



# OrthoLink



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!](#)

**Farewell to a Courageous Volunteer**

## Grateful Patients Give Back



## Walk Across Canada 5-Day Pedometer Challenge

### Please join the 5-Day Pedometer Challenge

This event is a personal health challenge where Canadians from coast-to-coast join together to walk enough steps to cross the country. With the use of a pedometer, we need your help in counting 10 million steps to virtually walk across the nation.

**Monday, October 13 - Friday, October 17, 2014**

Gather your friends, family and coworkers, and join us in supporting Canada's bone and joint charity, the Canadian Orthopaedic Foundation! Contact Kim Henry for more details [kim@canorth.org](mailto:kim@canorth.org) 1-800-461-3639 ext 223. [www.canorth.org](http://www.canorth.org)

## My Hip Replacement Surgery is Booked - now what?

How to be an active participant in your orthopaedic surgical treatment.

When facing major surgery to your bones and joints, the information about your treatment and what you need to do can be overwhelming. As daunting as that can be, learning and preparation are key to achieve your best possible outcome from your surgery. That's because beyond the expertise of your orthopaedic surgeon, the patient - you - has the most important role to play in regained mobility.



**Kay Stephenson-Wrack, Canadian Orthopaedic Foundation Volunteer  
Nov 26, 1942 -  
May 13, 2014**

It is with great sadness that we announce the passing of a wonderful Volunteer with the Canadian Orthopaedic Foundation's Ortho Connect Program.

Kay was a dedicated Volunteer who helped new Patients undergoing Knee Replacement Surgery. With her remarkable compassion and communication skills, she provided support by offering Patients tips and resources available to help them through their pre and post Orthopaedic journey.

Kay and her husband, Ron Stephenson-Wrack, were patrons of the Arts in Ottawa and enjoyed many travels in their 40 year marriage.

Kay's innate intelligence and her lovely way with helping others is very much appreciated by the Canadian Orthopaedic Foundation and we offer our deepest sympathy to Ron, her family and friends. She will be missed greatly.

We celebrate in appreciation of Kay's contributions to our

[Read more >>](#)

### Physiotherapy Following Knee Surgery

Physiotherapy involves using a variety of techniques, such as exercise, education, treatment modalities and prevention to help your muscles, joints, bones, nervous system, heart and lungs work to their potential. Physiotherapy can help individuals living with congenital or chronic diseases or other debilitating conditions and can assist those recovering from: surgery; illness; neurological conditions such as stroke; musculoskeletal injuries; sports injuries; industrial or motor vehicle accidents; or age related conditions. In addition, a physiotherapist provides expert advice on injury prevention and exercise.

[Read more >>](#)

### Foot & Ankle Surgery Procedures

In this section you will learn about various foot and ankle procedure-specific information such as; Achilles Tendon repair, Ankle replacements, Claw toes/Hammer toes and more.

[Read more >>](#)

### Clubfoot Treatment Overview with the Ponseti Method

The early stages of treatment are part of an intensive process that involves commitment by both the family and the health care team to achieve and maintain optimal results. To learn more about the Ponseti Method, please click on the read more link below.

[Read more >>](#)

### Library of Free Resources

The Canadian Orthopaedic Foundation is helping to give Canadians new life through mobility. Please read and learn with our free, reliable, surgeon-approved resources which will help you the patient throughout your orthopaedic care journey. Resources include **Planning for Maximal Results--Preparing for your Hip & Knee Pre-surgery**. This booklet will guide the patient through the pre-surgery hip and knee care path, advises of questions to ask, offers a progress diary, and more. **To view our free booklets and to download a copy to your computer, please click on the read more link below.**

Hip & Knee Post-surgery Patient Booklet  
Encourages a return to mobility, offers helpful resources,

Patients by remembering her as an outstanding person of humour, compassion and grace.

exercises with images, a progress diary, and more.

#### Foot & Ankle Patient Booklet

Guides patients through the care path, identifies common questions and offers a progress diary.

#### Hip Fracture Patient Booklet

Helps hip fracture patients maximize their surgical outcomes and return to mobility. Suitable for patients and caregivers, provides information from a patient's perspective.

[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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