



## 2016 – 2017 Annual Report

## Message from the President and Chair of the Board

I am pleased to share this Annual Report for the fiscal year April 2016 – March 2017. What a year it has been! This past year, we focused on our three main program areas: orthopaedic research, education and care. We delivered on, and advanced, each of these program areas.

Leading the way in program growth was our significantly expanded research portfolio. Driven by the need to ensure Canada's leadership presence on the orthopaedic research stage, we funded more research projects than ever before. Eight innovative research projects, led by orthopaedic research teams from across the country, were approved for funding. Each will add to the base of orthopaedic knowledge; each has the potential to enhance orthopaedic surgery techniques, treatment and care. In addition, the COF launched a new research competition, aimed at encouraging community orthopaedic surgeons to bring their research ideas to life.

You can read about the research projects funded elsewhere in this report, but I think you will agree that we met – and in fact, exceeded – our lofty goal of making an impact in Canada's orthopaedic research landscape.

Learning from our community about the growing need for and reliance on electronic resources, we successfully transitioned our entire education program to an online platform. Our virtual library contains a plethora of educational resources – booklets and videos – to support people through their orthopaedic journeys.

Through Ortho Connect, we successfully matched Canadians preparing for orthopaedic surgery with trained volunteers for personal online or telephone discussions. This popular program helps to lessen the isolation and fear so many of our patients experience leading up to surgery. As well, we worked with our division, Bone and Joint Canada, for the introduction of GLA:D™ Canada, specially designed to help those with hip or knee osteoarthritis.

None of the above would be possible without supportive and generous donors. Leading the way in our fundraising efforts was the launch of our *Powering Pain Free Movement* Program, aimed at securing significant major gifts to enable us to grow our research program and continue our leadership in education and patient care. Spearheaded by our Patron, Dr. Marvin Tile, the program achieved double its targeted budget in its first year.

We are fortunate, too, to receive kind donations from my surgeon colleagues across the country, and from so many patients and friends. And we received tremendous support for our Sherry Bassin *Bad to the Bone* Charity Golf Classic, which raised its highest amount to date. Please see the recognition pages in this Annual Report – a small gesture in expressing our thanks to so many who support our vision of pain-free mobility for all Canadians.

As Chair of the Board for the Foundation I have been privileged to work with a results-driven, passionate Board of Directors. This team worked throughout the year on the creation of the COF's new strategic plan – a roadmap to lead us through the next three years, launched on April 1, 2017. I thank every one of our Directors, each of whom has contributed in their own unique way to the success of the COF.

No report on the success of the COF's banner year would be complete without a word of thanks to our staff team. This small and dedicated group of three worked hard to support and lead the programs of the Foundation.

As you read through the pages of this report, I believe you will be as proud of our successes as I am. We won't stop here. We are already looking to the future, and working to continue to enhance the orthopaedic health of Canadians.



**Dr. Geoffrey Johnston**



## Achievements: 2016-17

### RESEARCH, GRANTS AND AWARDS

#### Focus:

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 significantly.

#### Overview:

- Doubled the value of the prestigious J. Édouard Samson Award.
- Awarded 6 research grants through the Canadian Orthopaedic Research Legacy (CORL) competition, advancing innovative research in centres across Canada.
- Awarded 2 special grants for research: the Carroll A. Laurin and Robert B. Salter Awards.
- Presented the Bones and Phones Scholarship to an outstanding resident.
- Awarded the Anica Bitenc Travelling Fellowship.
- Announced a new research competition; Community Innovation Awards will be presented to orthopaedic researchers working in the community.
- Announced the first Best Paper award for Shoulder and Elbow orthopaedics, to be presented in partnership with the Canadian Shoulder and Elbow Society.
- Presented grants for orthopaedic programs in five communities, thanks to funds raised by surgeon teams through *Hip Hip Hooray!*

#### Details:

##### J. Édouard Samson Award: Recognizing career orthopaedic research

Dr. George S. Athwal (London, ON): *"The Biomechanical Assessment of Complex Shoulder Instability"*

##### Carroll A. Laurin Award: Best new clinical research

Dr. Sasha Carsen (Ottawa, ON) – *"Determining the role of physical activity in the development of hip impingement morphology in adolescents during the final stages of skeletal maturation"*

##### Robert B. Salter Award: Best new basic science research

Dr. Aaron Nauth (Toronto, ON) – *"The Use of Autologous Endothelial Progenitor Cells (EPCs) for the Healing of a Bone Defect in a Large Animal Model: A Comparison with Iliac Crest Bone Graft"*

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

Dr. Ryan Bicknell (Kingston, ON) – *"A Study of the Trabecular Bone Density Distribution in the Scapula Relevant to Reverse Shoulder Arthroplasty"*

Dr. Anthony Cooper (Vancouver, BC) – *"Development of a Patient Reported Quality of Life Questionnaire for Children with Lower Limb Deformities"*

Dr. Paul A. Martineau (Montreal, QC) – *"Bone repair in response to mast cell immunotherapy"*

Dr. Bill Ristevski (Hamilton, ON) – *"DRIVSAFE - **D**istract**I**on on the **R**oad **I**njury **e**Valuation in **S**urgery and **F**ractur**E** clinics"*

Dr. Marlis Sabo (Calgary, AB) – *"Intersection of Catastrophizing, Mood Disorders, and Gender in Rotator Cuff Surgical Patients: A Prospective Exploratory Study"*

Dr. Emil Schemitsch (London, ON) – *"DECIPHER: **D**eterminants of **C**linically **I**mportant Outcomes following **P**roximal **H**umerus Fractures in the **E**lder Population: A National Cohort"*

### Planned Gifts Make a Difference

The Anica Bitenc Travelling Fellowship is funded through an Endowment Fund established by Dr. Igor Bitenc in his bequest to the Canadian Orthopaedic Foundation in 2015.

The COF received a generous bequest from Mrs. Betty Jane Joudrey in January 2017. The money is held in an Endowment Fund to support research.

### Powering Pain Free Movement

The significant growth in 2016-17 of our research program is due to the success of *Powering Pain Free Movement*, a major gifts campaign launched in 2016. Special thanks to Zimmer Biomet for the company's transformational gift, and to DePuy Synthes for its major contribution to research. Read more about *Powering Pain Free Movement* on page 6.





Patron Dr. Marvin Tile and President Dr. Geoffrey Johnston present the recipients of the 2016-17 Research Awards.

### **Bones and Phones Scholarship – Resident award for exceptional contribution to advancing musculoskeletal health**

**Jessica Page** (University of Calgary) – *“Direct from the Operating Room: Interactive realtime broadcasts of total knee arthroplasty to high school students.”*

### **Anica Bitenc Travelling Fellowship – Support for a travelling fellow from Croatia, Serbia or Slovenia**

**Dr. David Martincic** (Slovenia)

*The following grants were made possible through Hip Hip Hooray! fundraising efforts*

**Saskatoon City Hospital** (Saskatoon, SK): *Support for the Division of Orthopaedics’ ongoing participation in Canadian Orthopaedic Trauma (COTS) Society Research Project: Multicenter Trial for Cortical Locking Screws and other COTS Studies.*

**Sunnybrook / Holland Orthopaedic & Arthritic Centre** (Toronto, ON): *Addressing the Educational Needs of Patients in the Holland MSK Program by producing new educational materials for patients who attend the Bayview Campus Fracture Clinic, in addition to making Sunnybrook’s core Hip and Knee Replacement Guide web accessible.*

**St. Michael’s Hospital** (Toronto, ON): *Support for orthopaedic clinical research in joint replacement surgery: To support the important clinical research being done at St. Michael’s Hospital.*

**COTS Calgary – Foothills Medical Centre** (Calgary, AB): *Research study attempting to determine whether or not patients who present with a fracture are in the process of being treated for osteoporosis.*

**Halifax Sports Medicine – QEII Health Sciences Centre** (Halifax, NS): *Support for the research project: Arthroscopic Repair of Chronic Two-Tendon Rotator Cuff Tears by Human Dermal Allograft Augmentation.*

## EDUCATION

### Focus:

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

### Overview:

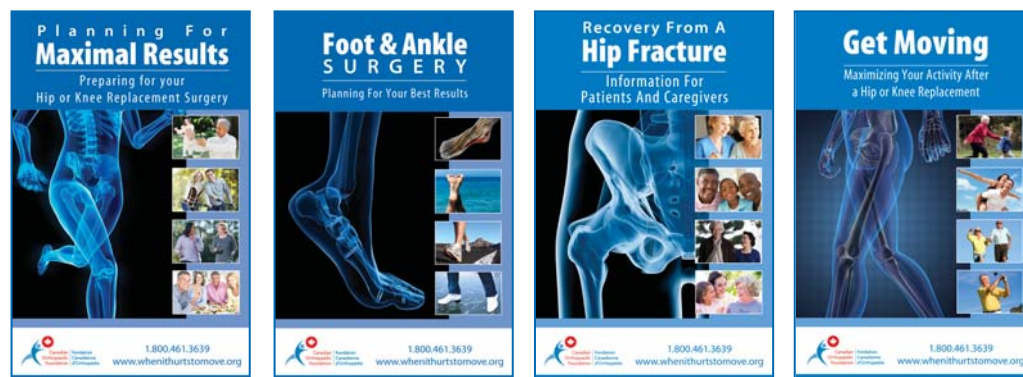
- Education program was transitioned to an on-line platform, reflecting current needs. Booklets and videos for many orthopaedic areas – preparing for surgery, returning to mobility post-surgery, treatment for clubfoot, and more – are available in our virtual library at [www.whenithurtstomove.org](http://www.whenithurtstomove.org)
- Paper copies of educational resources were provided to clinics and individuals who requested them.
- Smoking cessation program was provided to those preparing for surgery, ensuring greater surgical success.
- Individuals received practical education and tips through our *OrthoLink* newsletter, distributed three times per year.

### Details:

**Virtual library:** Throughout the year, there were more than 40,500 visits to the COF website ([www.whenithurtstomove.org](http://www.whenithurtstomove.org)) where patients and their caregivers and families were able to access our virtual library of educational resources. In addition, we distributed almost 10,000 paper copies of booklets and brochures to orthopaedic clinics and patients.

**Smoking Cessation program:** we shipped more than 2,100 brochures and kits to clinics and patients to aid in their efforts to stop smoking prior to surgery. In addition, we reached out directly to 69 patients to provide hands on support.

*"The COF website and related patient information site is very useful. I have used it myself and referred friends to this material. Thank you."*  
Jean, MB



*"The Get Moving booklet is filled with great information and has been a great resource for our patients."*  
orthopaedic clinic, AB



*"Having the opportunity to speak to someone [through the Ortho Connect program] who has had the same surgery was very helpful and reassuring to me."*

**Jacki, ON**

*"I have strongly recommended that others access [Ortho Connect]. Peer insights and support are hugely helpful in a continuing, long and potentially challenging process."*

**Shayne, BC**

*"I'm a 70 year old woman who has been dealing with osteoarthritis for a number of years and this last year I seemed to be having more trouble than normal. The GLA:D program has shown me how to manage my discomfort, the proper exercises to strengthen the muscles around the knee and to listen to my body. My hope is to avoid shots or surgery for as long as I can."*

**Johann, ON**

## CARE

### Focus:

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.
- With our division, Bone and Joint Canada, we completed the introduction of an injury prevention program to soccer clubs. FIFA 11+ is a neuromuscular training program designed to prevent ankle and knee injury in youth playing soccer.
- We launched Good Life with osteoArthritis in Denmark (GLA:D™ Canada), an education and exercise program designed to help those with hip and knee osteoarthritis. Delivered by our division, Bone and Joint Canada, we began training physiotherapists and other healthcare providers to deliver GLA:D to their patients and clients.

### Details:

**Ortho Connect:** This past year, we successfully matched 107 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, hand surgery, foot and ankle surgery, hip fractures, and more.

**FIFA 11+:** Through this program, led by Bone and Joint Canada, 55 soccer clubs adopted FIFA 11+, a warm up exercise program that reduces the rate of knee and ankle injuries. In total, 1,845 youth soccer players in Ontario received the training, helping them to avoid ankle and knee injury. The program was made possible in Ontario through funding from the Ontario Trillium Foundation. Based on the program success the Public Health Agency of Canada funded the Canadian Soccer Association to launch the program across the country.



GLA:D trainer Mark Anunciacion demonstrates exercises in the GLA:D program for hip and knee osteoarthritis.

**GLA:D™ Canada:** Within its first year GLA:D™ Canada was launched in Ontario, Alberta and BC, with 227 physiotherapists and other health professionals undergoing the one and a half day training program to become certified GLA:D practitioners. Nine clinics began offering the program in the first year, with commitments from an additional 43 clinics to implement the program by December 2017. Initial data suggests that the strong results shown in Denmark (27% reduction in pain) is being replicated in Canada. GLA:D™ Canada was launched in Ontario by Bone and Joint Canada through funding from the Ontario Trillium Foundation. The program is being rolled out across Canada.

## Powering Pain Free Movement

In 2016 the COF launched a new major gifts program aimed at raising funds to grow its research program significantly, and to continue its investment in education and patient care. Led by Patron **Dr. Marvin Tile**, Professor Emeritus, University of Toronto, and Orthopaedic Surgeon at Sunnybrook HSC, the COF began reaching out to industry, surgeons and others to join the campaign.

Year one of the campaign was a tremendous success. The goal of raising \$150,000 was reached, and far exceeded, with nearly \$300,000 committed.

*Powering Pain Free Movement* donors enabled the growth of the COF research program, kicked off by a transformational donation by **Zimmer Biomet** as a **Benefactor** donor at the top level of the program. Next, **DePuy Synthes Canada** joined the campaign as a **Champion** partner. These, and other donations, enabled the COF to award 9 research grants this year, and launch a new Community Innovation Awards program.

In addition to growing the research program, *Powering Pain Free Movement* aims to ensure funding is available to support the COF's much-needed programs in education and care, and to ensure the overall health and stability of the Foundation. This year, we welcomed three additional *Powering Pain Free Movement* partners:

- The first contribution to the campaign came from **The Wright Family Legacy**. The family proudly boasts three generations of orthopaedic surgeons, and has been committed to the COF's success for decades.
- **Bayer Healthcare** is a partner of *Powering Pain Free Movement*, particularly committed to the Ortho Connect program.
- **Sunnybrook Orthopaedic surgeons** pledged a multi-year commitment to the COF and are now challenging their surgical colleagues and groups to follow their lead with similar multi-year support.

*Powering Pain Free Movement* partners are contributing to a vibrant, world-class Foundation.



COF Patron Dr. Marvin Tile,  
Professor Emeritus, University  
of Toronto, and Orthopaedic  
Surgeon at Sunnybrook HSC

### Benefactor



### Champions



**The Wright Family Legacy**

### Supporters



**Sunnybrook Orthopaedic Associates**





Sherry Bassin

## Special events: FUNd raising for the COF

Two signature events contributed to the success of the COF during the year and enabled the Foundation to advance its mission.

The fifth annual *Bad to the Bone* Charity Golf Classic held on June 13, 2016 at Wooden Sticks Golf Club was by far the most successful to date, bringing together more than 100 golfers.

Host Sherry Bassin, well-known hockey executive, was delighted to welcome so many industry leaders, hockey fans, surgeons and hockey celebrities to the event. Golfers enjoyed a great day on the course, barbecue lunch, and evening banquet. Best of all, each foursome had a chance to play with hockey celebrities.

The 2016 *Bad to the Bone* Charity Golf Classic raised more than \$110,000.

The *Hip Hip Hooray!* program raised funds in three ways:

- Through a direct mail program and virtual walk, supported by orthopaedic patients and COF donors
- Through an in-person 1 km fun walk held in Saskatoon on October 1, 2016
- Through an orthopaedic clinic virtual walk challenge, supported by 6 clinics across the country – Halifax, Toronto (2 clinics), Hamilton, London and Calgary.

The 2016 *Hip Hip Hooray!* program raised \$102,000 in support of the COF's programs of research, education and care; and, through a revenue sharing agreement, clinics that participated received community grants towards orthopaedic programs in their local communities.



Saskatoon surgeons organized an in-person *Hip Hip Hooray!* walk on October 1, 2016.



And they're off! Walkers begin their 1 km walk in celebration of pain free movement.



## Condensed Statement of Financial Position

As at March 31, 2017

ASSETS	2017	2016
Current Assets	1,100,649	547,599
Equipment	857	1,224
Intangible Assets	16,354	20,144
Long Term Investments	329,681	329,110
	<u>\$1,447,541</u>	<u>\$898,077</u>

## LIABILITIES AND NET ASSETS

Current	386,435	191,760
Net Assets	1,061,106	706,317
	<u>\$1,447,541</u>	<u>\$898,077</u>

## Statement of Operations

### Revenue

Receipted donations	338,930	299,501
Non-receipted donations	34,037	32,137
Gifts from other charities	61,221	13,922
Government funding	0	0
All other revenue	694,930	328,619
<b>Total revenue:</b>	<b>\$1,129,118</b>	<b>\$674,179</b>

### Expenses

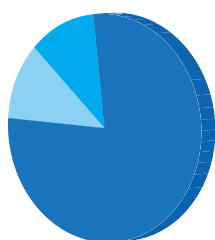
Charitable programs & research	722,498	528,826
Management & administration	104,756	117,200
Fundraising	100,635	79,997
Gifts to other registered charities and qualified donees	0	10,045
Other	0	0
<b>Total expenses:</b>	<b>\$927,889</b>	<b>\$736,068</b>

<b>Excess (Deficiency) of Revenue over Expenses</b>	<b>\$201,229</b>	<b>\$(61,889)</b>
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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.



- Charitable Programming 78%
- Management & Administration 11%
- Fundraising 11%

## Thank You to Our Club 206 Donors

List reflects donations made between April 2016 and March 2017

### \$1000+

William & Inge Christie  
David Dunsmore  
Ossur Canada Inc.  
Sovereign Wealth Management  
Inc. – Ms. Whitney Hammond  
P. M. Webber

### \$500 – \$999

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Rea Braithwaite  
William G. Clark  
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St. Vincent De Paul  
Sisters of Saint Martha  
William Vermeer

### \$206 – \$499

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Hugh Armstrong  
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Eber J. Willis  
Eleanor B. Woods  
Ann D. Zwick

*Thank you for your generous donation.*



## Thank You to Our Surgeon Donors

List reflects donations made between June 2016 and May 2017

<p><b>Foundation Patron</b> Marvin Tile</p> <p><b>\$10,000+</b> C. Stewart Wright Paul H. Wright</p> <p><b>\$1,000 - \$9,999</b> Gregory M. Buchko Darryl Collings William N. Dust Ian Harrington Kevin A. Hildebrand Geoffrey H. Johnston* Douglas E. Kayler* Anthony E. King Ross K. Leighton Steven J. MacDonald* Barry W. Malcolm John J. Murnaghan Michelle O'Neill Kevin G. Orrell* Robin R. Richards Bryan R. Rittenhouse Peter C. Schuringa* Franklin H. Sim Douglas Thomson Marvin Tile James P. Waddell Veronica Wadey Albert J. Yee</p>	<p><b>\$500 - \$999</b> John Antoniou* Thomas A. Barnhill Chad Coles James A. Collicutt Alan B. Connelly Michael J. Dunbar Gordon R. Goplen* Pierre Guy Nadr Jomha Justin LeBlanc* Brendan D. Lewis* Marc J. Moreau Markku Nousiainen David Otto Stephen Preston David Sauder* David M. Sheps Pascal-Andre Vendittoli Gregory A. Vrabec Christine Walton</p> <p><b>\$250 - \$499</b> Paul-Edgar Beaulé* Robert B. Bourne Richard E. Buckley Michael H. Ford Mark Glazebrook Allan E. Gross S. Mark Heard Graham J. King Hans J. Kreder Peter B. MacDonald Robert Perlau Jason R. Werle Ivan Wong</p>	<p><b>\$100 - \$249</b> Gregory A. Abelseth Ahmed Alkhuzai Lauren Allen R. Cole Beavis Etienne Belzile Maurice A. Bent J. Thomas Bertoia G. Brian Black Eric Bohm Barry Cayen T. Derek Cooke Peter J. Dryden Rejean Dumais R.H. Brett Dunlop Peter Ferguson Ian Fyfe Jeffrey D. Gollish Thomas H. Greidanus Edward J. Harvey Robert M. Hollinshead Fan Jiang Herman Johal D. William Johnston Stephen F. Kwan Colin D. Landells Peter Lapner* Louis J. Lawton R. Mervyn Letts Duncan MacKinlay Brenda A. Markland Bassam A. Masri Edward C. Masson Jeffrey G. McKerrell Nicholas G. Mohtadi Paul J. Moroz Peter J. O'Brien</p>	<p>John H. Oliver H. Kerry Outerbridge Steven J. Richie Peter R. Rockwood Cleo C. Rogakou David W. Sanders Supriya Singh Benjamin Smith Joel M. Werier Alastair S. Younger</p> <p><b>Up to \$100</b> John Amirault Olufemi R. Ayeni Mohit Bhandari Megan Cashin Charles-Antoine Dion Paul Duffy Alicia Kerrigan Moin Khan Brent Lanting Ryan Martin Nick Pasic Brad Petrisor Parham Rasoulinejad Bill Ristevski Prism Schneider Kevin Willits</p> <p><i>*Current Monthly Donors</i></p>
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*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  
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Tel: 416-410-2341 • Fax: 416-352-5078  
Web: [www.whenithurtstomove.org](http://www.whenithurtstomove.org)

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