



## 2020 – 2021 Annual Report



## Impact: Research, grants and awards

As with all other types of surgery and medical care, what orthopaedic surgeons do is dependent on research. Thanks to research, orthopaedic surgical technique is constantly evolving. For joint replacements, we now have better implants and efficient teams that quickly get patients in and out of hospital – we can thank breakthroughs in engineering and in health services research for these innovations.

In trauma as well, better implants and less invasive procedures, developed through research, now offer better outcomes for patients.

2020-2021 Impact:

- Awarded the prestigious J. Édouard Samson Award
- Awarded 3 research grants through the Canadian Orthopaedic Research Legacy (CORL) competition
- Awarded 3 special named research awards: Carroll A. Laurin Award; Robert B. Salter Award; Cy Frank Award
- Presented the Community Innovation Award
- Presented the inaugural Canadian Shoulder and Elbow Society Award

## Impact: Education

The COF Virtual Library was accessed at unprecedented levels during the pandemic. Patients and healthcare professionals both used the booklets and videos for many areas of orthopaedics in our virtual library at [www.whenithurtstomove.org](http://www.whenithurtstomove.org)

## Impact: Patient Care

### **GLA:D™ Canada – Managing hip and knee osteoarthritis across the country**

The Canadian Orthopaedic Foundation, through its knowledge translation division Bone and Joint Canada, offers the GLA:D™ Canada program for people with hip or knee osteoarthritis. Clinicians are trained to deliver the program in rehabilitation clinics across Canada.

Developed and implemented in Denmark initially, GLA:D® is an education and tailored exercise program shown to reduce the progression of symptoms of individuals with hip and knee osteoarthritis (OA). OA is not just a disease of the elderly; it is also prevalent in individuals between the ages of 30 and 45. Everyone can benefit from neuromuscular training, and we know that exercise is key to slowing symptom development. The GLA:D® program is unique in that education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants train their bodies to move properly, slow symptom progression and reduce pain.

During the time of physical distancing, rehabilitation clinics were closed therefore face-to-face programs had to be suspended. However, as people were isolated in their homes, many experienced increased symptoms from their hip and knee osteoarthritis. As such, many of the clinics are now providing the program remotely through visual technology on a smart phone, tablet or laptop. Further information can be found at the [GLA:D™ Canada website](http://www.gladcanada.com).

## Achievements: 2020-21

### RESEARCH, GRANTS AND AWARDS

#### Goal:

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, with the presentation of the inaugural *CSES Research Grant*, created in collaboration with the Canadian Shoulder and Elbow Society.

#### Overview:

- Awarded the prestigious J. Édouard Samson Award.
- Awarded 3 research grants through the Canadian Orthopaedic Research Legacy (CORL) competition, advancing innovative research in centres across Canada.
- Awarded 3 special grants for research: the Carroll A. Laurin, Robert B. Salter and Cy Frank Awards.
- Awarded the Community Innovation Award to an orthopaedic researcher working in the community.
- Awarded the inaugural CSES Research Grant for collaborative shoulder or elbow research.
- Presented the Bones and Phones Scholarship to an outstanding resident.
- Presented the Robin Richards Award for Upper Extremity Research.
- Awarded the Anica Bitenc Travelling Fellowship.
- Presented grants for orthopaedic programs in several hospitals, thanks to funds raised by surgeon teams through *Hip Hip Hooray!*



*Dr. Alan Getgood received the J. Édouard Samson Award – the COF's most prestigious research award. The presentation took place in June 2021 during the virtual COA AGM.*

#### Details:

**J. Édouard Samson Award:** Recognizing career orthopaedic research  
Dr. Alan Getgood (London, ON) – *“Anterolateral augmentation of ACL Reconstruction”*

**Carroll A. Laurin Award:** Best new clinical research  
Dr. Kevin Smit (Ottawa, ON) – *“Is Spinal Motion Preserved Following Vertebral Body Tethering for Adolescent Idiopathic Scoliosis? A Prospective Study”*

**Robert B. Salter Award:** Best new basic science research  
Dr. Unni Narayanan (Toronto, ON) – *“Validation of the Patient Reported Outcomes of Fracture Healing (PROOF) Questionnaires for Evaluation of Pediatric Upper and Lower Extremity Fracture Outcomes”*

**Cy Frank Award:** Excellence in innovation in collaboration with the Canadian Orthopaedic Research Society  
Devin Lemmex (Winnipeg, MB) – *“The impact of varying weightbearing restrictions on postoperative outcomes following arthroscopic surgery for femoroacetabular impingement: a randomized pilot”*

**Canadian Orthopaedic Research Legacy (CORL) Grants:** New and innovative orthopaedic research  
**Drs. W. Brent Edwards and Prism Schneider** (Calgary, AB) – *“Effects of high-dose bisphosphonate treatment on fatigue properties and fracture patterns in ovariectomized rabbits”*  
**Drs. Brent Lanting and Matthew Teeter** (London, ON) – *“Hybrid PET/MRI imaging of joint stiffness in total knee arthroplasty”*  
**Drs. Evangelos Tyrpenou and John Antoniou** (Montreal, QC) – *“Influence of Lumbar Spine Fusion on Total Hip Replacement Patients”*

**Community Innovation Award:** Celebrating community-based surgeons

**Dr. Marie Gdalevitch** (Montreal, QC) – *“Randomized comparison between narcotic free multimodal anesthesia and standard of care anesthesia for hallux valgus patients undergoing a percutaneous distal metatarsal osteotomy: a multi-center trial”*

**Inaugural CSES Research Grant:** To encourage collaborative shoulder or elbow research

**Dr. Danny P. Goel** (Vancouver, BC) – *“Immersive Virtual Reality Effectiveness in Orthopaedic Education: A Randomized Controlled Trial”*

**Bones and Phones Scholarship:** Resident award for contribution to advancing musculoskeletal health

**Dr. David Stockton** (University of British Columbia) for his role in the project *“A Low Cost Orthopaedic Traction Device for Low- and Middle-Income Countries”*

**Robin Richards Award for Upper Extremity Research:**

**Dr. Ivan Wong** (Halifax, NS) – *“Bridging Allograft Reconstruction is Superior to Maximal Repair for the Treatment of Chronic, Massive Rotator Cuff Tears – Results of a Prospective, Randomized, Controlled Trial”*

**Anica Bitenc Travelling Fellowship:** Support for a Travelling Fellow from Croatia, Serbia or Slovenia

**Dr. Damjan Dimnjakovic, Croatia**

The following grants were made possible through **Hip Hip Hooray!** and **Step Challenge** fundraising efforts:



**Banff Sport Medicine Foundation** (Banff, AB): Support for a research study examining ACL reconstruction outcomes: *“Clinical, Functional and Patient-reported Outcomes of ACL reconstruction in Paediatric Patients”*

**Saskatoon City Hospital** (Saskatoon, SK): *Support for the Division of Orthopaedics’ continued participation in multiple ongoing research studies*

## Achievements: 2020-21

### EDUCATION

#### Goal:

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

#### Overview:

- Virtual library was accessed regularly by patients, caregivers and others. Booklets and videos for many orthopaedic areas are available in the virtual library at [www.whenithurtstomove.org](http://www.whenithurtstomove.org).
- Individuals received practical education and tips through our *OrthoLink* newsletter, distributed three times per year.

#### Details:

Virtual library: The COF's library of videos, booklets and brochures is posted online to [www.whenithurtstomove.org](http://www.whenithurtstomove.org). *Planning for Maximal Results* and *Get Moving* booklets, designed for patients pre- and post- hip and knee surgery, continued to be popular in downloads. Other booklets designed for hip fracture, and foot and ankle surgery, along with a "Stop Smoking for Surgical Success" brochure were accessed by those who needed them.

Throughout the year, there were more than 146,000 visits to the COF website ([www.whenithurtstomove.org](http://www.whenithurtstomove.org)).

### CARE

#### Goal:

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.
- Good Life with osteoArthritis in Denmark (GLA:D™ Canada), an education and exercise program designed to help those with hip and knee osteoarthritis continues to grow. Delivered by our division, Bone and Joint Canada, physiotherapists and other healthcare providers continue to be trained to deliver GLA:D to their patients and clients.
- Continued collaboration with the Arthritis Society, delivering virtual access to physiotherapists.
- Partnered in the Fast Track Care campaign developed by Mobilize Canada to support patients needing orthopaedic surgery.

#### Details:

Ortho Connect: This past year, we continued to successfully match 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, spine surgery, foot and ankle surgery, and more.

GLA:D™ Canada, an education and exercise program designed to help those with hip or knee osteoarthritis, was offered in all provinces across Canada except Quebec where training was hosted in late 2020. The program was also available for patients in Yukon and the Northwest Territories. Since the program began there have been over 1500 healthcare professionals trained and the program has been delivered in 269 clinics to 5707 patients with hip or knee osteoarthritis. In response to the COVID pandemic, in 2020 the program was moved to a virtual format. This included the certification program as well as the clinical program with 207 patients



attending the program online, and 111 attending a combination of online and in-person classes. The program tracks patient outcomes at baseline, 3 months and 1 year. Findings show that 52% of hip participants and 61% of knee participants showed a clinical improvement in pain with reductions of 20% and 28% respectively. With respect to quality of life, 54% of hip participants and 63% of knee participants showed a meaningful improvement thereby returning to the activities that they enjoy.

As the fiscal year drew to an end, COVID-19 continued to be a serious issue around the world. In Canada, the pandemic continued to cause the cancellation of thousands of orthopaedic surgeries. The COF maintained its partnership with The Arthritis Society to help pre- and post- surgical patients to access physiotherapy support virtually. In addition, the COF partnered in the Fast Track Care campaign developed by Mobilize Canada, a coalition of surgeons, nonprofits and corporations dedicated to supporting patients needing orthopaedic surgery.

## **Powering Pain Free Movement**

The COF's major gifts campaign, *Powering Pain Free Movement*, underscores our belief that with support we CAN give power to our vision of *Pain-free mobility for all Canadians*. The campaign was launched in 2016 with two fundraising goals:

- Grow the COF research program significantly, ensuring Canadian researchers have the money they need to carry out innovative orthopaedic projects; and
- Continue the COF's investment in its education and patient care programs.

The fifth year of the campaign continued to be very successful, with special thanks to our partners – those who generously contributed this year to a vibrant, world-class Foundation.

## **2020-21 Powering Pain Free Movement Partners**

### **Benefactor**



### **Champion**



### **Supporters**



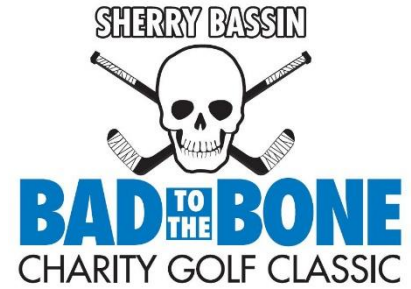
Nelson Arthur Hyland Foundation

Sunnybrook Orthopaedic Associates

## Fundraising Events

The COF runs two signature events annually, providing people with a chance to participate in an enjoyable activity and raise funds for orthopaedic research, education and care.

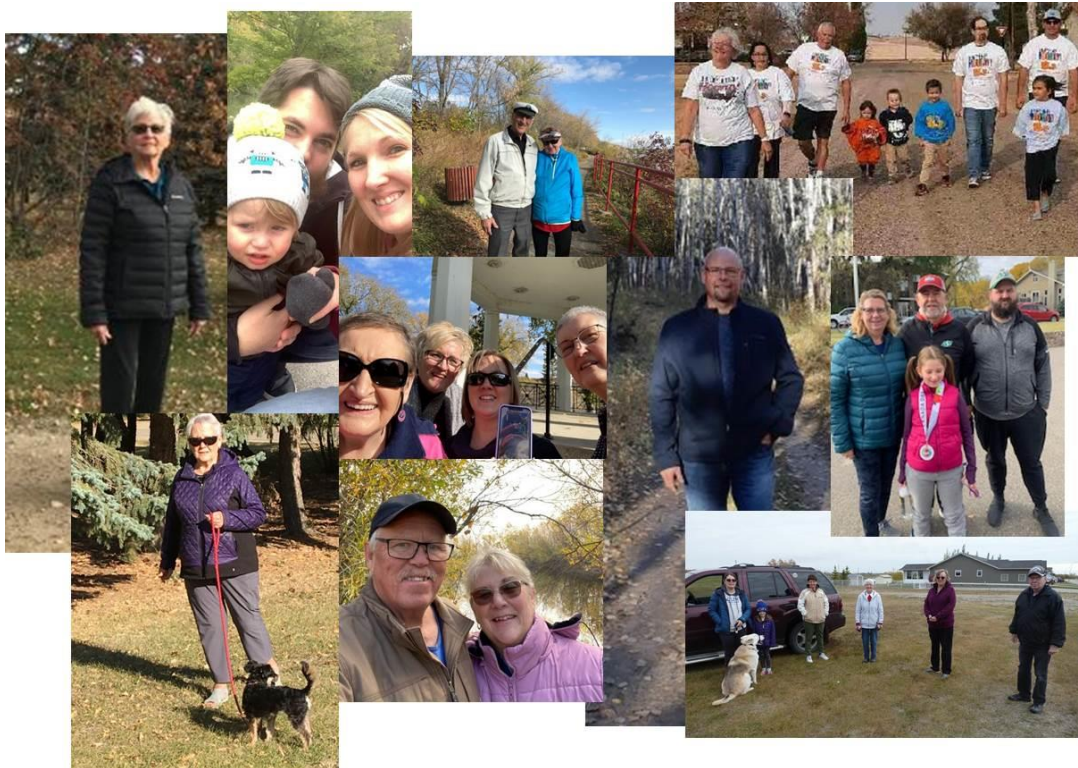
The annual *Bad to the Bone Charity Golf Classic*, typically held in the summer, was transitioned to an online auction for 2020. The auction took place over one week in September and raised \$45,000.



Canadians wanting to stay active in support of the COF were able to do so in our walking events:

- The in-person *Hip Hip Hooray!* 1 km fun walk in Saskatoon was transitioned to a virtual walk for 2020 and took place on October 3. Five surgeons, their patients, and COF friends participated in the fundraising event.
- The 2020 Step Challenge, a 5-day event in which participants aimed to walk 10,000 steps or more per day, took place mid-October.

The walk and step challenge events raised \$18,000. Funds raised supported national programs, as well as local community projects.



*Hip Hip Hooray!* Virtual Fun Walk

## Condensed Statement of Financial Position

As at March 31, 2021

<b>ASSET</b>	<b>2021</b>	<b>2020</b>
Current Assets	1,602,094	1,547,851
Equipment	704	1,005
Intangible Assets	3,927	5,610
Long Term Investments	<u>19,660</u>	<u>18,609</u>
	<u>1,626,385</u>	<u>1,573,075</u>
<b>LIABILITIES AND NET ASSETS</b>		
Current	338,632	329,943
Net Assets	<u>1,227,753</u>	<u>1,243,132</u>
	\$ <u>1,626,385</u>	\$ <u>1,573,075</u>

### Statement of Operations

#### Revenue

Received donations	216,095	286,278
Non-receipted donations	27,463	32,825
Gifts from other charities	15,198	22,939
Government funding	105,580	0
All other revenue	336,221	535,904
<i>Total Revenue:</i>	<u>\$ 700,557</u>	<u>\$ 877,946</u>

#### Expenses

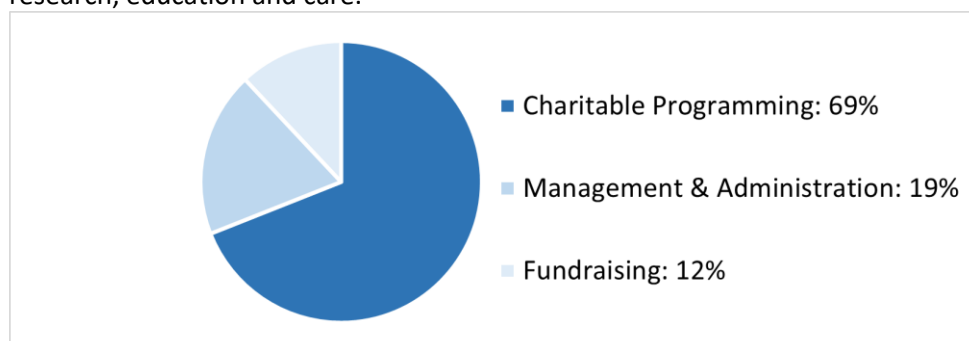
Charitable programs and research	494,232	637,762
Management and administration	136,775	121,334
Fundraising	84,920	130,615
Gifts to other registered charities and qualified donees	0	0
Other	0	0
<i>Total Expenses:</i>	<u>\$ 715,936</u>	<u>\$ 889,711</u>

**Excess (Deficiency) of Revenue over Expenses** (\$ 15,379) (\$ 11,765)

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.





# Thank You to Our Club 206 Donors

*List reflects donations made between April 2020 and March 2021*

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***Thank you for your generous donation***

*The Canadian Orthopaedic Foundation is grateful to all who contribute, and we are pleased to recognize donor gifts publicly. We ask those who do not wish to have their names included on our donor recognition pages to contact us at [mailbox@canorth.org](mailto:mailbox@canorth.org). The COF is committed to honouring donor wishes.*

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List reflects donations made between June 2020 and June 2021

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## 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.



Canadian Orthopaedic Foundation

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Registered Charity Number: 89059 4740 RR0001

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