

To our generous donors:

We are pleased to share with you our Fall Impact report, which outlines the **Impact** we have made over the past year. As a charitable Foundation, we could not achieve any of our goals without the kind support of our donors – patients, families, surgeons and industry. Thank you ALL. And enjoy reading about the **Impact** you have enabled.

Making an Impact: GLA:D™ Canada

Managing hip and knee osteoarthritis across the country

Developed and implemented in Denmark, GLA:D® is an education and tailored exercise program shown to reduce the progression of symptoms of individuals with hip and knee osteoarthritis. Osteoarthritis (OA) is not just a disease of the elderly, it is also prevalent in individuals between the ages of 30 and 45. Everyone can benefit from neuromuscular training, and we know that exercise is key to slowing symptom development. The GLA:D® program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants train their bodies to move properly, slow symptom progression and reduce pain.

In 2016 the COF launched GLA:D™ Canada in Ontario, with funding from the Ontario Trillium Foundation. The program has continued to grow and is currently running in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland and Labrador and the Northwest Territories.

Over the past year, through our division Bone and Joint Canada, courses were held to train clinicians, including physiotherapists, chiropractors and kinesiologists to deliver the program, and the database was expanded to collect data from patients in 7 provinces.

The recently released GLA:D Annual Report for 2018 shares data analyzed from participants who went through the program up to the end of 2018 and in July 2019 there were over 160 sites across Canada.

The program tracks patient outcomes at baseline, 3 months and 1 year, including pain, function, physical activity levels and quality of life. Findings show that 82.5% of participants were satisfied with the program, and on average reported a 26% improvement in pain. More than 40% of individuals also noted a marked improvement in quality of life.

Additional work is underway to support further implementation of the program, our translation of the program into French is completed and we look forward to a future launch in Quebec.

The GLA:D™ Canada program is a testament to the commitment of numerous individuals across the country who have worked hard to develop the infrastructure for the program as well as communicate with the stakeholders including the clinicians, industry partners, policy makers and patients.



“I feel empowered to manage my OA equipped with the knowledge that pain can be influenced by distraction, exercise and physical activity. The GLA:D program was a life-altering embodied experience and the catalyst for implementing monumental lifestyle changes.” – Maureen, ON



Maureen and the Canadian Memorial Chiropractic College GLA:D training staff

Read the full article in the Annual Report on the COF website: www.whenithurtstomove.org Click “About Us” and “Annual Report.”



2018-19 Research Grant Recipients:
Ensuring that Canada remains a leader on the world-wide orthopaedic research stage.

“Your Foot & Ankle Surgery booklet is well-written, concise and very easy to understand. Thank you.” – Denise, ON

“I found the [peer] support that I was given prior to my operation and shortly afterwards to be very helpful. The resources supplied were excellent and the videos quite helpful.” – Margaret, BC

See the full 2018–2019 Annual report at www.whenithurtstomove.org Click “About Us” and “Annual Report.”

Impact: Research, grants and awards

Goal: Ensure that Canada remains a leader on the world-wide orthopaedic research stage.

2018-19 Impact:

- Awarded the prestigious J. Édouard Samson Award.
- Awarded 7 research grants through the Canadian Orthopaedic Research Legacy (CORL) competition.
- Awarded 3 special named research awards: Carroll A. Laurin, Robert B. Salter

and Cy Frank Awards.

- Presented the Bones and Phones Scholarship to an outstanding resident.
- Awarded the Anica Bitenc Travelling Fellowship.
- Presented 2 Community Innovation Awards to orthopaedic researchers working in the community.
- Announced the Best Paper award for Shoulder and Elbow orthopaedics, presented in partnership with the Canadian Shoulder and Elbow Society.
- Presented grants for orthopaedic programs in several hospitals, thanks to funds raised through *Hip Hip Hooray!*

Impact: Education

Goal: Provide reliable, surgeon-approved resources to help patients through their orthopaedic journey.

2018-19 Impact:

- Virtual library was accessed regularly by patients, caregivers and others. Booklets and videos for many orthopaedic areas are available in the virtual library at www.whenithurtstomove.org
- Collaborated with the Canadian Shoulder & Elbow Society to create a new Shoulder patient booklet
- Paper copies of educational resources were provided to clinics and individuals who requested them.
- Smoking Cessation program was provided to those preparing for surgery, ensuring greater surgical success.
- Individuals received practical education and tips through our *OrthoLink* newsletter, distributed three times per year.

Impact: Care

Goal: Provide evidence-based, reliable support to patients dealing with orthopaedic issues.

2018-19 Impact:

- Through Ortho Connect, orthopaedic patients preparing for surgery can talk to a trained volunteer who has gone through similar surgery. The program helps to lessen the isolation and fear that many people feel as they prepare for surgery.
- Good Life with osteoArthritis in Denmark (GLA:D™ Canada), an education and exercise program designed to help those with hip and knee osteoarthritis continues to grow. Delivered by our division, Bone and Joint Canada, physiotherapists and other healthcare providers continue to be trained to deliver GLA:D to their patients and clients.