

## Note from Executive Director



Ms. Angelique Berg

Good bone health is vital to your overall well-being and one of the most important things you can do for yourself and your loved ones. Nutrition, physical activity, maintaining a healthy weight and taking care to prevent injuries will help you to build and keep healthy bones and joints.

Healthy eating which includes calcium, Vitamin D and other nutrients during childhood can maximize bone-building potential. The new Canada Food Guide was designed to provide tips and tools to make it easy to see what foods are needed for good nutrition for all body functions.

Physical activity makes bones stronger, maintains healthy muscles, improves balance and coordination, and is critical to the developing bones of children. Canada's Physical Activity Guide advises a goal of 90 minutes of daily physical activity for children. Weight-bearing or load-bearing activities such as walking, skipping, and jumping are best for building and maintaining strong, healthy bones.

Make being active a lifelong commitment along with good nutrition to help you maintain a healthy weight. Being overweight or obese can cause numerous health problems, including bone and joint, later in life.

Finally, teach your child to play safe to avoid injuries. Whether in the playground, riding a bike, crossing the road, or driving a car ensure children know and understand how to do so safely. Playtime can be a lot of fun, but when someone gets hurt the fun stops. Help everyone to have fun by being smart and playing safely.

Take care of your bones and joints to ensure you maintain your mobility now and throughout your lifetime.

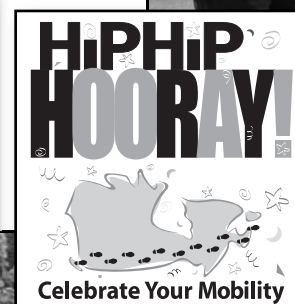
## Preliminary results from Hip Hip Hooray!

This year 31 cities walked together to raise to-date \$782,500, a preliminary total only as donations continue to arrive. The total includes preliminary reports from the day of the walk, sponsorship from Pfizer Canada, and funds raised by our lettermail campaign to past donors in communities that did not participate in this year's event. Early indications show we're on par with last year, but we expect the final results to be higher than where we are now. Generally as much as 10 percent more arrives after the day of the walk – more if there was rain, and there was (see photos)!

Congratulations to the following five communities who realized an increase in funds collected the day of the walk over last year's funds raised.

Community	Percent Increase
Chatham, ON	46
Lethbridge, AB	29
Sudbury, ON	18

Foundation staff is working to collect final results from communities so that we can calculate community investment disbursements. Watch for an update in the next issue of OrthoLink.



Patient/Volunteer story

# B.C. Family Takes Steps to Deal with Club Foot

Daughter, 7, Born with Condition, Fundraises for the Cause



Claire Chateaufneuf of Burnaby, B.C. likes Sponge Bob, swimming, scooters, and skating – a typical 7-year-old.

“If you see her now you wouldn’t say that anything is wrong,” says Dr. Shafique Pirani, an orthopaedic surgeon at the Royal

Columbian Hospital in New Westminster. But Dr. Pirani knows how much progress Claire has made; he has treated her since she was a baby, born with a club foot.

A club foot is turned inward and downward, and remains stuck in that position, resisting realignment. One out of 1,000 children, an estimated 100,000 worldwide, are born with a club foot each year.

Claire’s treatment, the “Ponseti Method” (after the doctor who popularized it), involves gently repositioning and casting the foot. Every week, the cast is removed, the foot is shifted slightly, and a new cast is applied, encouraging the foot to grow correctly. For Claire this started at six days old and went on for five casts – “like a potter moulding clay,” says Dr. Pirani.

As Claire’s Achilles tendon was too short to maintain her foot in the normal position, she also underwent a procedure to cut the tendon, which could then heal longer than before.

After her final cast was removed, Claire wore a brace (shoes attached to a bar) for 23 hours a day. This went on for months. She then had to wear it to bed, until age 5.

While some severe cases of club foot require surgery, the Ponseti Method is usually effective, and patients have no physical limitations. In fact, several prominent athletes were born with club feet, including figure skater Kristi Yamaguchi, Canadian Olympic Gold medal curler Sandra Schmirler, and soccer star Mia Hamm.

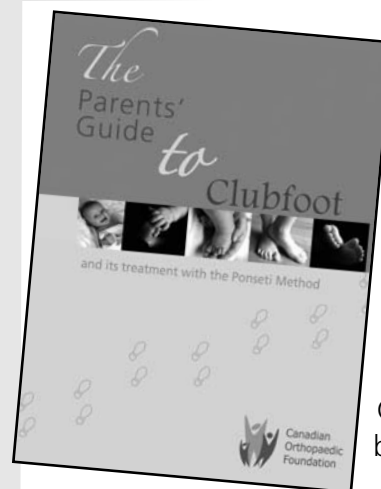
Claire wears orthotics in her shoes, and also does exercises to strengthen the outside muscles of her foot, like kicking a ball sideways, walking up slides, and picking up jacks with her toes.

One lingering effect is that Claire’s left foot is a size and a half smaller than her right. Recently, her foot began to grow a bit inward again, not uncommon, so she received another cast, and started to wear the brace again at night.

The Chateaufneuf family have become ambassadors for the disorder, with Jillian coordinating the local *Hip Hip Hooray!* walk for the Canadian Orthopaedic Foundation, and Claire and Luke among the top child fundraisers. The money raised goes towards much needed research, treatment and education.

Jillian has a healthy perspective on Claire’s condition, recalling what her family doctor told her about childbirth. “We’re always shocked when things go wrong. We should be shocked when nothing goes wrong. In varying degrees, people have all sorts of issues.”

Claire might have started life off with a disability, but thanks to orthopaedic treatment and her own determination, she has made great strides—not only for herself but for others too.



## Clubfoot Booklet

A Guide to Clubfoot and its treatment with the Ponseti Method is a booklet for parents by parents. It is a wonderful gift and fantastic tool that will help parents through all aspects of their child's care. The Foundation is honoured to be able to work with the Royal Columbian Hospital team to bring the book to life.

Dr. Shafique Pirani, an orthopaedic surgeon specially trained in the bone and joint problems of children, started the Clubfoot Clinic at the Royal Columbian Hospital in Vancouver, B.C. in 1991 to provide “one-stop shopping” for all the issues that arise with the care of children with clubfoot. At that time almost all children born with a clubfoot received many months of weekly casts to their feet, followed by surgery at about four to five months of age to make the foot/feet look straight.

“I read Dr. Ponseti’s book in disbelief, but when I tried his manipulative technique I was amazed at the corrections achieved,” says Dr. Pirani. Dr. Ponseti developed his method for treating clubfoot after much careful observation and critical thinking based on an accurate knowledge of foot anatomy and biology of growing bones. Dr. Pirani adopted the technique in 1998 and became the first Canadian doctor to successfully use the Ponseti Method for treating clubfoot.

There remains a lack of written material on the Ponseti Method in Canada for parents and caregivers of newborns with clubfoot. That’s about to change, thanks to the efforts

of Jillian Chateauneuf and Heather Cohen. They have firsthand knowledge of what parents and caregivers are seeking on clubfoot as each has a child with this disorder. Jillian and Heather took on the mammoth task of making the booklet parent friendly. Thanks to a memorial gift from Mr. Ron Plaster, and the enormous help and enthusiasm of

the Royal Columbian Hospital team, the Canadian Orthopaedic Foundation is pleased to make the booklet available to help all children born with clubfoot—no matter where the child is born.

The booklet will be free to parents of children with clubfoot. It is currently in production and is expected to be available in 2008.

## Treating children's musculoskeletal conditions

Children have unique musculoskeletal conditions that sometimes need to be treated by a specially trained orthopaedic surgeon. Paediatric orthopaedists are experts in treating children due to their specialized training and experience in treating and evaluating bone, joint or muscle problems in a child.

Because children are still growing, their problems are different than those of an adult. Their body's response to injuries, infections and deformities may be quite different than that of an adult. In fact, many of the problems children have with their bones and joints, such as clubfoot, congenital dislocation of the hip (also known as developmental dysplasia of the hip or DDH), and infections in bones and joints (osteomyelitis), don't even occur in adults. Even for the same problem that an adult might have, the evaluation and treatment is usually quite different in a child.



Many fractures and injuries occur in children due to their high activity level and unique immature skeleton. Treatment of fractures in children is different than adults due to active growth plates in their bones. Damage to the growth plate can lead to significant problems with later bone growth, and at-risk fractures have to be monitored with care.

The treatment of scoliosis is a mainstay of paediatric orthopaedics. For poorly understood reasons, curvature develops in the spine of some children, which if left untreated leads to undesirable deformity and may progress to cause chronic pain and, in rare instances, breathing problems.

Paediatric orthopaedists spend five years after medical school learning about all of orthopaedics. Then there is another year or two concentrating on the special problems and needs of children. It is often more difficult to examine, talk to and figure out what is wrong with children, compared with adults, especially when the child is very young.

A paediatric orthopaedists office is often set up specifically to deal with children and therefore is friendlier and less threatening to young patients. They also have a lot of experience taking care of concerned or worried parents and grandparents, and know about the anxiety that goes along with having a child with an orthopaedic problem.

In most provinces in Canada you will require a referral from your family doctor to a paediatric orthopaedic surgeon. A paediatric orthopaedic surgeon is committed to providing your child with the best treatment for their condition.

### Looking for 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.

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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.



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### Ortho Connect – a peer support program

Are you newly referred for bone or joint surgery? Do you still have non-medical questions after seeing your surgeon? Ortho Connect is a free, telephone-based peer support program that provides newly referred patients with the opportunity to talk to someone who has already been through a similar surgery, thus providing some insight into what to expect. Visit [www.canorth.org](http://www.canorth.org) and click on Patient Resources or call 1-800-461-3639 for more information.





# 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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