



OrthoLink



A newsletter dedicated to bone and joint health

In This Issue

[Hip Hip Hooray!](#)

[My surgery is booked - now what?](#)

[About the Hips](#)

[Referral to an Orthopaedic Surgeon - Knee Surgery](#)

Free Patient Resource



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1-800-461-3639 ext 222

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Celebrating 50 Years

Message from the President & Chair, Dr. Geoffrey Johnston

In the past fifty years, the Canadian

Message from Executive Director, Isla Horvath

Special events have been in the limelight for the Canadian Orthopaedic Foundation recently.

On June 8 an enthusiastic group of about 100 golfers attended the Bad to the Bone Golf Classic at Wooden Sticks golf club. Hosted by Sherry Bassin, owner of the Erie Otters hockey team, the event brought in a gross amount of over \$86,000. [Read more](#)



From June 17 - 19 the Foundation was able to raise its profile at the annual meeting of the Canadian Orthopaedic Association. COF President Geoffrey Johnston provided an update about the Foundation to the many orthopaedic surgeons in attendance. We also had a chance to present awards through the Bones and Phones and CORL programs, and presented the esteemed J. Edouard Samson award. Read about some of our award winners [here](#).

Planning has now begun for *Hip Hip Hooray!* celebrating mobility. There are two in-person walks planned, as well as a virtual walk with our *Hip Hip Hooray!* Pedometer Challenge. See more, below.

We welcome your comments on items in this newsletter, or anything related to the Foundation. Please feel free to contact me at isla@canorth.org, or 416 410 2341, ext. 225.



Orthopaedic Foundation has invested close to \$1 million in research and helped tens of thousands of Canadians through their orthopaedic journey. [Click here](#) to read the COF's Annual Report celebrating 50 years of helping Canadians.

Celebrate your mobility by supporting
Hip Hip Hooray!

There are three ways to take part in this popular program:

Participate in one of the two 1 km fun walks planned for this fall:
Saskatoon, SK: Saturday September 19th, 9:30 am - 12:00 pm
Burlington, ON: Sunday, September 27th, 1:00 - 4:00 pm

Count your steps by doing your own virtual walk; sign up, collect pledges, and we'll send you a pedometer. Wear it for five days in October to count your steps; let's reach a million steps across Canada in one week!

Donate to the *Hip Hip Hooray!* Program to honour your surgeon; a family member, friend or colleague (or yourself!) whose mobility is enhanced following orthopaedic surgery; or the many thousands of people in need of orthopaedic surgery.

Every dollar raised will support the Canadian Orthopaedic Foundation's mission: *To achieve excellence in bone and joint health, mobility and function for all Canadians through the advancement of research, education, and care.*

To volunteer or participate at one of our live events, or for more information about the Pedometer challenge, please contact Lauralee at 1-800-461-3639 ext 222 lauralee@canorth.org

Watch for our Hip Hip Hooray! invitation to arrive in your mailbox in August.

My Surgery is booked - now what?

How to be an active participant in your orthopaedic surgical treatment.

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 achieve your best possible outcome from your surgery. That's because beyond the expertise of your orthopaedic surgeon, the patient - you - has the most important role to play in regained mobility.

[Read more](#)

About the Hips

The hips, along with the knees, are the large weight-bearing joints that allow you to walk, sit, bend and turn. As the body's most flexible, free-moving joint, a healthy hip can move back and forth, swing from side to side and perform twisting motions. This remarkable range is possible because of the hip joint's ball-and-socket design.

[Read more](#)

Referral to an Orthopaedic Surgeon - Knee Surgery

Prior to your initial consult with an orthopaedic surgeon; the most important step is to get a proper diagnosis and referral from your family physician. Under the Canada Health Act, all patients must be referred to an orthopaedic surgeon by a family physician.

[Read more](#)

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 to thousands of Canadians. Your joining the monthly giving plan enables the Foundation to plan in advance allowing us to deliver the best tools and resources month after month. Please give generously to help thousands of Canadians cope with and recover from their orthopaedic journey.

Make your monthly or one-time donation by clicking the link below. Thank you for your important contribution. **Your donation matters.**



Canadian Orthopaedic Foundation
P.O. Box 1036, Toronto, ON M5K 1P2
Tel: 1-800-461-3639
Registered Charity number: 89059 4740 RR0001