



Message from the CEO

I am so grateful for the opportunity to support efforts of the Canadian orthopaedic community as CEO of the Canadian Orthopaedic Foundation.

From the extraordinary team at the COF, to the dedicated members of the Board, our exceptional partners, researchers, supporters, caregivers and volunteers, each contribute to advancing care for Canadians. This snapshot highlights just a fraction of their achievements and reminds us all of the value of supporting the work of the Foundation.

Todd Charlebois, CEO



Fast Track Care - Have your voice heard

The COF continues to work with Mobilize Canada, a coalition of surgeons, non-profit organizations and healthcare corporations dedicated to supporting patients needing orthopaedic surgery. The coalition launched the Fast Track Care campaign to build awareness among Canadians about the need for provincial governments to invest in and prioritize orthopaedic surgery to get Canadians out of pain and back to work.

COVID-19 continues to exacerbate existing competition for bed space, resulting in surgical wait times reaching unsustainable levels, further burdening the healthcare system at this crucial time. Investment and prioritization of the orthopaedics sector is desperately needed as across the country nearly 200,000 Canadians have been waiting in pain for important orthopaedic surgeries.

We are reaching out to the orthopaedic community – surgeons as well as patients and their families and friends – to support the campaign. We encourage all to contact their provincial government representative to #FastTrackCare. An easy-to-use online tool has been developed, and can be found at www.fasttrackcare.ca.

Help us move waiting orthopaedic surgical patients out of pain and back to mobility enjoying life, work and play in every corner of Canada.



Calling all researchers!

The Canadian Orthopaedic Foundation invites applications for:

The J. Édouard Samson Award

The premier award for orthopaedic research in Canada, the \$30,000 J. Édouard Samson Award recognizes the best orthopaedic research over a period of five (5) years or more at a Canadian Centre.

The Canadian Orthopaedic Research Legacy (CORL) Grant

Each award consists of a grant of up to \$20,000 to be used by the winner to further their research project.

The deadline for applications is December 17, 2021.

[Click here](#) for application forms, guidelines and instructions.

To find out about previous recipients of this and other COF awards, [click here](#).

COF Resident Scholarship Opportunity - Call for Applications

Bones and Phones Legacy Scholarship

The *Bones and Phones Legacy Scholarship* was established to recognize orthopaedic residents who have demonstrated commitment and contribution to enhancing musculoskeletal health in their community, or abroad, beyond that which would be expected during their residency training period. Commitment and contributions may be in the form of volunteerism, education or special events, and must be in addition to what is typically expected during training.

[Click here](#) for eligibility criteria and application instructions. The deadline to apply is **March 31, 2022**.

Walkers support the Canadian Orthopaedic Foundation

As the pandemic continues to impact the charitable sector's ability to hold in-person events, surgeons, patients and donors showed their support of the COF this fall by participating in three virtual fundraising events celebrating mobility:

The inaugural CPOG Step Challenge took place coast-to-coast on September 13-17, raising money for paediatric orthopaedics. On October 2 a virtual walk was held in Saskatchewan, with support from five orthopaedic surgeons and their patients. Visit the [Photo Gallery](#) to see pictures of some of the Virtual Walkers. Then the week of October 18-22 walkers tracked their steps across Canada in the COF Step Challenge.



Combined, these events raised \$61,000 to support orthopaedic research, education and care. **Thank You** to all participants!

Recognizing our *Powering Pain Free Movement* Campaign Supporters

In 2016 the COF launched a major gifts campaign, *Powering Pain Free Movement*, to enable donors to make significant and meaningful donations to support the COF and to create a solid base on which to grow the COF's programs of research, education and patient care.

In the five years since its launch, the campaign continues to have a major impact on the COF's success and we are grateful to our 2020-2021 *Powering Pain Free Movement* partners for their support:

- **Zimmer Biomet**, Benefactor
- **DePuy Synthes Canada**, Champion
- **Bayer Inc.**, Supporter
- **Sunnybrook Orthopaedic Associates**, Supporter
- **Nelson Arthur Hyland Foundation**, Supporter

To learn more about the *Powering Pain Free Movement* program and its partners, visit www.whenithurtstomove.org/donors

GLA:D™ Canada: improving the lives of people with osteoarthritis across the country



Throughout the pandemic across Canada people have been limited in their abilities to exercise and remain physically active resulting in an increase in symptoms for many people who suffer from hip and knee osteoarthritis.

The GLA:D program is an education and exercise program for people with hip and knee osteoarthritis that is normally completed in a rehabilitation clinic in a group session. As a result of COVID, in order to keep people safe, the program was transitioned to a home-based program where people were able to set their exercises up in their own home and join with a group of other committed people online twice a week to complete their exercise programs. By the end of 2020 a number of clinics had started to offer the program virtually and, as noted in the GLA:D annual report, 207 people participated in the program online and 111 had a combination of virtual online

and in person classes. There were many positive comments about the home program including how it allowed people to manage their symptoms, educated them on how to do their programs at home, engaged other family members to learn about the exercises, and gave people a focus throughout the week while connecting with others. One patient in British Columbia was thrilled with her experience with the virtual program stating "I was a skeptic regarding adding this virtual program to what I was already doing, but it was one of the best decisions I've made this year concerning my osteoarthritis. I have gone from thinking I would have to have a hip replacement to being confident I can get back to short walking tours again."

In 2021, as the over 300 clinics are moving back to in person programs, many are continuing to use virtual care to help patients who have difficulties attending the program and to help patients set up their exercises at home.

For additional information about the GLA:D program, including the program results and the clinics offering the program, visit the GLA:D [website](#).

Giving Doesn't Have to Wait Until Tuesday.

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people to maintain and restore their bone and joint, or orthopaedic, health. Created by Canada's orthopaedic surgeons, the Foundation has three main programs: research (uncovering new and improved surgical and treatment procedures), education (booklets and videos to guide patients through their orthopaedic journey) and care (through connecting patients with volunteer mentors, and programs like GLA:D™ Canada).



Make your monthly, or one-time donation, by clicking the link above. Thank you for your important contribution. **Your donation matters.**

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