



OrthoLink



Canadian
Orthopaedic
Foundation

A newsletter dedicated to bone and joint health

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Free Patient Resource



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**Getting Your House
in Shape Shouldn't
Put You Out**

Back on My Feet



By: Carole U. Orthopaedic Patient and Ortho Connect Volunteer

In late May 2010, I broke my tibia (shinbone) and fibula (calfbone) during a roller derby practice. As we were located in rural Manitoba I was rushed to the nearest hospital. Upon arrival, I requested to not be medicated or fed so that if surgery was required I could be scheduled immediately.

Unfortunately, they did not have facilities to set the bones or provide treatment. As a result, I was on standby to be transferred to a larger hospital as soon as a bed became available.

The hospital staff was great and helpful and it only took one day until I was sent to a hospital in the city via ambulance for surgery. It was a stressful and emotional time. [Read more >>](#)

Getting Started - Activity Following Hip Surgery

Becoming more active is safe for most people. Three months after a hip replacement, you should face relatively few restrictions on activity. So do you have the green light to start? [Read more >>](#)

What to Expect at the Hospital - Knee Surgery

Your date for surgery has arrived! You will have received instructions from your doctor about when to stop eating and drinking in preparation for surgery. If you take daily medications, especially blood thinners, ask your doctor if you should still take them the morning of surgery. [Read more >>](#)

Tips for Recovery Post Foot & Ankle Surgery



Every year, this single spring activity results in sprains, strains, aches and pains for thousands of Canadians. Golf? Baseball? No, spring cleaning.
[Read more](#)

Everyone heals differently. In general, here's what to do, and what you can expect, for the best possible progress after your surgery. Be active, gradually increasing your activity as directed by your health care team. [Read more >>](#)

Frequently Asked Questions about Clubfoot

What causes clubfoot? Is it my fault?

No, it is not your fault. It may be hereditary, it may just happen; there is no proven cause. Feeling guilty is normal and those feelings can persist throughout this journey. [Read more >>](#)

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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