



2022 – 2023 Annual Report



Message from the Chief Executive Officer

Back to not quite normal.

During the past year, we heard over and over about how great it is to get back to "normal". We took off our masks and took a breath of fresh air. We can go to a restaurant, a movie, we can see more than our immediate family in a room at one time. The things we took for granted, that were taken away, are back. But do they feel the same?

So many of us felt the isolation of working from home. Yet, when the opportunity came to return to the office, we realized that we liked working from home. Going out is great, but so are evenings at home. Seeing family and friends feels more important. What happened to us?

We adjusted.

We've become more selective of how we spend our time. We embrace the return of so many freedoms, but our ways of living them, has changed. In the world of the Foundation, we saw some patients freed from the isolation of being "locked away" at home, only to face unimaginable wait-times as the surge of people needing outside care swelled. The strain of COVID on our health system was replaced by the wave of need for care that continues to push our heroic healthcare workers past the breaking point. In many ways, a new set of challenges replaced the old.

Yet there are many positives. Our family of donors has remained generous, knowing that their support is needed more than ever. We held our first Sherry Bassin *Bad to the Bone* Golf Charity Classic in two years and it was a sell-out, setting an all-time record for funds raised. We were able to support and recognize an amazing cadre of researchers whose efforts are driving stunning innovations in care and outcomes. Our industry partners have remained generous, despite the pressures they face having not been able to operate fully for years.

We adapted.

This year, we held a strategic forum with our Board of Directors, who volunteered their time to meet and reflect on the Foundation's operations and priorities in our new normal. The result was a restructured Board, new councils and goals designed to make the Foundation even more responsive to the needs of those we serve. We created and launched a new podcast, ORTHOLINK, designed to inform and inspire its audience through the experiences of patients, partners, and professionals. We embarked on discussions with existing and new industry partners with the aim of collaborating to bring Canada's research community together in an unprecedented forum of innovation towards common goals.

We have momentum.

As our collective focus moves from surviving to thriving, we feel the momentum building. As our outreach to new partners is received with excitement, we feel motivation. As our legacy donors, sponsors, volunteers and supporters stay with us, we feel honoured, and as we welcome new ones to our family, we feel blessed.

Your Foundation is working relentlessly on your behalf, to realize our vision of pain-free mobility for Canadians. Thanks to your support, our progress continues and is accelerating.
Thank you.

Todd Charlebois
CEO



Achievements: 2022-23

RESEARCH, GRANTS AND AWARDS

Goal:

This year, our Research Committee labored successfully to identify, recognize, and support the finest in Canadian orthopaedic research. We were also successful in adjusting the timing of some of our awards to allow for greater support from our industry partners.

Overview:

- Awarded the prestigious J. Édouard Samson Award.
- Awarded the Community Innovation Award to an orthopaedic researcher working in the community.
- Awarded the 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.
- Presented grants for orthopaedic programs in several hospitals, thanks to funds raised by surgeon teams through *Hip Hip Hooray!* and Step Challenge efforts.



Dr. Prism Schneider received the J. Édouard Samson Award –the COF's most prestigious research award. The presentation took place in June 2023 during the COA AGM.

Details:

J. Édouard Samson Award: Recognizing career orthopaedic research

Dr. Prism Schneider (Calgary, AB) – *Multi-modal Investigation of Trauma-induced Coagulopathy for Prevention of Venous Thromboembolism*

Community Innovation Award: Celebrating community-based surgeons

Dr. Julian B. Sernik (Vernon, BC) – *Simultaneous Physiotherapy and Orthopedic Surgeon Interdisciplinary Care (SPOSIC) is superior to traditional siloed care for knee arthroplasty patients*

CSES Research Grant: To encourage collaborative shoulder or elbow research

Dr. Kenneth Faber and **Dr. Kristen Barton** (London, ON) – *Perioperative Pain Management for Total Shoulder Arthroplasty: A Pilot Non-Inferiority Trial*

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

Dr. Teresa Li (University of Alberta) – *The Unbreakable Challenge*

Robin Richards Award for Upper Extremity Research:

Dr. Jason Old (Winnipeg, MB) – *Use of Intravenous Tranexamic Acid Does not Improve Arthroscopic Visualization in Shoulder Surgery: A Randomized Controlled Trial*

CPOG Research Grant:

Dr. Mark Camp (Toronto, ON) – *Decreasing unnecessary orthopaedic, orthopaedic technology, and radiology visits for paediatric femoral shaft fractures managed with spica casts*

Dr. Sasha Carsen and **Prof. Daniel Benoit** (Ottawa, ON) – *Current practice in post-operative ACL rehabilitation and assessment in Canada: a survey of physiotherapists and physicians*

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

Children’s Hospital of Eastern Ontario (Ottawa, ON): *Support for a research project: “Development of a new patient reported outcome measure for children with lower limb deformities – Field Testing of LIMB-Q Kids”*

Hôpital Sainte-Justine (Montréal, QC): *Support for a project on the management of septic arthritis: “Quality and Safety Project – development of an institutional algorithm for an effective management of septic arthritis”*

Queen’s University (Kingston, ON): *Support for a research project: “Outcomes in clubfoot care”*

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

SickKids (Toronto, ON): *Support for a research project: “Eliminating routine post-operative radiographs for surgically-managed paediatric supracondylar humerus fractures”*

Stollery Children’s Hospital (Edmonton, AB): *Support for a research project: “The effect of targeting the plantaris muscle-tendon unit in correction of ankle equinus in children”*

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 movepainfree.org.
- In 2023, the *OrthoLink* e-newsletter was transitioned to a podcast series that showcases the work of the COF through the stories of patients, partners, and professionals.

Details:

Virtual library: The COF’s library of videos, booklets and brochures is posted online to www.movepainfree.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 shoulder surgery, hip fracture, and foot and ankle surgery were accessed by those who needed them.

Throughout the year, there were more than 152,000 visits to the [COF website](https://www.movepainfree.org).

CARE

Goal:

Provide evidence-based, reliable support to people dealing with orthopaedic issues.

Overview:

- 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.
- Continued partnership in the Fast Track Care campaign developed by Mobilize Canada to support patients needing orthopaedic surgery.

Details:

[GLA:D™ Canada](#), an education and exercise program designed to help those with hip or knee osteoarthritis, was offered across Canada in all provinces and 2 territories, Yukon and the Northwest Territories. Since the program began there have been over 1,800 healthcare professionals trained and the program has been delivered in 486 clinics to 10,316 patients with hip or knee osteoarthritis. The program tracks patient outcomes at baseline, 3 months and 1 year. Results for 2022 show that 55.8% of hip participants and 58.3% of knee participants showed a meaningful improvement in pain with reductions of 40.7% and 40.1% respectively. With respect to quality of life, 57.6% of hip participants and 64.4% of knee participants showed a meaningful improvement thereby returning to the activities that they enjoy.



As end-fiscal approached, the COF is undertaking several initiatives to position ourselves for growth during the coming year. These include but are not limited to a re-structuring of the Board of Directors and associated committees to ensure that we have the most effective structure, priorities, and members to advance the mission of the COF. We are engaging in dialogue with new and existing industry partners to enhance the impact of our research program and we are seeking new relationships to advance our goals for the surgeon and public communities.

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 seventh 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.

2022-23 Powering Pain Free Movement Partners

Benefactor



ZIMMER BIOMET
Your progress. Our promise.™

Champion



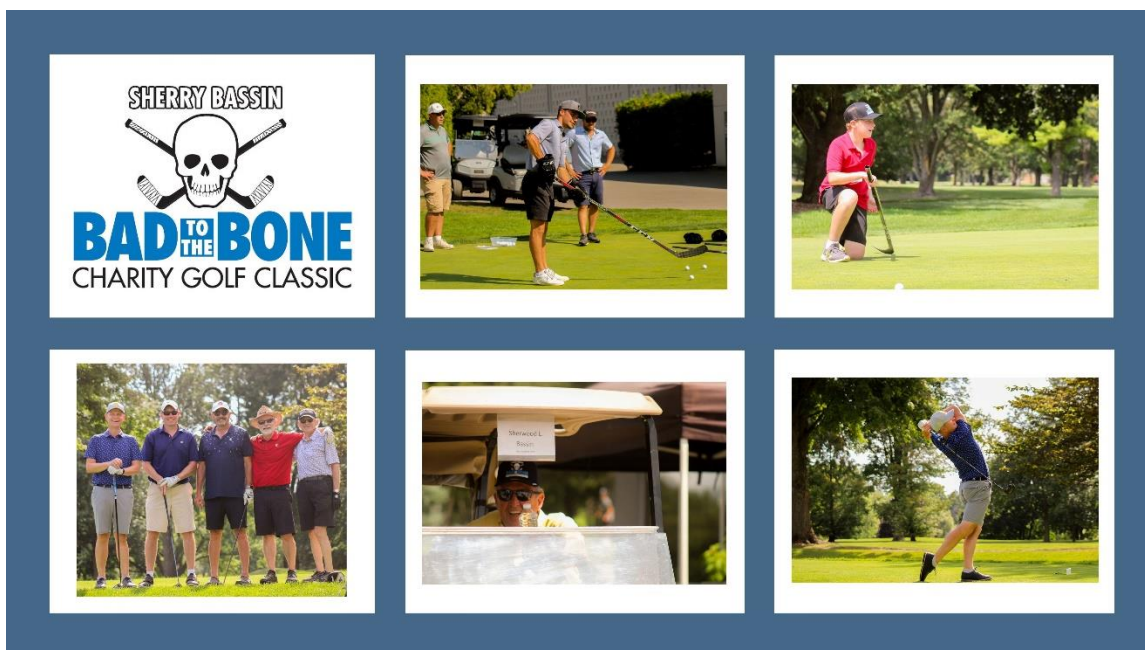
DePuy Synthes

COMPANIES OF *Johnson & Johnson*

DePuy Synthes Canada

Fundraising Events

The annual *Sherry Bassin Bad to the Bone Charity Golf Classic* returned, after a 2-year hiatus, on August 15, 2022. The day was a sell-out and the weather perfect. Foundation staff, volunteers, and the team at the Oshawa Golf and Curling Club worked relentlessly to stage a tournament worthy of our guests. The event raised over \$147,000 in support of our mission.

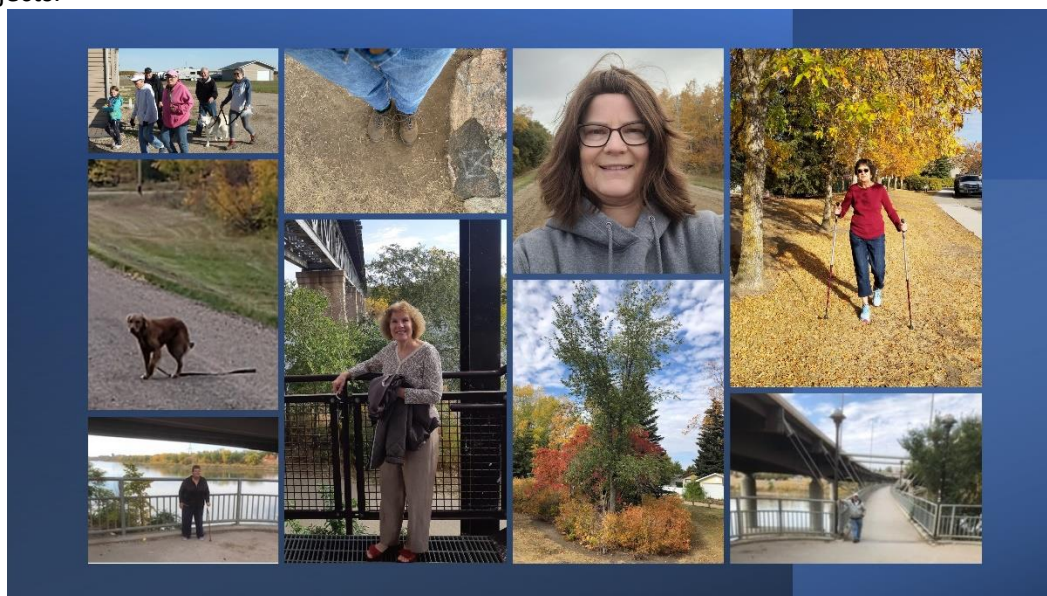


Sherry Bassin Bad to the Bone Charity Golf Classic

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

- The CPOG Step Challenge in support of paediatric orthopaedics took place October 17-21.
- The *Hip Hip Hooray!* 1 km virtual fun walk took place on October 1. Local orthopaedic surgeons, their patients, and COF friends participated in the fundraising event.

The walk and step challenge events raised \$29,500. 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, 2023

ASSET	2023	2022
Current Assets	1,629,530	1,658,781
Equipment	955	1,365
Intangible Assets	1,924	2,749
Long Term Investments	<u>42,635</u>	<u>50,677</u>
	<u>\$ 1,675,044</u>	<u>\$ 1,713,572</u>
LIABILITIES AND NET ASSETS		
Current	386,721	376,979
Long Term Liability	60,000	60,000
Net assets	<u>1,228,323</u>	<u>1,276,593</u>
	<u>\$ 1,675,044</u>	<u>\$ 1,713,572</u>

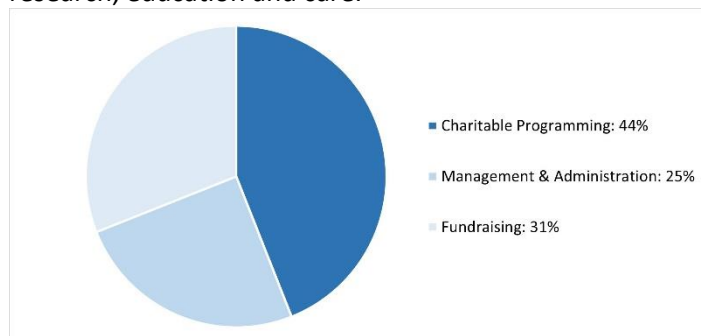
Statement of Operations

Revenue		
Receipted donations	303,495	344,291
Non-receipted donations	15	419
Gifts from other charities	9,492	15,888
Government funding	0	36,929
All other revenue	239,481	399,343
<i>Total revenue:</i>	<u>\$ 552,483</u>	<u>\$ 796,870</u>
Expenses		
Charitable programs & research	259,996	550,141
Management & administration	152,764	130,096
Fundraising	187,992	67,793
Gifts to other registered charities and qualified donees	0	0
Other	0	0
<i>Total expenses:</i>	<u>600,753</u>	<u>\$ 748,030</u>
Excess (Deficiency) of Revenue over Expenses	<u>-\$ 48,270</u>	<u>\$ 48,840</u>

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 2022 and March 2023

\$1000+

Philip Kerrigan
Lewis Jackson and Dale
Gardiner Foundation
Kerby Lowen
Dawn MacArthur Turner
Performance Orthopaedic
Bracing Inc.
Sisters of Providence of St.
Vincent De Paul
Ronley Sutherland
Truppe Health Care
Products
William Vermeer
Charles Wilson

\$500 – \$999

Karen Auzins
Alana Bassin
Darin Bassin
Katherine Cartwright
Jim & Shirley Cheng
William & Inge Christie
Virginia J. Dunlop
Foster O. Finell
Daryl H. Hautz
Kings College Services Ltd.
Langdon Women's
Institute

Linda J. Levesque
Leslie Quackenbush
Sherry J.Y. Richardson
Sisters of Saint Martha
Stephanie Spycher

\$206 – \$499

George E. Adams
Allan & Cynthia Arnold
Fund, Vancouver
Foundation
Olive Barr
Douglas R. Beaumont
Karel Boon
Evelyn F. Bowersock
Richard Boxer
Rea Braithwaite
Ann Campbell
Audrey Castello-Gray
Michael M. Clarke
Noreen De Shane
Murray Dickson
Frances Dowdeswell
Rogelio Farinas
Gerald Fenton
Gail Gajda
Cheryl Gass
Lorraine Gibson

Trish Greenhow
Salvator S. Hara
Irene Hart
John Henderson
Kristie Demke
Isla A. Horvath
Amy Ingratta
Shelby L. Jones
Philip R. Kiely
Gerry D. Kitson
Patrick D. Lafferty
William Lovatt
Allan W. MacEwen
Kathleen E. Macey
Ronald Manzer
Dorothy E. Marshall
Esterina Mastronardi
Joy M. McFarlane-Burton
Ken McIntosh
Rosemary McLeese
Jonathan McRae
George A. Milne
Ruth Morrison
Arnold Muller
Beverley Mundle
Rodney H. Murrell
Darlene & Joe Nast
Herb D. Neufeld
Gaylene Newell

Nick & Lynn Ross
Charitable Foundation
Jean Park
Patterson Family
John C. Payne
Ronald L. Pegg
Prince Albert Firefighters
Charity
Sandra Rankin
Thomas J. Rocchi
Agnes C. Ruhland
Arthur G. Ryman
Sacwal Systems
Clare Shields
Ruth E. Shillington
Zorka Smet
Linda E. Spires
Mary Lou Strathdee
Doug Stuckky
Travis Switzer
Tony Tam
Scott Thompson
Colleen Vassos
Beverly Vetter
Gerald J. White
Murray Wiggins
Ralph Winterhalt
Matt Yelich

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. The COF is committed to honouring donor wishes.

Thank You to Our Surgeon Donors

Merci à tous les orthopédistes qui ont fait un don

List reflects donations made between June 2022 and May 2023 • Dons reçus entre juin 2022 et mai 2023

\$1,000 – \$9,999

Danny Arora
Paul-Edgar Beaulé*
Gregory M. L. Buchko
James A. Collicutt
T. Derek V. Cooke
William N. Dust
Gordon R. Goplen*
Pierre Guy
Kevin A. Hildebrand
Ian B. Hurdle
Kevin Koo
Hans J. Kreder
Edward C.O. Masson
Jennifer Nevin
Michelle O'Neill
Jeremy Reed
Franklin H. Sim
Pascal-André Vendittoli
Monika Volesky
James P. Waddell
Veronica Wadey

\$500 – \$999 / De 500 \$ à 999 \$

Lauren Allen
Étienne L. Belzile
Ryan T. Bicknell
R. Dale Blasier
Richard E. Buckley
John M. Campbell
Chad P. Coles
Sukhdeep Dulai
Ian Harrington
Laurie A. Hiemstra
Robert M. Hollinshead*
Marc Isler
James G. Jarvis
Graham J.W. King
Justin LeBlanc*

Jennifer L. Leighton
Ross K. Leighton
Michael J. Monument
John Young Song
Greg A. Vrabec
Tracy L. Wilson

\$250 – \$499 / De 250 \$ à 499 \$

Christina Bakir
Amerigo Balatri
Thomas A. Barnhill
John G. Birch
Eric Bohm
Sasha Carsen
Raphaële Charest-Morin
Olivia Yue Yue Cheng
Norbert Dion
Ashlee M. Dobbe
Peter Ferguson
Stephen J. French
Ian Fyfe
John Patrick Harrington
Edward J. Harvey
Victor T. Jando
Geoffrey H. Johnston
Peter Lapner*
Brenda A. Markland
C. Ryan Martin
Matthew R.G. Menon
Joel Moktar
Unni Narayanan
David R. Nelson
David Otto
Stéphane Pelet
Steven J. Richie
Prism Schneider
Thomas V. Smallman
Kevin Smit
Constantin Stanciu

Ganesh Swamy
Tudor Tufescu
Darius Viskontas
Joel M. Werier
Jason R. Werle

\$100 – \$249 / De 100 \$ à 249 \$

Marcel Abouassaly
Lori Anne Archer
Armin Badre
Davide D. Bardana
Heather L. Barske
Debra L. Bartley
Charles Bouchard
Maryse Bouchard
Felix Brassard
Carmen Brauer
Marie-Andrée Cantin
Timothy P. Carey
Megan Cashin
Jaskarndip Chahal
Andrea H.W. Chan
Fernando Diaz Dilemnia
C. Lane Dielwart
Peter J. Dryden
Réjean Dumais
Michael J. Dunbar
Ronald El-Hawary
Caroline Forsythe
Matthew Furey
Alan M.J. Getgood
Robert R.M. Glasgow
R. Andrew Glennie
Guy Grimard
John Haverstock
Mathilde Hupin
Alain Jodoin
Ryan Katchky
Simon Kelley

Alicia Kerrigan
Anthony E. King
Stephen F. Kwan
Colin D. Landells
Michael Lapner
Ian Laxdal
David E. Lebel
Brendan D. Lewis
Raymond Long
Duncan MacKinlay
Pierre Mercier
Kevin Morash
Kishore Mulpuri
Marie-Lyne Nault
Charles Noronha
Peter J. O'Brien
Gary D. O'Connor
Olanrewaju Okusanya
Elliott M. Pally
Elizabeth Pedersen
Dina Popovic
Ralph Pototschnik
Ifraan Tahir Qureshi
C. Glen Richardson
Joseph Schatzker
Edward Scriven
E. Jacobus Smith
Jonathan F. Stone
Dany Tomblin
Ivan Tomek
Marc-André Tremblay
Paul Van Zyl
Patrick Qi Wang
Christopher H. Watson
Colleen A. Weeks
R. Baxter Willis
Alastair S.E. Younger
Thair Yousif
Lu Zhang

*Current Monthly Donors

*Thank you for your generous donation to your foundation.
Nous vous remercions de votre généreux don à votre fondation.*

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.

Board of Directors 2022-23

Chair and President

Dr. Hans J. Kreder, Toronto, ON

Treasurer

Mr. Kent Davison, Edmonton, AB

Acting Secretary

Mr. Doug Thomson, Mono, ON

Directors:

Mr. Sherwood Bassin, Oshawa, ON
Dr. Richard E. Buckley, Calgary, AB
Dr. Sukhdeep Dulai, Edmonton, AB
Dr. Kevin A. Hildebrand, Calgary, AB
Dr. Ross K. Leighton, Halifax, NS
Mr. Tony Moro, Nobleton, ON
Mr. Michael A. Spears, Toronto, ON
Dr. Monika Volesky, Montréal, QC
Mr. Jamie Williams, Barrie, ON

Administration:

Mr. Todd Charlebois, CEO

Medical & Scientific Review Committee

Chair: Dr. Sukhdeep Dulai

Director Member: Dr. Ross Leighton

Dr. Peter Dryden, Victoria, BC
Ms. Kira Ellis, Calgary, AB
Dr. Jennifer Fletcher, Saint John, NB
Dr. Yves Laflamme, Montreal, QC
Dr. Brendan D. Lewis, Corner Brook, NL
Dr. Stefan Parent, Montreal, QC
Dr. John Theodoropoulos, Toronto, ON
Dr. Veronica Wadey, Toronto, ON
Dr. Albert Yee, Toronto, ON

Research Committee

Chair / Director Member: Dr. Richard Buckley

Dr. Marie Gdalevitch, Montreal, QC
Dr. Nelson Greidanus, Vancouver, BC
Dr. Roman Krawetz, Calgary, AB

Canadian Orthopaedic Foundation
P.O. 1036 Toronto, ON M5K 1P2
Tel: 416-410-2341
Web: www.movepainfree.org

Registered Charity Number: 89059 4740 RR0001

