

## From our Executive Director



Ms. Angelique Berg

This issue of Ortho Link coincides with the kickoff of our signature annual campaign, Hip Hip Hooray! It's a celebration of mobility that culminates in walks across the country on the last Sunday in May. Traditionally a walk for those whose mobility has been restored through orthopaedic surgery, this year we're casting the net wider. You're invited! Join those people who are preventing the reasons orthopaedic surgery becomes necessary in the first place.

Preventing the need for orthopaedic surgery is something to think about as spring arrives and we resume our much-loved outdoor activities. Being physically active – from a leisurely bike-ride or in-line skating to swinging a golf club or waterskiing – is good for your body and good for the soul. Nothing, however, can put a damper on summer fun like a sprain or a broken bone. Most injuries are both predictable and preventable. By recognizing risks and minimizing them, we can ensure our summer fun is uninterrupted!

There's more than just the immediate benefit. Childhood and early adulthood bone and joint injuries can be linked to the development of arthritis later in life. Prevention now will save us pain and immobility later.

There's a benefit to society, too. In 2003-2004, there were 194,771 acute care hospitalizations due to injury that accounted for over 1.9 million days in hospital.<sup>†</sup> Many of those injuries – plus those treated by family doctors, or not at all – will require end-stage arthritis care later. By preserving our mobility, we reduce the need for immediate care, reduce the inflow to wait lists later, and contribute to sustainable and timely access to orthopaedic care.

No matter what your age, smart choices about bone-building nutrition, fitness and injury prevention help ensure your bones and joints will serve you throughout your life. Protect your mobility – and walk with us this May because you can!

<sup>†</sup> CIHR, National Trauma Registry 2005 Injury Hospitalizations Highlights Report, January 25th, 2006

## Keeping Canadians moving Make a commitment to bone and joint health

No matter what your age, being active, maintaining an appropriate body weight, and building strength is the foundation for healthy living in general – and that includes your bones and joints.

"As an orthopaedic surgeon for 28 years and a walker in *Hip Hip Hooray!* since its inception in 1992, the campaign is close to my heart," says Dr. Ted Rumble, *Hip Hip Hooray!* National Chair. "So is our new direction to promote prevention of the disabling conditions that make orthopaedic surgery necessary. *Hip Hip Hooray!* demonstrates the benefits of orthopaedic surgery in improving quality of life, and now also includes the benefits of building and keeping healthy bones and joints throughout life. It's about keeping Canadians moving!"

What can you do to help keep those pounds off, support your bones and joints, prevent orthopaedic injuries and ailments to keep you moving? Read on for more information.

And, join us for *Hip Hip Hooray!*, the Canadian Orthopaedic Foundation's flagship fund-raising event. It's a great opportunity to walk and commit to your bone and joint health. *Hip Hip Hooray!* takes place across the country on Sunday, May 25, 2008 (dates in some communities may differ).

For more on the event or to plan one in your community, check the Canadian Orthopaedic Foundation's website, [www.canorth.org](http://www.canorth.org).

# HiPHiP HOORAY!



Dr. Ted Rumble, National Chair,  
*Hip Hip Hooray!*

## Dedicated to improving quality of life

Pfizer Canada is dedicated to improving the health and quality of life of Canadians. It demonstrates that commitment through not only the pharmaceuticals it develops, but also the community investments it makes. A prime example is Pfizer's support of the Canadian Orthopaedic Foundation's annual *Hip Hip Hooray!* fundraiser.

"We're working for a healthier world, so that Canadians in this and future generations not only live longer, but do so in good health and as productively as possible," says Patrick van der Loo, Director, Therapeutic Areas (Pain and Inflammation), Pfizer Canada. "The Canadian Orthopaedic Foundation shares that same goal, which is why we've supported their *Hip Hip Hooray!* event for many years. It's a vital part of the Foundation's effort to ensure excellence in bone and joint health for all Canadians."



**Working for a healthier world™**

## ***Physiotherapy – It'll move you!***

By Carol Miller, Project Manager, Canadian Physiotherapy Association

Physiotherapists are mobility experts. Consult one if you've had an injury, an acute or chronic illness, are getting ready for- or recovering from- surgery, or even for advice on preventing an injury. Physiotherapists' skills lie in their ability to assess your physical status - muscle strength, flexibility, and signs and symptoms of cardio-respiratory and/or neurological impairment. They will work with you to develop a treatment plan that includes specific exercises and techniques to speed your recovery and optimize function.

In the sports world, the concept of training to develop specific physical capacity is well established. This principle is also applied in physiotherapy. For example, if weak trunk muscles limit your mobility, physiotherapy treatment will include trunk exercises in positions that replicate normal life situations. Your program may range from specific exercises to strengthen the abdominals, back extensors and pelvic floor to general activities that incorporate trunk muscle function, such as staying upright while balancing on one foot or on the 'wobble' board. For people who have had a stroke or a spinal cord injury and are unable to stand, trunk control can be re-trained with activities on tilt tables.

Using these and other techniques, physiotherapists have an important role in helping you gain, re-gain or maintain your optimal function and mobility.

## ***Rehab rules for orthopaedic injuries***

### **Physio, not just surgery, is key to full recovery**

When Toronto orthopaedic surgeon John Theodoropoulos is talking to patients about shoulder surgery, he explains that the procedure will only get them 50% better. Not that he's anticipating a poor outcome, "But what I do is only half the battle – physiotherapy will take care of the other 50%," he says.

Patients prescribed an antibiotic wouldn't expect to improve if they skipped doses, or didn't take the medicine for the full period. When it comes to bones and joints, physiotherapy is frequently the prescription.

"After surgery, the patients who aren't doing well are invariably not going to physio, or doing the wrong things in it," says Dr. Theodoropoulos.

Laying on the couch and just letting time heal won't work, he says. Without exercise, you lose muscle tone and bulk, and your joints get stiff.

Before she even considers shoulder or knee surgery, Dr. Jennifer Fletcher, an orthopaedic surgeon in New Brunswick, sends her patients for physio.

"With rotator cuff strains, for instance, 80% of people get better just with appropriate physio," says Dr. Fletcher.

It's vital, she says, to have a qualified physiotherapist instruct you in the appropriate exercises, and then to follow the regimen at rehab and at home – no shortcuts.

The other ingredient for success? Patience. Dr. Stewart Wright, a Toronto orthopaedic surgeon, notes that acute injuries can "settle down" in 2-3 weeks, and broken bones in a cast can heal in about six weeks. "But soft tissue injuries can take 12-18 months to heal completely," he says. "You need to stick with rehab, and do your part for full recovery. The investment you make up front will pay off."

## ***Take the Step Challenge Plus***

During National Physiotherapy Month, April 22-May 19, 2008, take the Step Challenge Plus with colleagues, friends or family:

- Physiotherapists recommend walking 10,000 steps per day
- Dietitians put the spotlight on fruits and vegetables
- Bone health specialists recommend more milk and alternatives

Ramp up for *Hip Hip Hooray!* this year with this healthy habit challenge. See [www.physiotherapy.ca](http://www.physiotherapy.ca) for details.



# Volunteers – You're the best!

**Celebrating National Volunteer Week – April 27 – May 3, 2008**

The Canadian Orthopaedic Foundation wishes to thank its volunteers from Vancouver to Gander. You are the face of the Foundation in the community, where the surgeon treats the patient and where the donor makes the gift.

Dedicated *Hip Hip Hooray!* volunteers raise funds and act as guardians for the investment of those funds in their communities. Ortho Connect volunteers are helping patients to feel confident and informed about their upcoming surgery. Orthopaedic surgeons, and other healthcare professionals, lend their wisdom and experience in the development of various programs and services.

The Foundation is proud to work along side you to achieve excellence in bone and joint health, mobility and function for all Canadians.

To learn more about volunteer opportunities with the Foundation check the Volunteer page on our website at [www.canorth.org](http://www.canorth.org), send an email to [volunteers@canorth.org](mailto:volunteers@canorth.org), or call 1-800-461-3639.



## Investing in the future of orthopaedics



*Dominique Rouleau*

When Dominique Rouleau was an orthopaedic resident, the scientific conference of the Canadian Orthopaedic Residents Association (CORA) was one of her educational highlights. She knows that the educational grants from the Canadian Orthopaedic Foundation are key to the success of the annual conference, where residents share the best research being performed by them during their orthopaedic training.

"Hearing about projects can create new research ideas," says Dr. Rouleau, a fellow at Montreal's Hopital du Sacré-Coeur, and a past-president of CORA. "The meeting also offers a positive exposure to research, and can help residents choose it as a career."

She says the conference and the Foundation's involvement has another benefit. "It helps to create a feeling of attachment to the Foundation and the Canadian orthopaedic community. With so many residents leaving for the U.S. each year, that's critical."

## Are you newly referred for bone or joint surgery?

Do you still have non-medical questions after seeing your surgeon? Ortho Connect is a peer support program through which newly referred patients are matched with volunteers who have already undergone similar surgical treatment.

Patients connect with trained volunteers by phone to learn a real-world patient view of what to expect from their treatment. Ortho Connect helps patients to feel confident and informed through greater understanding of the orthopaedic treatment they will receive and how it will affect their everyday lives. Best of all, Ortho Connect is FREE!

Interested in the Ortho Connect program? Call 1-800-461-3639, send an email to [mailbox@canorth.org](mailto:mailbox@canorth.org), or visit our website at [www.canorth.org](http://www.canorth.org), click on Patient Resources then Ortho Connect.



## Looking for patient information?

Visit the Foundation's website [www.canorth.org](http://www.canorth.org) and click on Patient Education or Patient Resources to find essential information about the most commonly performed surgeries, complemented with articles featuring actual patients. We're continually adding information to help patients and their families to understand what to expect so that they feel more at ease with the treatment they will receive.



## About the Foundation

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people maintain and restore their bone and joint, or orthopaedic, health. We work closely with orthopaedic surgeons, residents, researchers, nurses and other health care professionals to keep Canadians moving. We believe by advancing research, supporting education and promoting excellence of care we can make a healthy difference for the benefit of patients.

Canadian Orthopaedic Foundation  
P.O. Box 7029, Innisfil, ON L9S 1A8  
Tel: 1.800.461.3639 - 416.410.2341  
Fax: 416.352.5078  
Website: [www.canorth.org](http://www.canorth.org)  
Email: [mailbox@canorth.org](mailto:mailbox@canorth.org)

For information on our programs, press 1 to leave a message in our general mailbox. Messages are checked and returned several times daily. For receipts or to make a donation - press 4

## About OrthoLink

OrthoLink is published four times a year to share practical tips and information about the Canadian Orthopaedic Foundation's programs with people interested in building and keeping their bone and joint health. Copies are distributed to donors, volunteers and individuals who have requested information about bone and joint health or the Foundation.

If you have any comments, article ideas, or would like to receive a copy of this publication, contact the Foundation.



Canadian  
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# MAKE A DONATION

[ Visit [www.canorth.org](http://www.canorth.org) for on-line donations ]

Make a one-time donation to support orthopaedic care in your community, or request information on becoming a monthly supporter or joining us as a volunteer. Please fill out the form below and mail or fax to the Canadian Orthopaedic Foundation. Call in your donation to extension 4 at our main number - please have your credit card information ready.

The Foundation is now capable of receiving on-line donations through its website, [www.canorth.org](http://www.canorth.org)

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