



## 2023-2024 Annual Report



## Message from the Chief Executive Officer

Momentum:

For the Canadian Orthopaedic Foundation, this past year has been one of progress. We are especially appreciative of our donors, both individual and from industry, who, despite difficult economic times, have steadfastly supported the Foundation as we continue to work to improve the lives of orthopaedic patients and their loved ones through research, education and care.



Some notable milestones from this year include:

- Our seasonal fundraising drives were supported by the public and orthopaedic surgeons in keeping with their traditions of giving. We cannot understate how crucial this support is to our mission and to impacting lives. Thank you.
- Our industry partners continue to respond to our initiative to leverage Canada's research community on a national scale to advance knowledge in frontier areas such as AI, robotics and more.
- Our "Bad to the Bone" golf tournament raised more than \$178K from attendees and sponsors. The Foundation is indebted to the tournament's patron, Sherry Bassin, VIP guests, donors, volunteers and staff who give of themselves tirelessly to make this event a resounding success.
- The Foundation successfully re-homed the GLA:D program to the University Health Network. Having nurtured the program since 2016, we are excited to see it in the capable hands of the UHN whose resources and talents will propel the program to new heights.
- Our restructured Board of Directors and Councils continue to advance the Foundation towards its potential as they actively engage, personally and via their networks, to generate new opportunities and avenues for the Foundation to excel in.

Momentum continues to build for the Canadian Orthopaedic Foundation. Momentum is always difficult to begin, but once started, builds. Thanks to the contributions of so many, the Canadian Orthopaedic Foundation continues to build momentum towards new discoveries that will improve the lives of those we serve.

We are thankful for each of you.

Sincerely,

*Todd Charlebois*  
CEO

## Achievements: 2023-2024

### RESEARCH, GRANTS AND AWARDS

#### Goal:

During the past year, the Foundation continued to support leading-edge research through its traditional grants and awards. In addition, the first ever research grant from Zimmer-Biomet under our new partnership with industry project was launched. The program promises to expand the horizons of orthopaedic research substantially over time.

#### Overview:

- Awarded the prestigious J. Édouard Samson Award.
- Awarded 3 special grants for research: the Carroll A. Laurin, Robert B. Salter and Cy Frank Awards.
- Awarded 6 research grants through the Canadian Orthopaedic Research Legacy (CORL) competition, advancing innovative research in centres across Canada.
- 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 COA Basic Science Scholarship to an outstanding resident.
- Presented the Robin Richards Award for Upper Extremity Research.
- Awarded the Anica Bitenc Travelling Fellowship.



*Dr. Diane Nam received the J. Édouard Samson Award – the COF's most prestigious research award. The presentation took place in June 2024 during the COA AGM.*

#### Details:

**J. Édouard Samson Award**, recognizing career orthopaedic research:

**Dr. Diane Nam** (Toronto, ON) – *The molecular and cellular mediation of fracture healing: from the bench to the bedside*

**Carroll A. Laurin Award**, recognizing excellence in clinical research:

**Drs. Geoffrey Ng and Ryan Degen** (London, ON) – *Muscle Functional Characteristics After Femoroacetabular Impingement Syndrome Surgery*

**Robert B. Salter Award**, recognizing excellence in basic science research

**Dr. Hesham Abdelbary** (Ottawa, ON) – *Investigating the feasibility of utilizing bacteriophages as a novel diagnostic platform for the rapid detection of slow growing organisms causing peri-prosthetic joint infections*

**Cy Frank Award**, recognizing excellence in innovation

**Dr. Mina Wahba Morcos** (Montreal, QC) – *Randomized, Controlled trial Comparing the effectiveness of two different perioperative analgesia techniques: Continuous Adductor Canal Block to Single-shot Adductor Canal block in Outpatient Total Knee Arthroplasty Surgery*

**Canadian Orthopaedic Research Legacy (CORL) Grants:** New and innovative orthopaedic research

**Drs. Andrea Chan and Ryan Paul** (Toronto, ON) – *The Effect of Topical TRanexamic Acid vs. Placebo on Acute Postoperative Pain following Distal Radius Fracture Fixation: A Randomized Controlled Trial – The TRADR Study*

**Dr. Andrew Glennie** (Halifax, NS) – *A pilot study comparing two different surgical approaches (midline versus paramedian) to the lumbar spine for treatment of degenerative spinal conditions*

**Drs. Vickas Khanna and Mauricio Forero** (Hamilton, ON) – *A Randomized Controlled Trial Comparing the Efficacy of a Three-Point Versus a Six-Point Genicular Nerve Radiofrequency Ablation for Chronic Knee Osteoarthritis*

**Dr. Ian Lo** (Calgary, AB) – *Clinical and cost effectiveness of rotator cuff augmentation with human dermal allograft versus bovine collagen xenograft patch: a randomized controlled trial*

**Drs. David J. Stockton and Wei Ting (Alice) Wang** (Vancouver, BC) – *Prednisone for the prevention of complex regional pain syndrome after distal radius fracture – A pilot study*

**Dr. Jarret Woodmass** (Winnipeg, MB) – *Comparing the Efficacy of a Subacromial Balloon Spacer (SBS) versus Rotator Cuff Repair (RCR) Surgery in Older Adults: a multi-centre pilot randomized control trial*

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

**Dr. John Song** (Welland, ON) – *Factors Enabling Outpatient Total Knee Replacements in Rural Hospitals*

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

**Dr. J. Whitcomb Pollock** (Ottawa, ON) – *A randomized, double-blind sham-controlled trial on the efficacy of arthroscopic tennis elbow release for the management of chronic lateral epicondylitis*

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

**Dr. Kristen Barton** (Western University) – *“Joint Management: An Online Web-Based Platform to Support Individuals with Mild to Moderate Hip and Knee Osteoarthritis”*

**COA Basic Science Scholarship:** Resident award for contribution to advancing clinical basic science

**Dr. Marie-Claude (MC) Magnan** (University of Ottawa) for the case study *The challenges in diagnosing and managing primary bone angiosarcoma of the distal femur in a 38-year-old male*

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

**Dr. Patrick Chin** (Vancouver, BC) – *A Multi-Centre, Randomized Controlled Trial Comparing a Second-Generation Uncemented Trabecular Metal-backed vs Cemented Polyethylene Glenoid Component in Total Shoulder Arthroplasty: Five-Year Results*

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

**Dr. Damjan Dimnjakovic, Croatia**

## 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](http://movepainfree.org).

### Details:

Virtual library: The COF’s library of videos, booklets and brochures is posted online to [www.movepainfree.org](http://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.

## CARE

### Goal:

Provide patients with information related to care that can inform while providing hope for better outcomes.

### Overview:

- Via our website and Ortholink podcast, the Foundation strives to provide information that informs and inspires patients and their loved ones towards better health and outcomes. Content related to personal stories of injury and recovery are coupled with interviews that showcase scientific discoveries and advances that are dramatically improving care and outcomes.
- 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.

### 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 more than 486 clinics to more than 10,400 patients with hip or knee osteoarthritis. The program tracks patient outcomes at baseline, 3 months and 1 year. Results at 2022 showed that over 87% of patients found the program beneficial, with 51% of hip participants and 56.43% of knee participants reporting an improvement in their function. With respect to quality of life, over 57% of hip participants and 64% of knee participants showed a meaningful improvement thereby returning to the activities that they enjoy.



## 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 eighth 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.

### 2023-2024 Powering Pain Free Movement Partners

#### Benefactor



ZIMMER BIOMET  
Your progress. Our promise.™

#### Friend

Nelson Arthur Hyland Foundation

## Fundraising Events

The annual *Sherry Bassin Bad to the Bone Charity Golf Classic* was held on July 17, 2023 at the Oshawa Golf & Curling Club. Once again, the tournament was sold-out. The 2023 event raised a record \$178,000 in support of our mission.



## Condensed Statement of Financial Position

As at March 31, 2024

<b>ASSET</b>	<b>2024</b>	<b>2023</b>
Current Assets	1,532,549	1,629,530
Equipment	1466	955
Intangible Assets	937	1,924
Long Term Investments	40,859	42,635
	<u>\$ 1,575,811</u>	<u>\$ 1,675,044</u>
<b>LIABILITIES AND NET ASSETS</b>		
Current	552,449	386,721
Long Term Liability	0	60,000
Net assets	<u>1,023,362</u>	<u>1,228,323</u>
	<u>\$ 1,575,811</u>	<u>\$ 1,675,044</u>

### Statement of Operations

#### Revenue

Received donations	320,852	303,495
Non-receipted donations	733	15
Gifts from other charities	15,507	9,492
Government funding	20,000	0
All other revenue	433,368	239,481
<i>Total revenue:</i>	<u>\$ 790,460</u>	<u>\$ 552,483</u>

#### Expenses

Charitable programs & research	603,740	259,996
Management & administration	162,007	152,764
Fundraising	229,674	187,992
Gifts to other registered charities / qualified donees	0	0
Other	0	0
<i>Total expenses:</i>	<u>\$ 995,421</u>	<u>\$ 600,753</u>

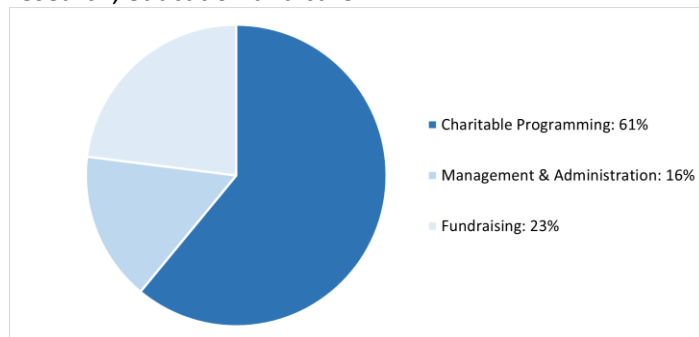
#### Excess (Deficiency) of Revenue over Expenses

**- \$ 204,961**      **\$ 48,270**

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 2023 and March 2024*

### **\$1000+**

Lewis Jackson and Dale Gardiner  
Foundation  
Michael Ball  
D. Robert Beaumont  
William & Inge Christie  
David Dunsmore  
Sherry J.Y. Richardson  
Colin Sutherland & Jane  
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Douglas C. Thomson

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Matt Yelich  
Graeme Young  
Greg Zentner

### ***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.*



## Thank You to Our Surgeon Donors

List reflects donations made between June 2023 and May 2024

### \$1,000 – \$9,999

Paul-Edgar Beaulé \*  
Gregory M. L. Buchko  
James A. Collicutt  
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Maureen A. Finnegan  
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Michelle E. O'Neill  
Pascal-André Vendittoli  
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Veronica Wadey

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Horacio Yepes  
Alastair S.E. Younger

*\*Current Monthly Donors*

***Thank you for your generous donation to your foundation.***

## 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  
P.O. 1036 Toronto, ON M5K 1P2  
Tel: 416-410-2341  
Web: [www.movepainfree.org](http://www.movepainfree.org)

Registered Charity Number: 89059 4740 RR0001



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