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.

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 Tranexamc 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.

**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

ZIMMERMAR BORMET
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.

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.
Condensed Statement of Financial Position
As at March 31, 2023

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<tr>
<th>ASSET</th>
<th>2023</th>
<th>2022</th>
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<tbody>
<tr>
<td>Current Assets</td>
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<td>Equipment</td>
<td>955</td>
<td>1,365</td>
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<td>Intangible Assets</td>
<td>1,924</td>
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<td>Long Term Investments</td>
<td>42,635</td>
<td>50,677</td>
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<td><strong>Total</strong></td>
<td><strong>$ 1,675,044</strong></td>
<td><strong>$ 1,713,572</strong></td>
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**LIABILITIES AND NET ASSETS**

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<th>2023</th>
<th>2022</th>
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<tr>
<td>Current</td>
<td>386,721</td>
<td>376,979</td>
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<td>Long Term Liability</td>
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<td>60,000</td>
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<td>Net assets</td>
<td><strong>1,228,323</strong></td>
<td><strong>1,276,593</strong></td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$ 1,675,044</strong></td>
<td><strong>$ 1,713,572</strong></td>
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**Statement of Operations**

**Revenue**

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<tr>
<th>Source</th>
<th>2023</th>
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<tr>
<td>Receipted donations</td>
<td>303,495</td>
<td>344,291</td>
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<td>Non-receipted donations</td>
<td>15</td>
<td>419</td>
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<td>Gifts from other charities</td>
<td>9,492</td>
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<tr>
<td>Government funding</td>
<td>0</td>
<td>36,929</td>
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<tr>
<td>All other revenue</td>
<td>239,481</td>
<td>399,343</td>
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<tr>
<td><strong>Total revenue:</strong></td>
<td><strong>$ 552,483</strong></td>
<td><strong>$ 796,870</strong></td>
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**Expenses**

<table>
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<tr>
<th>Category</th>
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<th>2022</th>
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<tr>
<td>Charitable programs &amp; research</td>
<td>259,996</td>
<td>550,141</td>
</tr>
<tr>
<td>Management &amp; administration</td>
<td>152,764</td>
<td>130,096</td>
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<tr>
<td>Fundraising</td>
<td>187,992</td>
<td>67,793</td>
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<tr>
<td>Gifts to other registered charities and qualified donees</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Other</td>
<td>0</td>
<td>0</td>
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<tr>
<td><strong>Total expenses:</strong></td>
<td><strong>600,753</strong></td>
<td><strong>$ 748,030</strong></td>
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**Excess (Deficiency) of Revenue over Expenses**

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<thead>
<tr>
<th></th>
<th>2023</th>
<th>2022</th>
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<tbody>
<tr>
<td><strong>Total</strong></td>
<td><strong>-$ 48,270</strong></td>
<td><strong>$ 48,840</strong></td>
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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

<table>
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<tr>
<th>$1000+</th>
<th>$206 – $499</th>
<th>$500 – $999</th>
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<tr>
<td>Philip Kerrigan</td>
<td>George E. Adams</td>
<td>Karen Auzins</td>
</tr>
<tr>
<td>Lewis Jackson and Dale Gardiner Foundation</td>
<td>Allan &amp; Cynthia Arnold Fund, Vancouver Foundation</td>
<td>Alana Bassin</td>
</tr>
<tr>
<td>Kerby Lowen</td>
<td>Sherry J.Y. Richardson</td>
<td>Darin Bassin</td>
</tr>
<tr>
<td>Dawn MacArthur Turner</td>
<td>Sisters of Saint Martha</td>
<td>Katherine Cartwright</td>
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<tr>
<td>Performance Orthopaedic Bracing Inc.</td>
<td>Stephanie Spycher</td>
<td>Jim &amp; Shirley Cheng</td>
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<tr>
<td>Sisters of Providence of St. Vincent De Paul</td>
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<td>Virginia J. Dunlop</td>
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<tr>
<td>Ronley Sutherland</td>
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<td>Foster O. Finell</td>
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<tr>
<td>Truppe Health Care Products</td>
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<td>Daryl H. Hautz</td>
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<td>William Vermeer</td>
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<td>Kings College Services Ltd.</td>
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<td>Charles Wilson</td>
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<td>Langdon Women's Institute</td>
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<table>
<thead>
<tr>
<th>$206 – $499</th>
<th>$500 – $999</th>
<th>Thank you for your generous donation</th>
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<tbody>
<tr>
<td>Linda J. Levesque</td>
<td>George E. Adams</td>
<td>The Canadian Orthopaedic Foundation</td>
</tr>
<tr>
<td>Leslie Quackenbush</td>
<td>Allan &amp; Cynthia Arnold Fund</td>
<td>is grateful to all who contribute</td>
</tr>
<tr>
<td>Sherry J.Y. Richardson</td>
<td>Vancouver Foundation</td>
<td>and we are pleased to recognize</td>
</tr>
<tr>
<td>Sisters of Saint Martha</td>
<td></td>
<td>donor gifts publicly. We ask</td>
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<tr>
<td>Stephanie Spycher</td>
<td></td>
<td>those who do not wish to have their</td>
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<tr>
<td></td>
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<td>names included on our donor</td>
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<td>recognition pages to contact us</td>
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<td></td>
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<td>at <a href="mailto:mailbox@canorth.org">mailbox@canorth.org</a>. The COF is</td>
</tr>
<tr>
<td></td>
<td></td>
<td>committed to honouring donor wishes.</td>
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</table>

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

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<th>Amount Range</th>
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<td>$1,000 – $9,999</td>
<td>Jennifer L. Leighton, Ross K. Leighton, Michael J. Monument, John Young Song, Greg A. Vrabec, Tracy L. Wilson</td>
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<tr>
<td>$250 – $499 / De 250 $ à 499 $</td>
<td>Christina Bakir, Amerigo Balatri, Thomas A. Barnhill, John G. Birch, Eric Bohm, Sasha Carsen, Raphaelle 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*</td>
</tr>
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*Current Monthly Donors
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 Dulaï, 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 Dulaï

Director Member: Dr. Ross Leighton
Dr. Peter Dryden, Victoria, BC
Ms. Kira Ellis, Calgary, AB
Dr. Jennifer Fletcher, Saint John, NB
Dr. Yves Laflamme, Montréal, QC
Dr. Brendan D. Lewis, Corner Brook, NL
Dr. Stefan Parent, Montréal, 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, Montréal, 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