



# OrthoLink



Canadian  
Orthopaedic  
Foundation

A newsletter dedicated to bone and joint health

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## Free Patient Resource



Sign in to  
[OrthoConnect.org](http://OrthoConnect.org)  
to learn more about your  
orthopaedic journey  
1-800-461-3639 ext 222

Join Our List

Join Our Mailing List!

## Soccer Injury Prevention Program



In conjunction with Bone and Joint Canada and the Ontario Soccer Association, the Foundation is implementing an awareness program for soccer injury prevention. This program is

## Thank You for a Successful 2014

On behalf of the Foundation Board and Staff, Executive Director, Brenda Hajdu, expresses thanks to volunteers, donors and supporters for a successful 2014. [Click Here to View the Message.](#)



## Register to join the Ortho Connect Support Program

We would like to take this opportunity to encourage you to join the Ortho Connect program and website at [www.canorth.org](http://www.canorth.org)

The Ortho Connect website complements the Canadian Orthopaedic Foundation's mission. This online community has been developed specifically for patients and their families and is shaped by Orthopaedic patients themselves. The information shared and questions asked help other patients through their surgical journey.

Contact Lauralee for more information at [Lauralee@canorth.org](mailto:Lauralee@canorth.org) 1-800-461-3639 ext 222

## Help Loved Ones Cope with Bone and Joint Pain

Do you have an aging parent or loved one coping with chronic pain as a result of a bone and joint disorder? Do you feel helpless with not knowing how to alleviate their suffering? [Read more >>](#)

## Maximizing Your Benefits Following Hip Surgery

Becoming more active offers all sorts of challenges and satisfaction. But what exactly improves your health and physical abilities? There are four key elements - endurance, strength, balance, and flexibility. [Read more >>](#)

## Physiotherapy Following Knee Surgery

being funded by the Ontario Trillium Foundation.

Based on 2004 survey data, soccer is one of the top two sports contributing to injury rates in Canadian youth, accounting for greater than 10% of all sport injuries requiring medical attention. There is considerable evidence that neuromuscular training programs can reduce soccer-related injury by 29-72%.

The project is providing training to health care professionals and soccer clubs and professional athletes in introducing them to the FIFA11+ as an injury prevention strategy.

For more information contact Rhona McGlasson  
1-800-461-3639  
[soccer-injury@canorth.org](mailto:soccer-injury@canorth.org)  
<http://boneandjointcanada.com/injury-prevention/>

Physiotherapists provide assessment, diagnosis, treatment and education for conditions that affect the structure and/or movement of the human body. [Read more >>](#)



## Complication Prevention - Foot & Ankle Surgery

All surgeries come with a risk of complications; they are rare, but they can happen. By following your doctor's orders and knowing the possible complications you can do a great deal to prevent or lessen complications. [Read more >>](#)

## Exercise and Physiotherapy for Clubfoot-Ponseti

Every child's life is about play! Make exercises fun so that it is a time of pure magic for both of you! Many clinics have physiotherapists to advise about exercise. Physiotherapists are health care professionals trained to assess and treat conditions that affect the structure and movement of the body through manual, hands-on exercise and education. [Read more >>](#)

## Hip Fracture Activity and Osteoporosis

### Impact of Physical Activity

Here are three ways that physical activity helps treat osteoporosis and prevent future fractures



[Read more >>](#)

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## 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 below link. Thank you for your important contribution. **Your donation matters.**



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