

To our generous donors:

I am pleased to share with you the *impact* we have made in orthopaedic programs in the past year. What a year it has been! This past year, we focused on our three main program areas: orthopaedic research, education and patient 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.

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. As well, we worked with our division, Bone and Joint Canada, for the introduction of GLA:D™ Canada, a program specially designed to help those with hip or knee osteoarthritis.

None of the above would be possible without supportive and generous donors. Without you, none of our *impact* would have been possible.

As you read through 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.



Impact: 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. **Each research project funded has the potential to enhance orthopaedic surgery, treatment or care, enhancing the health of Canadians.**

Highlights:

- Presented the **J. Édouard Samson Award**.
- Awarded 6 research grants through the **Canadian Orthopaedic Research Legacy (CORL)** competition, advancing innovative research across Canada.
- Awarded 2 special grants for research: the **Carroll A. Laurin** and **Robert B. Salter Awards** for basic and clinical research projects.



Dr. Geoffrey Johnston
President and Chair of the Board

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.



Patron Dr. Marvin Tile and President Dr. Geoffrey Johnston present the recipients of the 2016-17 Research Awards

“The COF website and related patient information site is very useful. I have used it myself and referred friends to this material. Thank you.”

Jean, MB

“The Get Moving booklet is filled with great information and has been a great resource for our patients.”

Orthopaedic clinic, AB



“Having the opportunity to speak to someone [through the Ortho Connect program] who has had the same surgery was very helpful and reassuring to me.”

Jacki, ON



GLA:D trainer Mark Anunciacion demonstrates exercises in the GLA:D program for hip and knee osteoarthritis.

- Presented the **Bones and Phones Scholarship** to an outstanding resident.
- Awarded the **Anica Bitenc Travelling Fellowship**.
- Announced the new **Community Innovation Awards**.
- Announced the first **Best Paper Award for Shoulder and Elbow Orthopaedics** at the Canadian Orthopaedic Association’s Annual Meeting.
- Presented grants for **orthopaedic programs in five communities**, thanks to funds raised by surgeon teams through *Hip Hip Hooray!*

Impact: Education

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

Highlights:

- 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.

Impact: Care

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

Highlights:

- 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. We successfully matched 97% of patients looking for support.
- 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. 1845 young soccer players participated in the program.
- 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. There are more than 50 clinics offering the program. See www.gladcanada.ca

See the full Annual Report for the fiscal year 2016-17 at www.whenithurtstomove.org