



OrthoLink



Canadian
Orthopaedic
Foundation

A newsletter dedicated to bone and joint health

Welcome to our Fall Newsletter

We're pleased to announce that our OrthoLink newsletter is moving from a printed version to an electronic format. OrthoLink will continue to contain articles, tools and resources to help Canadians cope with and recover from their orthopaedic journey, and will be made available to orthopaedic patients, their family members and to health care professionals.

This and all future newsletters will be available on our websites. To receive future electronic issues, please visit www.canorth.org or email us at mailbox@canorth.org.

This new format will help the Foundation significantly save on printing and shipping expenses, in addition to reducing our carbon footprint. Thank you for your support!



www.orthoconnect.org

Back In Action – Laurence Metrick Returns To A Life Of Mobility



Since the age of 12, Laurence was extremely active, from playing competitive tennis in his youth to running marathons and competing in triathlons – this man has accomplished a lot in his lifetime.

After years of athletic activity, Laurence began to experience knee pain and his quality of life deteriorated rapidly due to the debilitating effects of arthritis. Laurence was unable to do the simplest of tasks such as walking down the stairs or getting

out of the car.

About two years ago, Laurence received hip replacement surgery and has since gained back his freedom to be mobile. “Surgery was life changing,” explains Laurence. “I’m now able to walk down the stairs, go to the airport and do things that many take for granted.”

As an active Ortho Connect volunteer for the past six months, Laurence believes that the program is a great resource, as it allows patients to hear about the realities of surgery including recovery and how long it can take to get back to old activities and hobbies. “The Ortho connect Program provides that reassurance that patients are really looking for,” explains Laurence. “It offers Canadians the opportunity to receive honest information that one can easily relate to because you are connected with someone who has actually been there.”

Laurence also believes that the program offers people anonymity – which is important to many who aren’t comfortable speaking with someone they know.

Thank you for Supporting Hip Hip Hooray!



Signature fund-raising events of the Canadian Orthopaedic Foundation

Thank you to our walkers, sponsors, surgeons, volunteers and donors for helping to make this event a success. With more pledges arriving regularly, your contributions have already helped to raise more than \$100,000 to date. All proceeds will be invested into local communities through

the production and distribution of educational materials and resources. These materials will be made available to orthopaedic patients through hospitals, surgeon offices, physiotherapy clinics, joint assessment clinics, via nurses, through mail and on-line. Funds will also be used to expand local services of the Ortho Connect Peer Support Program.

Today, millions of Canadians face mobility challenges due to bone and joint disorders. With your help, the Foundation will continue to be able to help more Canadians return to a life of mobility and independence.

Ask an Expert

By: Dr. Brendan D. Lewis

QUESTION:

How soon after my hip or knee replacement will I be able to walk?



ANSWER:

Regaining your mobility will likely begin immediately following surgery. Depending on the type of surgery you have had, you will begin physiotherapy initially to control pain and swelling from the surgery, then to increase range-of-motion and regain full mobility.

You should be discharged from the hospital with a home exercise program. It's important that you do the exercises as prescribed by the physiotherapist.

Initially exercises are intended to regain mobility. Later your program will include exercises to strengthen muscles and improve flexibility and stability and return you to your full activity level.

It is important to:

- Do the exercises daily or as prescribed.
- Continue to use assistive devices until advised not to by your physiotherapist or surgeon.
- Gradually increase your activity/walking distances during the initial six weeks if you have had elective surgery such as arthroplasty, and after that as prescribed by your physiotherapist.
- If your surgery was a result of trauma, especially a fracture of the lower extremity, talk to your doctor or physiotherapist about your activity/walking distances during your initial recovery.
- Increase or progress your exercises when advised by your therapist.
- Notify your physiotherapist if any exercises increase pain or stiffness.

Following your exercise program will get you back to your regular physical activity and will help you to maintain strength, mobility and overall good health. Check with your surgeon or physiotherapist about any activities that you wish to do following surgery.

To track your recovery, log in to www.orthoconnect.org to access your personal diary.

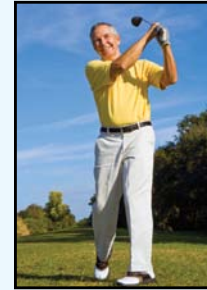
Guidelines for Returning to Activities After Surgery

Consensus Advice from Hip and Knee Surgeons

The following activities have been grouped into three categories:

Allowed

- Golf
- Swimming
- Doubles tennis
- Stairclimber
- Walking
- Speed walking
- Hiking
- Stationary skiing
- Bowling
- Treadmill
- Road cycling
- Stationary bicycling
- Elliptical
- Low-impact aerobics
- Rowing
- Dancing
- Weight machines



Allowed with Experience

- Downhill skiing
- Cross-country skiing
- Ice skating / rollerblading
- Weightlifting
- Pilates
- Snowboarding



Not Allowed

- Contact sports (e.g. football, basketball, soccer)
- Baseball / softball
- Jogging
- High-impact aerobics
- Racquetball / squash





Be an active participant in your orthopaedic journey

When facing major surgery to your bones and joints, the information about your treatment and what you need to do can be overwhelming. As daunting as that can be, learning and preparation are key to achieving your best possible outcome from your surgery. That's because

beyond the expertise of your orthopaedic surgeon, you (the patient) have the most important role to play in regained mobility.

Patients and their families face doubt and questions about upcoming surgical treatments. So where do they turn for guidance? Who can they depend on to offer a real world view of what to expect? In many cases, speaking with someone who has been through the same experience can provide needed support.

The Canadian Orthopaedic Foundation's free Ortho Connect peer support program matches people needing bone and joint surgery with trained volunteers who have had the same surgery. All types of orthopaedic surgery are covered, from hip and knee replacements to spine reconstruction to ACL repair and beyond. Client-volunteer matches are made by phone, based on surgery type, languages spoken, geography, and more to offer new patients a real-world view of what to expect and how to prepare for surgical treatment and recovery.

A grant from the Ontario Trillium Foundation is helping to fund the expansion of the Ortho Connect program in Ontario, including the launch of its new website www.orthoconnect.org. This patient focussed website is the most recent way for Canadians to find information, tools and a community of patient peers to help them cope and increase their confidence.



Taking part in decisions about your orthopaedic surgery, asking questions, and learning about what is expected to happen are ways to dispel your concerns. People who take part in decisions about their health care are more likely to have better outcomes. A live voice or online peer who understands just what you're going through provides immeasurable comfort – and a personal view of what to expect and how to get ready for your return to mobility.

Investing in the future of orthopaedics – Research Awards and Grants

The Canadian Orthopaedic Foundation is committed to advancing bone and joint health through funding research – the cornerstone on which we were established. Every year the Foundation receives a wide array of applications for research grants that explore different aspects of orthopaedic science, from diagnostic techniques to new surgical procedures. Applications are judged by an expert panel according to scientific merit and ultimate clinical benefit to patients.

The J. Edouard Samson Award is the premiere award for orthopaedic research in Canada. It recognizes the best orthopaedic research over a period of five years or more at a Canadian Centre, and is intended to promote further research by the recipient.

The Canadian Orthopaedic Research Legacy (CORL) Grant strives to create a lasting endowment for the future of orthopaedic research in Canada. It encourages young researchers, and was established to help ensure Canada's world-class status in orthopaedic research.



The Foundation is pleased to have presented the following research awards, sponsored by Bayer HealthCare, earlier this year:

J. EDOUARD SAMSON AWARD:

Dr. Michael J. Dunbar for his research proposal entitled: "Precision Metrics in Orthopaedics: Developing Improved Patient Assessment Technologies and Processes to Optimize Care".

CANADIAN ORTHOPAEDIC RESEARCH LEGACY (CORL) GRANT:

Drs. Jeffrey Leiter, Peter MacDonald and Judy Anderson for their research proposal entitled: "Exploring the biologics of rotator cuff injury and advancing repair".

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Patient Information Resources – Education Booklets

The Canadian Orthopaedic Foundation is pleased to offer a number of free resources for patients and their caregivers. Below is a list of resources available.

Helping to Give Canadians new life through mobility

Free, reliable, surgeon-approved resources to help patients throughout their orthopaedic care journey*



Planning for Maximal Results: Preparing for your surgery

Hip & Knee Pre-surgery Patient Booklet: Guides pre-surgery hip and knee patients through the care path, advises questions to ask, offers a progress diary, and more.

Get Moving: Maximizing Your Activity After a Hip or Knee Replacement

Hip & Knee Post-surgery Patient Booklet: Encourages a return to mobility, offers helpful resources, exercises with images, a progress diary, and more.



Planning For Your Best Results: From your foot and ankle surgery

Foot & Ankle Patient Booklet: Guides patients through the care path, identifies common questions and offers a progress diary.

A Parents' Guide to Clubfoot and its treatment using the Ponseti Method

Ideal for parents of children with clubfoot and its treatment using the Ponseti Method of correction.



*To download a copy of any of these booklets, go to www.canorth.org and click on Patient Resources. To have a copy mailed to you, send an email to patient-ed@canorth.org or call 1-800-461-3639 ext. 4 and provide your name and mailing address.



New online patient resource helps Canadians preparing for bone and joint surgery

Launched in February 2011 and funded by the Ontario Trillium Foundation, the orthoconnect.org website is the newest way for Canadians to find information, tools and a community of peer patients to

help them cope. Reviewed by health care professionals and tested by Canadians, the website features:

- Content views customized to the visitor's surgery and stage in their care path;
- Personalized profiles with diaries that help patients track their treatment and progress;
- Reliable, surgeon-approved information about surgeries, preparations, and recovery;
- Online community providing peer support; and
- Expert Q&A.

The benefits:

Whether you suffer from mobility issues, live in a remote area, or simply want more information about your condition and upcoming treatment, www.orthoconnect.org is a one-stop shop for many. Armed with greater knowledge and understanding early in your care path, you will have increased confidence throughout your journey, ultimately ensuring a better outcome.

Visit www.orthoconnect.org and sign up today.



Help to support the gift of mobility. All patient programs and resources are produced free of charge by the Canadian Orthopaedic Foundation. It is through your kind generosity that we are able to offer these much needed resources. Please give generously to help thousands of Canadians cope with and recover from their orthopaedic journey.

Name: _____ Address: _____ City: _____ Prov.: _____ PC: _____

My single gift amount is: \$25 \$50 \$100 Other \$ _____

\$206 for my 206 bones

(donate \$206 or more to be recognized as a 2011 Club 206 donor)

I would like to make monthly credit card donations of \$ _____

Contact me about Planned Giving

Contact me about becoming a Volunteer

Email: _____

Help save costs and reduce the impact on our environment.
Add to receive future information electronically.



Payment Method: Cheque Enclosed

(Make cheque payable to the Canadian Orthopaedic Foundation)

Card Number: _____ Exp: _____
MM/YY

Signature: _____



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