



OrthoLink



A newsletter dedicated to bone and joint health

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Free Patient Resource



Sign in to OrthoConnect.org to learn more about your orthopaedic journey
1-800-461-3639 ext 4

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Orthopaedic Surgery Gave Me Back My Life

**By Carolyn P.
Ortho Connect
Volunteer**

I had suffered for about five years with very sore

Thank you for supporting Hip Hip Hooray!



Thank you to the grateful patients, surgeons, sponsors, volunteers and donors for helping to make this event a success. We came together from coast-to-coast to celebrate mobility and to raise much needed funds by counting our steps with pedometers.

Congratulations are extended to all donors and to surgeon and community teams for their support and participation.

Top three teams:

1. Holland Orthopaedic and Arthritic Centre (Toronto)
2. St. Michael's Hospital (Toronto)
3. North East Joint Assessment Centre (North Bay)

Other Teams:

Royal University Hospital (Saskatoon), Ottawa Hospital, Sunnybrook Health Sciences Centre (Toronto), Alberta Hip & Knee Clinic, DePuy Synthes, Sodexo, KD Walkers, MacKay Brehm and Smith Chartered Accountants, Sovereign Wealth Management, Team Wish Bone - B. Wilman (Alberta).



Fall Proof Your Home

Falls are a leading cause of serious injuries, and are arguably the most preventable especially in our own homes. Here are some tips to help you make your home fall proof! [Read more >>](#)

Caring for Your Surgical Wounds - Hip Surgery

Your nurse or doctor will give you instructions on how to care for your surgical wound and your stitches. Ask the

knees. I used to go to the nursing home to visit my mother to take her out for a drive. Because of debilitating pain. [Read more](#) > >

Volunteers Needed

Do you have a passion for helping others? Do you enjoy speaking to people? Are you resourceful? Do you like to work towards targets and share your ideas?

If you answered YES to some of these questions, please call Brenda Hajdu for more details at
1-800-461-3639 x5
brenda@canorth.org
Approximately 3-6 hours per month is required.

nurse or doctor if [Read more >>](#)

Tips for Pre-Surgery Foot & Ankle Patients

Here are some helpful hints to assist in ensuring your best surgical outcome:

*Follow your healthcare professional's directions.
Sometimes patients [Read more >>](#)

It's Time to Get Moving - After Knee Surgery

You've had your knee replacement surgery, and after three months or so you're likely seeing significant reductions in pain and improvements in function. Becoming more active now should be part of your continued return to mobility - and is key to the health of your new joint and your overall health. [Read more >>](#)

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 donation by clicking the below link. Thank you for your important contribution. **Your donation matters.**



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