Message from the President and Chair of the Board

I am pleased to share this Annual Report for the fiscal year April 2016 – March 2017. What a year it has been! This past year, we focused on our three main program areas: orthopaedic research, education and care. We delivered on, and advanced, each of these program areas.

Leading the way in program growth was our significantly expanded research portfolio. Driven by the need to ensure Canada’s leadership presence on the orthopaedic research stage, we funded more research projects than ever before. Eight innovative research projects, led by orthopaedic research teams from across the country, were approved for funding. Each will add to the base of orthopaedic knowledge; each has the potential to enhance orthopaedic surgery techniques, treatment and care. In addition, the COF launched a new research competition, aimed at encouraging community orthopaedic surgeons to bring their research ideas to life.

You can read about the research projects funded elsewhere in this report, but I think you will agree that we met – and in fact, exceeded – our lofty goal of making an impact in Canada’s orthopaedic research landscape.

Learning from our community about the growing need for and reliance on electronic resources, we successfully transitioned our entire education program to an online platform. Our virtual library contains a plethora of educational resources – booklets and videos – to support people through their orthopaedic journeys.

Through Ortho Connect, we successfully matched Canadians preparing for orthopaedic surgery with trained volunteers for personal online or telephone discussions. This popular program helps to lessen the isolation and fear so many of our patients experience leading up to surgery. As well, we worked with our division, Bone and Joint Canada, for the introduction of GLA:D™ Canada, specially designed to help those with hip or knee osteoarthritis.

None of the above would be possible without supportive and generous donors. Leading the way in our fundraising efforts was the launch of our Powering Pain Free Movement Program, aimed at securing significant major gifts to enable us to grow our research program and continue our leadership in education and patient care. Spearheaded by our Patron, Dr. Marvin Tile, the program achieved double its targeted budget in its first year.

We are fortunate, too, to receive kind donations from my surgeon colleagues across the country, and from so many patients and friends. And we received tremendous support for our Sherry Bassin Bad to the Bone Charity Golf Classic, which raised its highest amount to date. Please see the recognition pages in this Annual Report – a small gesture in expressing our thanks to so many who support our vision of pain-free mobility for all Canadians.

As Chair of the Board for the Foundation I have been privileged to work with a results-driven, passionate Board of Directors. This team worked throughout the year on the creation of the COF’s new strategic plan – a roadmap to lead us through the next three years, launched on April 1, 2017. I thank every one of our Directors, each of whom has contributed in their own unique way to the success of the COF.

No report on the success of the COF’s banner year would be complete without a word of thanks to our staff team. This small and dedicated group of three worked hard to support and lead the programs of the Foundation.

As you read through the pages of this report, I believe you will be as proud of our successes as I am. We won’t stop here. We are already looking to the future, and working to continue to enhance the orthopaedic health of Canadians.

Dr. Geoffrey Johnston
Achievements: 2016-17

RESEARCH, GRANTS AND AWARDS

Focus:
Ensure that Canada remains a leader on the world-wide orthopaedic research stage. This year, the COF succeeded in its goal to expand its research, grants and awards program significantly.

Overview:
- Doubled the value of the prestigious J. Édouard Samson Award.
- Awarded 6 research grants through the Canadian Orthopaedic Research Legacy (CORL) competition, advancing innovative research in centres across Canada.
- Awarded 2 special grants for research: the Carroll A. Laurin and Robert B. Salter Awards.
- Presented the Bones and Phones Scholarship to an outstanding resident.
- Awarded the Anica Bitenc Travelling Fellowship.
- Announced a new research competition; Community Innovation Awards will be presented to orthopaedic researchers working in the community.
- Announced the first Best Paper award for Shoulder and Elbow orthopaedics, to be presented in partnership with the Canadian Shoulder and Elbow Society.
- Presented grants for orthopaedic programs in five communities, thanks to funds raised by surgeon teams through Hip Hip Hooray!

Details:

J. Édouard Samson Award: Recognizing career orthopaedic research
Dr. George S. Athwal (London, ON) – “The Biomechanical Assessment of Complex Shoulder Instability”

Carroll A. Laurin Award: Best new clinical research
Dr. Sasha Carsen (Ottawa, ON) – “Determining the role of physical activity in the development of hip impingement morphology in adolescents during the final stages of skeletal maturation”

Robert B. Salter Award: Best new basic science research
Dr. Aaron Nauth (Toronto, ON) – “The Use of Autologous Endothelial Progenitor Cells (EPCs) for the Healing of a Bone Defect in a Large Animal Model: A Comparison with Iliac Crest Bone Graft”

Canadian Orthopaedic Research Legacy (CORL) Grants: New and innovative orthopaedic research
Dr. Ryan Bicknell (Kingston, ON) – “A Study of the Trabecular Bone Density Distribution in the Scapula Relevant to Reverse Shoulder Arthroplasty”
Dr. Anthony Cooper (Vancouver, BC) – “Development of a Patient Reported Quality of Life Questionnaire for Children with Lower Limb Deformities”
Dr. Paul A. Martineau (Montreal, QC) – “Bone repair in response to mast cell immunotherapy”
Dr. Bill Ristevski (Hamilton, ON) – “DRIVSAFE - Distraction on the Road Injury eValuation in Surgery and FracturE clinics”
Dr. Marlis Sabo (Calgary, AB) – “Intersection of Catastrophizing, Mood Disorders, and Gender in Rotator Cuff Surgical Patients: A Prospective Exploratory Study”
Dr. Emil Schemitsch (London, ON) – “DECIPHER: Determinants of Clinically Important Outcomes following Proximal Humerus Fractures in the Elder Population: A National Cohort”

Planned Gifts Make a Difference
The Anica Bitenc Travelling Fellowship is funded through an Endowment Fund established by Dr. Igor Bitenc in his bequest to the Canadian Orthopaedic Foundation in 2015.

The COF received a generous bequest from Mrs. Betty Jane Joudrey in January 2017. The money is held in an Endowment Fund to support research.

Powering Pain Free Movement
The significant growth in 2016-17 of our research program is due to the success of Powering Pain Free Movement, a major gifts campaign launched in 2016. Special thanks to Zimmer Biomet for the company’s transformational gift, and to DePuy Synthes for its major contribution to research. Read more about Powering Pain Free Movement on page 6.
Bones and Phones Scholarship – Resident award for exceptional contribution to advancing musculoskeletal health

Jessica Page (University of Calgary) – “Direct from the Operating Room: Interactive realtime broadcasts of total knee arthroplasty to high school students.”

Anica Bitenc Travelling Fellowship – Support for a travelling fellow from Croatia, Serbia or Slovenia

Dr. David Martincic (Slovenia)

The following grants were made possible through Hip Hip Hooray! fundraising efforts

Saskatoon City Hospital (Saskatoon, SK): Support for the Division of Orthopaedics’ ongoing participation in Canadian Orthopaedic Trauma (COTS) Society Research Project: Multicenter Trial for Cortical Locking Screws and other COTS Studies.

Sunnybrook / Holland Orthopaedic & Arthritic Centre (Toronto, ON): Addressing the Educational Needs of Patients in the Holland MSK Program by producing new educational materials for patients who attend the Bayview Campus Fracture Clinic, in addition to making Sunnybrook’s core Hip and Knee Replacement Guide web accessible.

St. Michael’s Hospital (Toronto, ON): Support for orthopaedic clinical research in joint replacement surgery: To support the important clinical research being done at St. Michael’s Hospital.

COTS Calgary – Foothills Medical Centre (Calgary, AB): Research study attempting to determine whether or not patients who present with a fracture are in the process of being treated for osteoporosis.

Halifax Sports Medicine – QEII Health Sciences Centre (Halifax, NS): Support for the research project: Arthroscopic Repair of Chronic Two-Tendon Rotator Cuff Tears by Human Dermal Allograft Augmentation.
EDUCATION

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

Overview:

- Education program was transitioned to an on-line platform, reflecting current needs. Booklets and videos for many orthopaedic areas – preparing for surgery, returning to mobility post-surgery, treatment for clubfoot, and more – are available in our virtual library at www.whenithurtstomove.org
- 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.

Details:
Virtual library: Throughout the year, there were more than 40,500 visits to the COF website (www.whenithurtstomove.org) where patients and their caregivers and families were able to access our virtual library of educational resources. In addition, we distributed almost 10,000 paper copies of booklets and brochures to orthopaedic clinics and patients.

Smoking Cessation program: we shipped more than 2,100 brochures and kits to clinics and patients to aid in their efforts to stop smoking prior to surgery. In addition, we reached out directly to 69 patients to provide hands on support.
Focus:
Provide evidence-based, reliable support to people dealing with orthopaedic issues.

Overview:
• 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.
• With our division, Bone and Joint Canada, we completed the introduction of an injury prevention program to soccer clubs. FIFA 11+ is a neuromuscular training program designed to prevent ankle and knee injury in youth playing soccer.
• We launched Good Life with osteoArthritis in Denmark (GLA:D™ Canada), an education and exercise program designed to help those with hip and knee osteoarthritis. Delivered by our division, Bone and Joint Canada, we began training physiotherapists and other healthcare providers to deliver GLA:D to their patients and clients.

Details:
Ortho Connect: This past year, we successfully matched 107 patients who were preparing for surgery with our trained volunteers. Patients shared their concerns and learned from volunteers about hip and knee replacements, shoulder surgery, hand surgery, food and ankle surgery, hip fractures, and more.

FIFA 11+: Through this program, led by Bone and Joint Canada, 55 soccer clubs adopted FIFA 11+, a warm up exercise program that reduces the rate of knee and ankle injuries. In total, 1,845 youth soccer players in Ontario received the training, helping them to avoid ankle and knee injury. The program was made possible in Ontario through funding from the Ontario Trillium Foundation. Based on the program success the Public Health Agency of Canada funded the Canadian Soccer Association to launch the program across the country.

GLA:D™ Canada: Within its first year GLA:D™ Canada was launched in Ontario, Alberta and BC, with 227 physiotherapists and other health professionals undergoing the one and a half day training program to become certified GLA:D practitioners. Nine clinics began offering the program in the first year, with commitments from an additional 43 clinics to implement the program by December 2017. Initial data suggests that the strong results shown in Denmark (27% reduction in pain) is being replicated in Canada. GLA:D™ Canada was launched in Ontario by Bone and Joint Canada through funding from the Ontario Trillium Foundation. The program is being rolled out across Canada.
**Powering Pain Free Movement**

In 2016 the COF launched a new major gifts program aimed at raising funds to grow its research program significantly, and to continue its investment in education and patient care. Led by Patron **Dr. Marvin Tile**, Professor Emeritus, University of Toronto, and Orthopaedic Surgeon at Sunnybrook HSC, the COF began reaching out to industry, surgeons and others to join the campaign.

Year one of the campaign was a tremendous success. The goal of raising $150,000 was reached, and far exceeded, with nearly $300,000 committed.

**Powering Pain Free Movement** donors enabled the growth of the COF research program, kicked off by a transformational donation by **Zimmer Biomet** as a *Benefactor* donor at the top level of the program. Next, **DePuy Synthes Canada** joined the campaign as a *Champion* partner. These, and other donations, enabled the COF to award 9 research grants this year, and launch a new Community Innovation Awards program.

In addition to growing the research program, **Powering Pain Free Movement** aims to ensure funding is available to support the COF’s much-needed programs in education and care, and to ensure the overall health and stability of the Foundation. This year, we welcomed three additional **Powering Pain Free Movement** partners:

- The first contribution to the campaign came from **The Wright Family Legacy**. The family proudly boasts three generations of orthopaedic surgeons, and has been committed to the COF’s success for decades.
- **Bayer Healthcare** is a partner of **Powering Pain Free Movement**, particularly committed to the Ortho Connect program.
- **Sunnybrook Orthopaedic surgeons** pledged a multi-year commitment to the COF and are now challenging their surgical colleagues and groups to follow their lead with similar multi-year support.

**Powering Pain Free Movement** partners are contributing to a vibrant, world-class Foundation.
Saskatoon surgeons organized an in-person Hip Hip Hooray! walk on October 1, 2016. And they’re off! Walkers begin their 1 km walk in celebration of pain free movement.

Special events: FUNd raising for the COF

Two signature events contributed to the success of the COF during the year and enabled the Foundation to advance its mission.

The fifth annual Bad to the Bone Charity Golf Classic held on June 13, 2016 at Wooden Sticks Golf Club was by far the most successful to date, bringing together more than 100 golfers.

Host Sherry Bassin, well-known hockey executive, was delighted to welcome so many industry leaders, hockey fans, surgeons and hockey celebrities to the event. Golfers enjoyed a great day on the course, barbecue lunch, and evening banquet. Best of all, each foursome had a chance to play with hockey celebrities.

The 2016 Bad to the Bone Charity Golf Classic raised more than $110,000.

The Hip Hip Hooray! program raised funds in three ways:

• Through a direct mail program and virtual walk, supported by orthopaedic patients and COF donors
• Through an in-person 1 km fun walk held in Saskatoon on October 1, 2016
• Through an orthopaedic clinic virtual walk challenge, supported by 6 clinics across the country – Halifax, Toronto (2 clinics), Hamilton, London and Calgary.

The 2016 Hip Hip Hooray! program raised $102,000 in support of the COF’s programs of research, education and care; and, through a revenue sharing agreement, clinics that participated received community grants towards orthopaedic programs in their local communities.
Condensed Statement of Financial Position
As at March 31, 2017

ASSETS                                                                                                                 2017                            2016
Current Assets                                                                                        1,100,649                      547,599
Equipment                                                                                                          857                           1,224
Intangible Assets                                                                                         16,354                         20,144
Long Term Investments                                                                          329,681                      329,110
$1,447,541                    $898,077

LIABILITIES AND NET ASSETS
Current                                                                                                         386,435                      191,760
Net Assets                                                                                                1,061,106                      706,317
$1,447,541                    $898,077

Statement of Operations
Revenue
Receipted donations                                                                               338,930                      299,501
Non-receipted donations                                                                         34,037                         32,137
Gifts from other charities                                                                         61,221                         13,922
Government funding                                                                                           0                                   0
All other revenue                                                                                      694,930                      328,619
Total revenue:                                                                                                   $1,129,118                       $674,179

Expenses
Charitable programs & research                                                          722,498                      528,826
Management & administration                                                            104,756                      117,200
Fundraising                                                                                                 100,635                         79,997
Gifts to other registered charities and qualified donees                          0                         10,045
Other                                                                                                                         0                                   0
Total expenses:                                                                                                     $927,889                       $736,068

Excess (Deficiency) of Revenue over Expenses                      $201,229                   $(61,889)

The Canadian Orthopaedic Foundation's finances were audited by Henderson Partners LLP. Complete financial
statements are available upon request.

Your Donations Hard At Work
Be assured that your donations are prudently invested. Through your support you make a
difference in the lives of others, enabling the COF to deliver on its mission of orthopaedic
research, education and care.

Charitable Programming 78%
Management & Administration 11%
Fundraising 11%
Thank You to Our Club 206 Donors

List reflects donations made between April 2016 and March 2017

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Thank you for your generous donation.
# Thank You to Our Surgeon Donors

List reflects donations made between June 2016 and May 2017

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*Current Monthly Donors

Thank you for your generous donation to your foundation.
Vision, Mission and Values

The Vision and Mission of the Canadian Orthopaedic Foundation serve as our focus for how we will operate our organization. We will meet the challenges of our Mission with the high levels of integrity and respect that our staff, volunteers, supporters and public deserve and expect from a Canadian health-centred charity.

Our Vision:
Pain-free mobility for all Canadians.

Our Mission:
To achieve excellence in bone & joint health and mobility by advancing musculoskeletal research, education and care.

Our Values:
People: We work in the interest of orthopaedic patients, their families, and the professionals who treat them and for the future of any Canadian who may require orthopaedic care.

Making a Healthy Difference: We contribute to the health of our communities and our nation by working with volunteers, patients, professionals, government and industry toward timely and quality access to bone and joint care.

Good Governance: We are committed to excellence in the governance of our organization and will do so ethically, morally, according to the law, and toward the achievement of our Mission.

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