



You know the vision of The Canadian Orthopaedic Foundation: *Pain-free mobility for all Canadians*. We work towards this vision with a strong, clear mission: *To achieve excellence in bone & joint health and mobility by advancing musculoskeletal research, education and care*. We know you share our vision, and support our mission.

But what do you know about bones? And how can you protect yours? Here are a few quick facts:

About your bones and joints:

Good bone health is vital to your overall well-being. Your bones serve several important functions:

- Provide structure for your body.
- Protect your internal organs.
- Anchor your muscles, ligaments, tendons and joints for movement.
- Store your body's calcium reserve.
- House bone marrow which generates blood cells.
- The human skeleton consists of 206 sizable bones supported and supplemented by ligaments, tendons, muscles and cartilage.
- The longest and heaviest bone in the body is the femur, and the smallest is the stapes bone in the middle ear.

Bone health is important at any age and at every stage:

- The childhood / growing years are the best time to develop healthy bones. During this time, new bone growth (bone formation) is greater than bone loss (bone resorption). This is an important time to build strong bones.
- For adults, peak bone mass is reached in the mid- to late-30s. Bones are now fully developed. Adulthood is an important time to maintain strong bones.
- In older adults, bone resorption begins to become more rapid, causing our bones to thin and weaken as we age. Late adulthood is an important time to slow or prevent bone loss.

For more important and interesting facts about bones and your bone health, visit the Canadian Orthopaedic Foundation's website at www.whenithurtstomove.org.

Take care of your bones: avoid injury

Nothing can put a damper on a stroll in the park or a spirited game of touch football like an injury. The fun stops – and the injured finds himself or herself watching from the sidelines. Most unintentional injuries are both predictable and preventable. As an example, think of any story you’ve heard about someone taking a fall, and invariably, the story includes, “I didn’t see ...” or “I was hurrying to ...”. To prevent injury, it’s important to recognize risks and take steps so the fun – and your strengthening – continues.

Wondering if this is really important? Ask the in-line skater who fractured his wrist when skating without wrist guards. Ask the hockey goalie whose skate caught a rut and cost him a meniscus tear. Ask the wedding guest who tripped on an electrical cord that wasn’t taped down. Ask the grandmother who fell on a poorly-cleared sidewalk and fractured her hip. It’s all important.

Every time you plan an activity, consider:

- Is there a risk for injury or an unsafe outcome?
- What can I do to decrease the risk?
- Am I physically able to do this?
- Am I aware of how to do this safely?
- Is there appropriate equipment and safety equipment to be worn or used?
- Are there special skills required? How can they be learned?
- Are there environmental hazards that need to be removed or fixed?

The Canadian Orthopaedic Foundation has three main goals:

- **Research:** Ensure that Canada remains a leader on the world-wide orthopaedic research stage. New discoveries to make surgery better and more effective, and to improve recovery, are only possible through research.
- **Education:** Provide reliable, surgeon-approved resources to help patients through their orthopaedic journey. Booklets and videos to help patients prepare for and recover from surgery are available free of charge in our virtual library. Topics cover hip and knee replacement, hip fracture, shoulder surgery and more.
- **Care:** Provide evidence-based, reliable support to people dealing with orthopaedic issues. Our Ortho Connect program matches patients preparing for surgery with trained volunteers who have had similar surgery to provide information and lessen anxiety. Our GLA:D program provides exercises and education to help people living with hip and knee osteoarthritis.

Thank you for sharing the Canadian Orthopaedic Foundation’s vision: Pain-free mobility for all Canadians.