward to sharing our progress in leading our orthopaedic programs over the coming years.

Powering Pain Free Movement Campaign registers success in year 1

In 2016 the Canadian Orthopaedic Foundation launched a new major gifts program aimed at raising funds to grow its research program significantly, and to continue its investment in education and patient care. Led by Patron **Dr. Marvin Tile**, Professor Emeritus, University of Toronto, and Orthopaedic Surgeon at Sunnybrook HSC, the COF began reaching out to industry, surgeons and others to join the campaign.

So, a year into the campaign, how are we doing?

"We have been extremely successful in this first year of our program," says **Isla Horvath**, Executive Director and CEO of the COF. "Thanks to some very committed donors, we far exceeded our expectations."

Powering Pain Free Movement donors enabled the growth of the COF research program, kicked off by a transformational donation by **Zimmer Biomet** as a **Benefactor** donor at the top level of the program. Next, **DePuy Synthes Canada** joined the campaign as a **Champion** partner. These, and other donations, enabled the COF to award 9 research grants this year, and launch a new Community Innovation Awards program.

In addition to growing the research program, *Powering Pain Free Movement* aims to ensure funding is available to support the COF's much-needed programs in education and patient care, and to ensure the overall health and stability of the Foundation. This year, we welcomed three additional *Powering Pain Free Movement* partners:

- The first contribution to the campaign came from **The Wright Family Legacy**. The family proudly boasts three generations of orthopaedic surgeons, and has been committed to the COF's success for decades.
- **Bayer Healthcare** is a partner of *Powering Pain Free Movement*, particularly committed to the Ortho Connect program.
- **Sunnybrook Orthopaedic surgeons** pledged a multi-year commitment to the COF and are now challenging their surgical colleagues and groups to follow their lead with similar multi-year support.

Powering Pain Free Movement partners are contributing to a vibrant, world-class Foundation.

"The first year of the campaign has lived up to its promises," reports Ms. Horvath. "We look forward to continuing growth in the next year."

To learn more about the *Powering Pain Free Movement* program and its partners, visit www.whenithurtstomove.org/donors.



Dr. Marvin Tile

COF awards more research grants than ever

Thanks to some large gifts from donors committed to advancing orthopaedic research in Canada, the COF was able to significantly enhance its research program this year. Six Canadian Orthopaedic Research Legacy (CORL) awards were approved for funding, covering such areas as shoulder arthroplasty, lower limb deformities in children, fractures in the elderly, and more. The awards will be presented at the COA annual meeting in Ottawa on June 16 to:

Dr. Ryan Bicknell (Kingston)

Dr. Anthony Cooper (Vancouver, BC)

Dr. Paul A. Martineau (Montreal, QC)

Dr. Bill Ristevski (Hamilton, ON)

Dr. Marlis Sabo (Calgary, AB)

Dr. Emil Schemitsch (London, ON)

In addition, two special awards were approved this year, recognizing new research in Canada. The Carroll A. Laurin Award is presented to **Dr. Sacha Carsen** (Ottawa, ON) and the Robert B. Salter Award goes to **Dr. Aaron Nauth** (Toronto, ON).

This year's J. Edouard Samson Award - the Foundation's most prestigious award, recognizing a body of orthopaedic research over 5 years - is presented to **Dr. George S. Athwal** (London, ON). Dr. Athwal's research focuses on shoulder instability.

These research awards are made possible by a transformational gift from Zimmer Biomet, and by a generous donation from DePuy Synthes Canada. **Dr. Marvin Tile**, Patron of the Canadian Orthopaedic Foundation, is delighted to see such growth in the COF's research program. He says, "We know that Canadian surgeons have much to contribute in the global orthopaedic research arena, and our funding partners have enabled the COF to support those Canadian researchers."

Every research project funded by the COF has the capacity to enhance the orthopaedic health of Canadians. For more information about these research awards, [click here](#).



DePuy Synthes Canada

Introducing...a new COF research competition

Thanks to the generous support of industry partners, The Canadian Orthopaedic Foundation is introducing a new research awards program: The Community Innovation Award will celebrate community-based surgeons and research studies dedicated to improving patient care or musculoskeletal health in their community. There are many Canadian orthopaedic surgeons interested in research working in the community without academic appointments. A lack of academic appointment can make it difficult for these skilled surgeons to obtain funding for their innovative research ideas. This program will fill a gap in the research landscape in Canada, encouraging community orthopaedic researchers to bring their research ideas to fruition.

Applications will be accepted in mid-May, and the awards will be presented in Fall 2017. Canadian orthopaedic surgeons interested in applying are invited to visit our website after May 15 for details: www.whenithurtstomove.org/grants-and-research.

The Sunnybrook Challenge to Surgeons: "Match our support!"

Encouraged by the progress of the Canadian Orthopaedic Foundation in its efforts to meet its mandate to advance orthopaedic research, education and care, a group of surgeons has pledged its support to the COF, with a commitment of \$10,000 per year for the next five years.

Dr. Albert JM Yee, Holland MSK Program Chief and the Marvin Tile Chair, Division of Orthopaedic Surgery in the Department of Surgery at Sunnybrook Health Sciences Centre, comments that "The COF remains our key academic orthopaedic foundation in Canada in support of orthopaedic research and education efforts." Certainly a cause worthy of support by surgeons.

Dr. Yee and his colleagues have issued a friendly challenge to their colleague orthopaedic surgeons in both academic health sciences centres (AHSCs) and in the community across Canada to match their support.

"Just think of what we can help the COF to achieve in terms of expanding the research agenda, and supporting the educational and care needs of our patients, if surgeons across the country rise to our challenge," says **Dr. Hans Kreder**, a team member of the Sunnybrook Orthopaedic Associates and Director of the COF. "We have seen how the transformational support of industry partners has enabled tremendous growth in the research program alone in this past year. Now, we surgeons need to step up and show our support, too."

Dr. Kreder says, "So far Sunnybrook, Toronto get all the bragging rights. Who is going to take up the Sunnybrook Challenge? If you can raise the Sunnybrook pledge by at least \$5,000, you will take the spotlight and the challenge will be named after your centre. Let's do this! Together we can do great things."



Dr. Hans Kreder

Thanks to the Sunnybrook team, and surgeons across Canada, who support the COF cause.

For more information, contact Isla Horvath, COF Executive Director and CEO, at isla@canorth.org.

Virtual library offers support to orthopaedic patients



Did you know that the COF houses a virtual library of booklets and videos to support people through their orthopaedic journey? Our booklets are written and reviewed by orthopaedic surgeons to ensure they contain the most up-to-date advice and information.

Booklets cover a wide array of orthopaedic topics:

- Foot and ankle surgery
- Hip fractures
- Maximizing your results before and after surgery
- Clubfoot correction
- Smoking cessation for surgical success

Coming up: we plan to introduce a new patient-focused booklet for shoulder surgery. Watch for this new resource later this year.

Visit our [virtual library](#).

Dr. Derek Cooke: lifelong passion for research and unique dedication to the COF

Dr. Derek Cooke is passionate about orthopaedic research. A semi-retired orthopaedic surgeon living near Perth, Ontario, Dr. Cooke continues to be active in research, and to support the COF's research program in a unique way. Many years ago, Dr. Cooke purchased a life insurance policy with the COF as its beneficiary. It's an innovative way to make a substantial donation to a charity of choice. *OrthoLink* caught up with Dr. Cooke recently to talk about his passion and what motivates him to be a COF supporter.

[Click here](#) to read the interview with Dr. Cooke.



Dr. and Mrs. Derek & Jean Cooke

National Volunteer Week: Thanks, COF volunteers!

April 23 - 29 is National Volunteer Week. Across Canada 12.7 million Canadians volunteer for non-profit organizations that matter to them. The Canadian Orthopaedic Foundation is fortunate to have a particularly passionate team of more than 300 volunteers who support our mandate to enhance Canadians' bone and joint health. We thank them.

Our volunteers contribute in many ways:

- As Ortho Connect members, sharing experiences of their own surgeries with new patients who are scheduled for surgery.
- On our Research Committee and review panels, ensuring grants and awards are granted with the utmost professionalism.
- On our Medical and Scientific Review Committee, making certain that our educational materials are current.
- At our *Bad to the Bone* Golf tournament, filling foursome spots, selling sponsorships and ensuring the smooth running of the logistics of the day.
- In our *Hip Hip Hooray!* Pedometer Challenge events, counting steps and raising funds.
- At our Saskatoon *Hip Hip Hooray!* in-person event, helping the day run smoothly.
- As members of our Board of Directors, ensuring that the highest governance standards are met.



Dr. Richard Holtby (l) received a plaque from COF Director Dr. Stewart Wright commemorating 10 years as a volunteer member of the COF's Research Committee.

The COF staff is lean, and we depend on dedicated volunteers. Thanks to all who volunteer their time and talents to advance our mission. We couldn't do it without you.

Superstar Connor McDavid to play in COF Bad to the Bone Golf Challenge

Connor McDavid knows the value of orthopaedic care: 2 years ago, the Edmonton Oilers centre broke his clavicle during a game and had to sit out for the next three months. Now, Connor is back in peak form and is currently the NHL points leader.

Connor is thrilled to confirm his attendance on June 26 at the COF *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 **Sherry Bassin**, hockey legend and former owner of the Erie Otters, the tournament is celebrating its 6th anniversary, and plans are underway to make this the best tournament yet. Surgeons, patients, industry leaders and friends are invited to attend; for more information visit www.badtothebonegolf.org.

GLA:D™ Canada continues to grow

Just over a year into the roll out of the GLA:D™ Canada program for those with hip and knee osteoarthritis, we are proud to report that several new sites are up and running across the country.



Developed and implemented in Denmark, GLA:D® is an education and tailored exercise program that has been demonstrated to reduce the symptoms of knee and hip OA by up to 32%. With funding from the Ontario Trillium Foundation the COF and its knowledge translation division, Bone and Joint Canada, are leading training programs for healthcare professionals at sites across Ontario.

In addition, training sessions have been held across Canada in Alberta and British Columbia, with more training sessions scheduled for the Atlantic region and the prairies in 2017, and sites are now accepting patients and clients.

For information on GLA:D™ Canada and to find a directory of sites offering the program visit www.gladcanada.ca.

Support the gift of pain free movement.

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people to maintain and restore their bone and joint, or orthopaedic, health. Created by Canada's orthopaedic surgeons, the Foundation has three main programs: research (uncovering new and improved surgical and treatment procedures), education (booklets and videos to guide patients through their orthopaedic journey) and care (through connecting patients with volunteer mentors, and programs like GLA:D Canada).

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



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