



OrthoLink



A newsletter dedicated to bone and joint health

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Sign in to OrthoConnect.org to learn more about your orthopaedic journey and peer support or call 1-800-461-3639 ext 4

Join Our List

Join Our Mailing List!

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.



We are well on our way to achieving our goals. All proceeds will be invested into local communities across the nation through the production and distribution of patient educational materials, support and resources.

Today, millions of Canadians face mobility challenges due to bone and joint disorders. With your help, the Foundation is able to help more Canadians return to a quality life free from pain.

If you were unable to participate in this year's event, it's not too late to show your support. Donations are still being accepted and can be made by [clicking here](#).

Thank you for joining in on this important event and for celebrating your mobility.

Modifying Activities Following Knee Surgery

How can you make activities work for you? By finding ones that you enjoy and get something from, and learning how to make them easier to do after a joint replacement. [Read more >>](#)

Understanding Clubfoot

Congenital clubfoot, or talipes equinovarus, is a complex deformity that is readily apparent at birth and affects the muscles, ligaments, bones and joints of the developing foot and ankle. The ankle is rotated downward and the

What Canadians Are Saying...

I had an operation on my shoulder about two years ago, replacing the ball joint and the pain has just about gone away. I have nothing but praise for the people at the Canadian Orthopaedic Foundation for the help they gave me and confidence to deal with the operation.

toes point inward towards the opposite leg. All foot bones are usually present, but are out of normal alignment. [Read more >>](#)

Are You Social Media Savvy?

Social media is an important tool to help reach thousands of Canadians as they cope with their orthopaedic journey and return to mobility. The Canadian Orthopaedic Foundation is currently seeking a volunteer to help lead our social media activity. This is a wonderful opportunity to share your social media know-how, all while giving back to Canadians across the nation.

For more information, please contact Brenda Hajdu.

1-800-461-3639 x 5 brenda@canorth.org

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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Registered Charity number: 89059 4740 RR0001