



OrthoLink



A newsletter dedicated to bone and joint health

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Go to whenithurtstomove.org to learn more about your orthopaedic journey.

Keep Current

Share our Passion and [join our mailing list!](#) You will receive our newsletter, *OrthoLink*, and other information on events, activities and programs that support our mission.

Message from the Executive Director and CEO

Former Secretary-General of the United Nations Kofi Annan said, "If our hopes of building a better... world are to become more than wishful thinking, we will need the engagement of volunteers more than ever."

In April, we recognized National Volunteer Week, a time that provided an opportunity to think about how important the Canadian Orthopaedic Foundation's volunteers are. Moving from our "wishful thinking" of *pain-free mobility for all Canadians* to actually making this wish come true takes the engagement of our many dedicated volunteers.

In this issue of *OrthoLink* you'll read about our continued growth:

- Again this year, our research program grew, with one additional CORL grant awarded, for a total of 11 grants approved. Each research project funded has the potential to enhance orthopaedic surgery or treatment.
- Our virtual library grew as we partnered with the Canadian Shoulder and Elbow Society to introduce a new resource: *Shoulder Surgery: Planning for Your Best Results*. Now, Canadians requiring shoulder surgery to alleviate pain and restore mobility can find comfort and helpful information in a booklet and series of procedure-specific information sheets.
- Our GLA:D program for osteoarthritis, led by our division, Bone and Joint Canada, continues to grow, with new clinics coming on board to deliver the program across Canada.

These - and all the accomplishments of the COF - are made possible through the engagement and dedication of volunteers. THANK YOU to our dedicated Board, overseeing the leadership and governance of the Foundation. THANK YOU to our Medical and Scientific Review Committee for ensuring our new shoulder resource is surgeon-approved. THANK YOU to our Research Review Panel for working hard to identify the top orthopaedic research projects to fund. THANK YOU to our Ortho Connect volunteers, those front-line workers who provide support to Canadians preparing for orthopaedic surgery.

To all our readers I hope you enjoy this issue of *OrthoLink*. Please take 2-3 minutes to complete our on-line readership survey. You'll find the survey link at the end of this newsletter. As always, reach out to me with questions or suggestions at anytime at isla@canorth.org.

Isla Horvath



Is GLA:D™ Canada right for you?

Osteoarthritis (OA) is not just a disease of the elderly. It is also prevalent in individuals between the ages of 30 and 45. Everyone can benefit from neuromuscular training, and we know that prevention is key to slowing symptom development.

Developed and implemented in Denmark, GLA:D® is an education and tailored exercise program that has been demonstrated to reduce the symptoms of knee and hip OA by up to 32%. Other outcomes include a reduction in pain intensity, reduced use of joint related pain killers, and fewer individuals on sick leave. Program participants also report high levels of satisfaction with the program and increased levels of physical activity.

This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants train their bodies to move properly, prevent symptom progression and reduce pain.

GLA:D™ Canada continues to grow across the country, with clinicians trained in BC, Alberta, Saskatchewan, Manitoba, Ontario, Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland, and the Northwest Territories.

Is GLA:D™ Canada right for you? [Visit here](#) to find out. Still have questions? Email the program administrator at info@gladcanada.ca.



COF presents 11 research awards



We are pleased to announce that the COF's research program continues to expand thanks to the Foundation's generous donors.

Dr. Richard Buckley, Chair of the Research Committee, says, "I am very pleased with the quality of research applications the COF receives, and I'm most grateful to our Research Review Panel. Due to the expansion of our research program, and the increasing number of grants we can award, we received more applications than ever before. Our reviewers spent many hours this year, and I'm confident that we selected the top research projects for

funding. These will potentially lead to enhanced orthopaedic treatment, ultimately making life better for Canadians with bone and joint ailments."

Award recipients are:

J. Edouard Samson Award recognizing the best career orthopaedic research over a period of five years or more: *Dr. Michelle Ghert (Hamilton, ON)*

Carroll A. Laurin Award for excellence in clinical orthopaedic research:

Dr. Geoffrey P. Wilkin (Ottawa, ON)

Robert B. Salter Award for excellence in basic science research:

Dr. Sasha Carsen, Dr. T. Mark Campbell and Dr. F. J. Dilworth (Ottawa, ON)

Cy Frank Award for excellence in innovation:

Dr. Darren L. de SA (Hamilton, ON)

Canadian Orthopaedic Research Legacy (CORL) Grants:

Dr. Hesham Abdelbary (Ottawa, ON)

Dr. Anthony Adili (Hamilton, ON)

Dr. Bashar Alolabi (Hamilton, ON)

Dr. Eric Bohm (Winnipeg, MB)

Dr. Michael J. Monument (Calgary, AB)

Dr. Diane Nam (Toronto, ON)

Dr. Neil White (Calgary, AB)

To read about the research projects, visit our [Grants and Awards Page](#).

Thanks to our Powering Pain Free Movement industry partners and individual donors who support our research program.



Calling all orthopaedic researchers!

Applications are now being accepted for Community Innovation Awards.

The Community Innovation Award celebrates community-based surgeons and research studies dedicated to improving patient care or musculoskeletal health in their community. There are many Canadian orthopaedic surgeons interested in research working in the community. These community surgeons are not full time academics, do not have a research history, and do not have research staff, but may have an academic appointment to teach on an occasional basis. Surgeons who do not have academic appointments or a research history may find it difficult to obtain funding for their innovative research ideas. This program fills a gap in the research landscape in Canada, encouraging community orthopaedic researchers to bring their research ideas to fruition.

Two \$15,000 awards are available in 2019 to be used by the recipients to further their research project.

Application forms and guidelines are available [here](#). The deadline for submitting applications is **June 30, 2019**. Decisions will be announced in October 2019.

Calling all golfers: *Bad to the Bone* Charity Golf Classic takes place on June 24, 2019

The 8th Annual golf tournament will be held at Wooden Sticks Golf Course in Uxbridge, Ontario, on June 24. Tournament creator and host Sherry Bassin and his volunteer committee are working hard to ensure a great day for all.

Bad to the Bone combines hockey and golf into one event. A former hockey executive and lifelong hockey lover, Sherry brings in a roster of hockey stars for the day. Come and meet some hockey greats!

A highlight of the event is the auction, led by the always-entertaining Sherry as auctioneer. This year, there are new fabulous items, including NHL team-signed jerseys (signed by every player on the team!) and the signed jerseys of Sidney Crosby, Hampus Lindholm, Dino Ciccarelli and more. And once again this year we have a trip to the beautiful Caribbean island of Aruba!

Even if you can't attend the event, you can bid on auction items. Just let us know what you're interested in and we'll hook you up with an event volunteer to do the bidding for you.

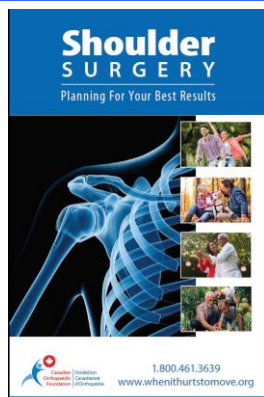
There are three main ways to support *Bad to the Bone*:

- Register to play (we'd love to see your foursome there!)
- Donate an item for the auction (big and small, donations are all appreciated)
- Sponsor the event (get your company name on signage, showing your support)

Check out the [website](#) for more details, or contact isla@canorth.org directly.



New resource helps patients return to mobility after shoulder surgery



Canadians requiring shoulder surgery to alleviate pain and restore mobility can find comfort with a new resource - *Shoulder Surgery: Planning for Your Best Results*. Introduced by the **Canadian Orthopaedic Foundation**, the booklet is designed to help patients become more informed, active participants in their care decisions and assist them as they work to regain mobility. This resource guides patients through the care path, answers common questions and offers a progress diary.

This informative and in-depth educational resource was developed through the collaborative effort of the Canadian Orthopaedic Foundation (COF) and the Canadian Shoulder & Elbow Society (CSES). It is through this excellent partnership that Canadians now have a trustworthy resource to help provide comfort and to ease the anxiety that goes along with shoulder treatment.

Complementing the shoulder booklet are several procedure-specific information sheets:

- Rotator Cuff Tears
- Rotator Cuff Tears - Surgical Treatment
- Shoulder Arthritis
- Shoulder Arthroplasty
- Additional topics, such as Shoulder Instability, will be added in the coming months

The 36-page booklet and complementing information sheets can be downloaded free of charge in both English and French from the COF's website - www.whenithurtstomove.org.

Orthopaedic surgeon to donate book proceeds

Introducing "**Flashbacks of a PediPod**", an historical narrative of the life of Dr. Mervyn Letts, Pediatric Orthopaedic Surgeon and Canadian Orthopaedic Association Past President, during the growth of the specialty of Pediatric Orthopaedic Surgery from its infancy to present day. The book is written through the medium of the author's flashbacks of events during his practice that attempt to give guidance to pediatric orthopaedic surgeons currently practicing in their specialty.



Dr. Letts has offered to donate to the Canadian Orthopaedic Foundation proceeds from the sale of all books purchased by COA members and COF supporters and friends.

The book itself is high quality, profusely illustrated in color, 414 pages, with a soft laminated cover and is being offered at the price of \$30 plus shipping ... proceeds go to the charitable work of the Canadian Orthopaedic Foundation.

If interested, please order the book from letmer13@gmail.com and indicate in your message that you read about the book sale in *OrthoLink*.

Highly recommended for any practicing pediatric orthopaedic surgeon, for relatives interested in what a loved one is doing in the field, and finally for anyone with a curiosity of what the life of an orthopaedic surgeon is really like.

Dr. Letts has also indicated that a few copies of his previous books "Sinai Surgeon" and "Flashbacks of a Prairie Kid" are also available at \$25 a copy; if interested in both, please indicate this in your email ... no extra shipping charges! All proceeds go to the COF.

OrthoLink Readership Survey

Could you give us just a few minutes of your time to make sure our *OrthoLink* newsletter remains a valuable resource? Please complete our short survey. Your participation is entirely voluntary, and individual responses will remain confidential. The results of the survey will help us determine how to improve our newsletter.



This survey should take 2-3 minutes to complete.

Thanks again for your time and support.

Please complete this survey before June 10, 2019.

[Click Here](#) to start the survey.

Support the gift of pain free movement.

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people to maintain and restore their bone and joint, or orthopaedic, health. Created by Canada's orthopaedic surgeons, the Foundation has three main programs: research (uncovering new and improved surgical and treatment procedures), education (booklets and videos to guide patients through their orthopaedic journey) and care (through connecting patients with volunteer mentors, and programs like GLA:D™ Canada).

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

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