



## 2018 – 2019 Annual Report



Pain-free mobility for all Canadians

## Message from the President/Chair of the Board, 2018-19

I am pleased to introduce this Annual Report by telling you that the Canadian Orthopaedic Foundation had another tremendous year, with growth in all three of our program areas: research, education and patient care. All of this growth, of course, is only possible with our fundraising success – all of which is documented in the pages of this annual report.

First, our main story: our research program continued to grow this year. Challenged by the Canadian Orthopaedic Association 3 years ago to significantly increase research support, we have succeeded. During the COA Annual Meeting, held in Montreal in June 2019 I had the privilege of calling up our research recipients to receive their awards from our Patron, Dr. Cecil Rorabeck. This year, we presented 7 CORL grants, one additional grant over the anticipated 6. This speaks volumes about the quality of applications our Research Committee received this year. As well, we introduced a new award: *The Robin Richards Best Paper Award for Upper Extremity Research*. This program was made possible by a very generous donation by Dr. Richards, and we are thrilled with this addition to our research and awards program. All in all, we presented 13 awards and grants this year. See the details later in this report.

Our education resources continue to be accessed through our virtual library. In the spring, we introduced a new resource for [shoulder surgery](#). Thanks to the Canadian Shoulder and Elbow Society for funding this much-needed resource, and for contributing the content.

The COF provides specific care to patients through Ortho Connect, a program where we connect pre-surgical patients with specially-trained volunteers who have experienced similar surgeries. And we provide specific support to those with hip or knee osteoarthritis through the [GLA:D program](#), led by our knowledge translation division, Bone and Joint Canada. This year, the program continued to grow; since its inception in 2016, GLA:D has been accessed by more than 3000 patients led by 800 trained clinicians in 165 clinics in 9 provinces and 1 territory in Canada.

Of course, none of our success is possible without financial resources, and we were fortunate this year to have support from industry, surgeons, patients, and general public. Check out our donor appreciation pages 9 and 10.

I'd like to take a moment, too, to recognize our volunteers – more than 150 Ortho Connect volunteers delivering front line services, and those devoted to fundraising: Our golf tournament planning committee which led our signature event to victory with more than \$100,000 gross raised; and our Major Gifts cabinet, charged with making sure resources are available for our programs.

No organization runs without leadership, and I am especially grateful to our Board of Directors, those surgeons and professionals who provide expertise and oversight of the Foundation's Governance. See the list of Directors on the back cover. All of our operations are carried out by a lean staff of only 3 very capable and committed people, and the Directors thank them for their dedication to the COF over this past year.

Read more about our progress in the pages of this Annual Report. And join me in celebrating victory as we move towards our vision: [Pain Free Mobility for All Canadians](#).

**Dr. Pierre Guy**  
**President and Chair, 2018-19**



## Making an Impact: GLA:D™ Canada: Managing hip and knee osteoarthritis across the country

Through 2018, work was undertaken across the country to continue to launch the Good Life with osteoArthritis from Denmark (GLA:D) program. The GLA:D program is an exercise and education program that has been shown to reduce the progression of symptoms of individuals with hip and knee osteoarthritis (OA). Through the division of Bone and Joint Canada, training courses were held to train clinicians, including physiotherapists, chiropractors and kinesiologists to host the program, and the database was expanded to collect data from patients in 7 provinces. The report "Implementation and Outcomes" provides the data analysed from participants who went through the program up to the end of 2018. The report highlights that the implementation strategy has been effective in launching sites across Canada with:

- 20 courses provided to train health care professionals
- 760 clinicians trained of which 74% are physiotherapists
- 154 sites launching in 7 provinces

The program tracks patients' outcomes at baseline, 3 months and 1 year including pain, function, physical activity levels and quality of life. The findings show that 82.5% of individuals are satisfied with the program and 86% of patients found the program to be 4 or over on a scale of 0 – 5 where 0 is not at all beneficial and 5 is very beneficial. Regarding clinical improvement the data finds that the program has resulted in improvements to patients' symptoms with the 3 months' results showing:

- a mean 26% improvement in pain
- over 30% of individuals experiencing a marked improvement in activities of daily living and sports and recreation
- over 40% of individuals experiencing a marked improvement in quality of life

These results are sustained at 12 months.

The growth of the program has resulted in it being available through multiple providers including chiropractic and physiotherapy clinics as well as wellness centres. The majority of the sites are privately funded however there are some sites that are providing the program in publicly funded settings. This includes a pilot project in Ontario that is evaluating the program for patients that have gone through a consultation for a hip or knee joint replacement and are not considered a surgical candidate.

Additional work has been undertaken to support the implementation of the program into all provinces and territories in Canada including implementation of our recently completed French translation of the program. We are next identifying a site for our future launch in Quebec.

On an international basis the GLA:D program is also gaining traction across the world and is available in 4 other countries: Denmark, China, Australia and Switzerland, and is being launched in New Zealand. As such GLA:D™ Canada has undertaken work to align the data collection in Canada with the other countries so that analysis can be completed to improve the program and the outcomes for patients.

The GLA:D program has been acknowledged internationally with the researchers, Dr Ewa Roos and Dr. Søren Skou winning the 2019 Value Based HealthCare (VBHC) Prize. The VBHC Prize rewards and recognizes inspiring initiatives that have adopted a fundamentally new line of thinking in creating excellent patient value in terms of real outcomes, real connections, and one common language.

The GLA:D™ Canada program is a testament to the commitment of numerous individuals across the country who have worked hard to develop the infrastructure for the program as well as communicate with the stakeholders including the clinicians, industry partners, policy makers and patients.

*"I feel empowered to manage my OA equipped with the knowledge that pain can be influenced by distraction, exercise and physical activity. The GLA:D program was a life-altering embodied experience and the catalyst for implementing monumental lifestyle changes."*

**Maureen, ON**



Maureen and the Canadian Memorial Chiropractic College GLA:D training staff



2018-19 research grant recipients receive their awards



## Achievements: 2018-19 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.

### Overview:

- Awarded the prestigious J. Édouard Samson Award.
- Awarded 7 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.
- Presented the Bones and Phones Scholarship to an outstanding resident.
- Awarded the Anica Bitenc Travelling Fellowship.
- Presented the second Community Innovation Awards to orthopaedic researchers working in the community.
- Announced the Best Paper award for Shoulder and Elbow orthopaedics, presented in partnership with the Canadian Shoulder and Elbow Society.
- Presented grants for orthopaedic programs in several hospitals, thanks to funds raised by surgeon teams through *Hip Hip Hooray!*

### Details:

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

**Dr. Michelle Ghert** (Hamilton, ON): *"The Prophylactic Antibiotic Regimens in Tumour Surgery (PARITY) Trial: Unprecedented international collaboration in orthopaedic oncology"*

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

**Dr. Geoffrey P. Wilkin** (Ottawa, ON) – *"Periacetabular Osteotomy with and without Arthroscopic Management of Central Compartment Pathology"*

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

**Dr. Sasha Carsen, Dr. T. Mark Campbell and Dr. F. J. Dilworth** (Ottawa, ON) – *“Determining the optimal bone-derived stem cell source for cartilage regeneration in the treatment of osteoarthritis”*

### **Cy Frank Award: Excellence in innovation** in collaboration with the Canadian Orthopaedic Research Society

**Dr. Darren L. de SA** (Hamilton, ON) – *“Soft-tissue **QU**adriceps autograft **ACL**-reconstruction in the **S**keletally-immature vs. **H**amstrings (**SQUASH**): A Multi-Centre Pilot Randomized Controlled Trial”*

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

**Dr. Hesham Abdelbary** (Ottawa, ON) – *“Developing a new therapeutic approach to Improve Treatment of Periprosthetic Joint Infections Using a Novel, and Clinically Representative Hip Replacement Rat Model”*

**Dr. Anthony Adili** (Hamilton, ON) – *“Topicals for Osteoarthritis Pain in Knee Surgery (**TOPIKS**): A Pilot Randomized Controlled Trial”*

**Dr. Bashar Alolabi** (Hamilton, ON) – *“Randomized control trial of ultrasound-guided erector spinae block (**ESP**) versus shoulder periarticular anesthetic infiltration (**PAI**) for pain control after arthroscopic shoulder surgery”*

**Dr. Eric Bohm** (Winnipeg, MB) – *“Randomized controlled trial of staged versus simultaneous bilateral knee arthroplasty”*

**Dr. Michael J. Monument** (Calgary, AB) – *“Sting Activation as an Immunotherapy for Soft Tissue Sarcoma”*

**Dr. Diane Nam** (Toronto, ON) – *“The microbiome: can it influence fracture healing?”*

**Dr. Neil White** (Calgary, AB) – *“The **C3PO** Trial – **C**anadian **P**rospective **P**ragmatic **P**erilunate **O**utcomes Trial”*

### **Community Innovation Awards: Celebrating community-based surgeons**

**Dr. James McInnes** (Victoria, BC) – *“Smoking Cessation prior to **E**lective **S**urgery: Quality Improvement in a Centralized Intake Clinic Model – Assessment to Implementation”*

**Dr. Scott Wiens** (Grande Prairie, AB) – *“Using patient reported outcomes and mobility monitoring to optimize hospital care for patients undergoing knee arthroplasty”*

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

**Dr. Supriya Singh** (Western University) for her role in the *“NYOTA Project”*

### **CSES Best Paper Award** in partnership with the Canadian Shoulder and Elbow Society

**Pan Am Clinic Orthopaedic Research Group** (Winnipeg, MB) – *“Arthroscopic Bankart Repair with and without Arthroscopic Infrapinatus Remplissage in Anterior Shoulder Instability with Hill-Sachs Defect: Randomized Controlled Trial”*

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

**Dr. Tomislav Palibrk** (Serbia)

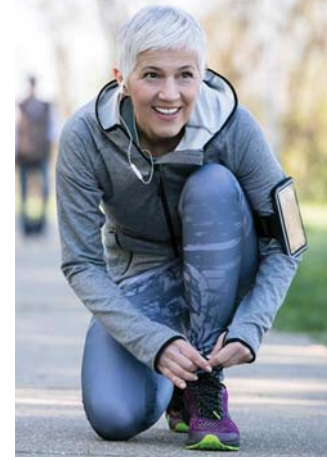
### *The following grants were made possible through Hip Hip Hooray! fundraising efforts*

**Banff Sport Medicine Foundation** (Banff, AB): *Support for a research study examining ACL reconstruction: “The influence of Meniscal Pathology on Clinical, Functional and Patient-reported Outcomes following ACL Reconstruction”*

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

**St. Michael’s Hospital** (Toronto, ON): *Support for orthopaedic clinical research in joint replacement surgery*

**Sunnybrook / Holland Orthopaedic & Arthritic Centre** (Toronto, ON): *Support for printing patient education booklets*



## Achievements: 2018-19 (con't)

### 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)
- Collaborated with the Canadian Shoulder & Elbow Society to create a new Shoulder patient booklet
- 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 105,491 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 11,400 paper copies of booklets and brochures to orthopaedic clinics and patients.

Shoulder patient education booklet: Work began on the creation of a new education booklet to support patients requiring shoulder treatment.

Smoking Cessation program: we shipped brochures to clinics and patients across the country to aid in their efforts to stop smoking prior to surgery. Patients are able to access the brochure directly on line in our virtual library.

### 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

#### Details:

Ortho Connect: This past year, we successfully matched more than 80 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, launched in 2016 through funding from the Ontario Trillium Foundation, expanded into additional provinces. At March 31, 2019, provinces running the program included British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador and the Northwest Territories. More than 800 trained healthcare professionals delivered the program in 165 clinics to 3,324 patients with hip or knee osteoarthritis. The program tracks patient outcomes at baseline, 3 months and 1 year. Findings show that, on average, patients reported a 26% improvement in pain and 40% of individuals noted an improvement in quality of life.



## 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. The COF is reaching out to orthopedic subspecialty surgeons to help shape out this improved program, which we expect will identify avenues for research to best meet patient needs. We foresee industry, surgeons and the public will join this campaign. **Dr. Cecil Rorabeck**, Orthopaedic Surgeon and an officer of the Order of Canada, who served as the COF's Patron for the campaign, has agreed to renew his term to help lead the efforts.

The third year of the campaign continued to be very successful as campaign targets were once again exceeded, enhancing the COF's ability to maintain its education and care programs and to continue the growth of its research program.

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

## 2018-19 Powering Pain Free Movement Partners

### Benefactor



**ZIMMER BIOMET**

Your progress. Our promise.™

**Dr. Robin Richards**

### Leader

**Dr. Cecil H. Rorabeck**



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Dr. Albert J. M. Yee



2018-19 COF Patron  
Dr. Cecil Rorabeck, OC, MD,  
FRCS(C), Professor Emeritus,  
Western University

*"Your Foot & Ankle Surgery  
booklet is well-written,  
concise and very easy to  
understand. Thank you."*  
Denise, ON

*"Your [info sheets] are greatly  
used in our introduction to hip  
and knee OA classes. We find  
them enormously useful."*  
orthopaedic clinic, BC





Sherry Bassin

*"I found the [peer] support that I was given prior to my operation and shortly afterwards to be very helpful. The resources supplied were excellent and the videos quite helpful."*  
Margaret, BC

## Fundraising Events

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

The seventh annual *Bad to the Bone Charity Golf Classic* was held on June 25, 2018 at Wooden Sticks Golf Club. Sherry Bassin, former hockey executive, hosted the event, welcoming more than 133 people to the event, including hockey fans, surgeons and well-known hockey celebrities. Golfers enjoyed a great day on the course, followed by an evening banquet and live auction. The 2018 *Bad to the Bone Charity Golf Classic* raised \$108,000.

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 September 29, 2018
- Through a virtual walk challenge, supported by orthopaedic clinics and patients participating in their own events.

The 2018 *Hip Hip Hooray!* program raised \$75,081 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 *Hip Hip Hooray!* Fun Walk





## Condensed Statement of Financial Position

As at March 31, 2019

ASSETS	2019	2018
Current Assets	1,533,477	1,485,439
Equipment	1,436	600
Intangible Assets	8,014	11,448
Long Term Investments	129,927	28,050
	<u>\$1,672,854</u>	<u>\$1,525,537</u>

### LIABILITIES AND NET ASSETS

Current	417,957	450,032
Net Assets	1,254,897	1,075,505
	<u>\$1,672,854</u>	<u>\$1,525,537</u>

### Statement of Operations

#### Revenue

Received donations	319,990	290,702
Non-receipted donations	38,040	44,473
Gifts from other charities	23,693	17,930
Government funding	0	0
All other revenue	638,122	652,990
<b>Total revenue:</b>	<b>\$1,019,845</b>	<b>\$1,006,095</b>

#### Expenses

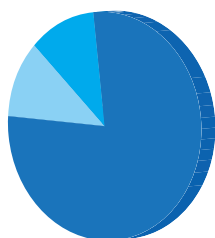
Charitable programs & research	728,437	779,098
Management & administration	103,154	116,322
Fundraising	107,756	105,833
Gifts to other registered charities and qualified donees	0	0
Other	0	0
<b>Total expenses:</b>	<b>\$939,347</b>	<b>\$1,001,253</b>

**Excess (Deficiency) of Revenue over Expenses** **\$80,498** **\$4,842**

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%

*"It was great to be able to speak to a person who went through the same type of surgery that I'm facing; having them share their experience."*

**Helga, BC**

*"My conversation with the Ortho Connect volunteer really helped me. She answered my questions and assisted me to prepare for surgery"*

**R.D., BC**



## Thank You to Our Club 206 Donors

*List reflects donations made between April 2018 and March 2019*

### **\$1000+**

Frederick Brooks-Hill  
David Dunsmore  
Gerald Heffernan  
MRM Corporation  
Elaine and Len Parry  
Sandra Pierce  
Sisters of Providence of  
St. Vincent De Paul  
Shanna Young

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Kerby Lowen  
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Marilyn Wright  
Ann D. Zwick

### ***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 2018 and May 2019

### Foundation Patron

Cecil Rorabeck

### \$50,000+

Robin R. Richards  
Cecil Rorabeck

### \$10,000 – \$49,999

Sunnybrook Orthopaedic Associates

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Chad P. Coles  
Sukhdeep Dulai  
Michael J. Dunbar  
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S. Sebastian Tomescu  
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George S. Athwal  
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Amerigo Balatri  
Thomas A. Barnhill  
Heather Barske  
Brian G. Black  
Earl R. Bogoch  
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J. Rod Davey  
Michaela Kopka  
Jessica Page  
Souendra Sean Raut  
Brendan Sheehan  
Marc-Andre Tremblay  
Neil J. White

\*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 • Fax: 416-352-5078  
Web: [www.whenithurtstomove.org](http://www.whenithurtstomove.org)

Registered Charity Number:  
89059 4740 RR0001

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Dr. Brian F. Eames, Saskatoon, SK

Dr. Nelson Greidanus, Vancouver, BC