MOTION

\m\textipa{m\o-Sh(a)n}\ A MEANINGFUL OR EXPRESSIVE CHANGE IN THE POSITION OF THE BODY OR A PART OF THE BODY.
MISSION

The Foundation will raise funds to help attract the people and offer the programs to create and maintain a world-class research, education and health care organization for Manitoba and beyond.

VISION

We will support the Pan Am Clinic to deliver world-class treatment to its patients.

PAN AM CLINIC FOUNDATION BOARD OF DIRECTORS

CHAIR
James Ferguson

VICE-CHAIR
George Vis

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Brock Bulbuck
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MESSAGE FROM THE CHAIR

Over the last year, we have all witnessed significant changes in our health care system aimed at improving patient care. Health care is complicated, but the goal is not. That goal, simply stated, is to provide the best and most advanced care for each patient in a timely manner. This has been the mission of the Pan Am Clinic. Despite the ever changing health care landscape, we continue to fulfill our promise to the community.

For the past 12 years, the Pan Am Clinic Foundation has worked diligently to advance our research, education and community outreach initiatives to ensure you are receiving the most advanced treatment by the best people. Efficiency and innovation are at the heart of what we do and are imperative to the advancement of the entire health care system. With your support, we want to lead this change to better support the health and vitality of all Manitobans.

Please continue to partner with us and support us on our journey. Together, we can improve the health of the great people of this city, province and country, and ensure that we all lead active and productive lives.

Sincerely,

James A. Ferguson
CHAIR

“EFFICIENCY AND INNOVATION ARE AT THE HEART OF WHAT WE DO AND ARE IMPERATIVE TO THE ADVANCEMENT OF THE ENTIRE HEALTH CARE SYSTEM.”
MESSAGE FROM THE
CHIEF RESEARCH AND
INNOVATION OFFICER

Randomized clinical trials continue to flourish and we completed two trials that will garner national and international recognition, in the Remplissage Trial for Shoulder Instability and the Biceps Tenotomy versus Tenodesis Trial for Treatment of Biceps Pathology in Rotator Cuff Disease.

We continue to lead with state-of-the-art pieces of equipment thanks to generous donations. This includes the surgical simulator, which now has both knee and shoulder modules.

The Annual Fundraising Dinner was a resounding success thanks to the hard work of the Dinner Committee and our visiting honoree Mr. Rick Hansen, who was exceptional in terms of his sharing of his experiences.

Thanks to the Golf Committee for a successful Golf Day. Although the weather did not cooperate, it continues to be a well run and well supported event.

Our Research Program benefits from the Pan Am Rehabilitation Services, which continue to prosper and financially support the Foundation.

Thanks to everyone who works in the Foundation and supports the Foundation for another successful year!

Dr. Peter MacDonald

CHIEF RESEARCH AND INNOVATION OFFICER
MESSAGE FROM EXECUTIVE DIRECTOR AND ALBRECHTSEN RESEARCH CHAIR

Brand is more than a marketing tool or a logo; it’s a promise. A promise that must be kept every day with every employee, customer, donor, shareholder and patient. Recently we have gone through a branding exercise that has confirmed and reinforced the strength of the Pan Am Clinic brand, and more importantly, our promise to all of you that we will provide you with the best care possible, treat you with compassion, and work tirelessly together to make sure we have the facility, staff and programs that your family and you can always count on.

Since 1979, or for 39 years, Pan Am Clinic has kept this promise. Now that’s a strong brand. But how do you keep a promise for that long? Is it the leadership, the team, the culture? Yes, it’s all of the above, but it’s something more. It’s the belief not just in what we do, but why we do it. And when the why is something greater than yourself, the what evolves into something you never thought possible. The clinic is busy, everyone’s lives are hectic, health care is changing, and at times, the what we do can feel overwhelming. However, the why is much greater than ourselves, and it’s more powerful than the obstacles and challenges that we face every day. And when the why is greater than ourselves, or the organization, the commitment and promise to take care of you and your family inspires us to go above and beyond what is expected. It’s a testament to the compassionate staff we employ, the grateful patients we serve, the extremely generous donors, and the culture that Drs. Hildahl and MacDonald have created. Collectively, what we have accomplished to date can at times seem surreal and what we are planning for the future is exciting and inspiring. However, the only way we can continue to deliver on our promise is to continue our strong partnerships with all of you, and carve the new path for health care.

Sincerely,

Dr. Jeff Leiter
EXECUTIVE DIRECTOR AND ALBRECHTSEN RESEARCH CHAIR

"THE COMMITMENT AND PROMISE TO TAKE CARE OF YOU AND YOUR FAMILY INSPIRES US TO GO ABOVE AND BEYOND WHAT IS EXPECTED."
Imagine the thrill of scrubbing up, joining the team in the operating room and watching a surgery take place right in front of your eyes – all as part of your high school studies.

This was just one of the many amazing moments experienced by Danielle Semko as she took part in the Medical Careers Exploration Program (MCEP), a project supported by several partners in the health care and education systems, including the Pan Am Clinic and Pan Am Clinic Foundation.

Danielle is one of almost 500 Indigenous young people who have participated in MCEP since its launch in 2007. Through the program, these students receive a taste of the many good career prospects in health care, and the support and encouragement to stay in school and pursue their aspirations. They are also eligible for $1,000 toward post-secondary education for every year completed in the program.

Danielle opted into MCEP as a Grade 10 student at Children of the Earth. In the three years leading up to graduation, she was exposed to a wide range of career options within the medical field through internships at the Pan Am Clinic, Grace Hospital, Health Sciences Centre and Misericordia Health Centre. She also studied courses like Pre-Calculus, Human Anatomy and Physiology, Biology and Medical Terminology as she earned credits toward her high school diploma.

"It was interesting to see the other side of health care beyond the doctors and nurses – all of those other members of the team who are working behind the scenes," she says. "The academics seemed intimidating at first, but once you’re in, it becomes a little less daunting," she says.

These experiences helped Danielle zero in on the type of career she would most like to pursue after graduating from high school. She was initially interested in becoming a paramedic, then became fascinated with the work of radiologists.

But in the end, she decided to use her $3,000 MCEP bursary to study the Community Support Worker course at Robertson College. After completing her studies, she hopes to work with at-risk youth, drawing on her personal experiences within the foster care system. In the longer term, she may also pursue a degree in social work.

"My experience with MCEP convinced me that I am definitely passionate about working in a helping field generally," Danielle explains. "For me, this just felt right.

"Because of MCEP, I feel better equipped to empathize and support others as they deal with things like disability, illness and addictions. I have a better understanding of how physical symptoms affect emotions, and how emotional health can affect physical health."

Danielle’s choice reflects the broad benefits of MCEP – not just for those who choose to work in health care, but for those working in sectors connected to the system. While her experience in the operating room was exciting, she found other aspects of the program even more amazing.

"For me, the best part was the bonds created in and out of the classroom – with my classmates, and especially with my teacher, who I am still touch with today," she recalls. "I made so many good connections with so many good people. It really opened a lot of doors."
Congratulations to Dr. Wayne Hildahl who was inducted into the Manitoba Sports Hall of Fame on November 4, 2017 being named Sport Medicine/Special Olympics Builder for 2017.

He was previously inducted into the Manitoba Sport Hall of Fame in 1998 as a member of consecutive Vanier Cup championship football teams at the University of Manitoba.

The Pan Am Clinic is very fortunate to have Dr. Hildahl as our leader and Chief Operating Officer.
PATIENT TESTIMONIALS
CHRIS DEL BOSCO & MARIELLE THOMPSON

KNEES REPAIRED, OLYMPIC DREAMS RESTORED
In 2017, with the Pyeongchang Olympics on the horizon, Canadian ski cross champion Chris Del Bosco was at the top of his game. At 34, he was a veteran of two Olympics and a two-time gold medal winner in the Winter X Games. In a sport where experience can be a huge advantage, he was as competitive as ever.

But by the end of the 2017 season, Chris faced a serious setback. A scope revealed a complete tear of the posterior lateral meniscus root, an important shock absorber and stabilizer of the knee. Surgery was needed to prevent further damage, including future problems that might not be reversible.

For advice, Chris turned to a trusted doctor in his original home town of Vail, Colorado.

“He told me that if he was going to have any surgery, he’d have it done by Peter MacDonald at the Pan Am Clinic,” Chris said. “He was right. It was definitely one of the best experiences I’ve ever had.

"Most surgeons are amazing in the operating room, but the best ones are also personable, and will do whatever it takes to provide you with the best care. Pete’s definitely one of those.”

Chris also appreciated the minimally invasive nature of the repair technique recommended by Dr. MacDonald.

“It was a pretty cool procedure,” he said. “He basically tunneled under the meniscus, then fastened the root to the front of the tibia with sutures and a little button. The button acts as an anchor so the area can repair itself.”

After an eight-week recovery period, Chris was back competing in mountain bike racing, his second sport. He returned to ski cross in November 2017 and soon afterwards won his first World Cup race of the year.

As he was on the mend, a fellow Canadian ski cross champion suffered a knee injury that threatened her Olympic hopes for 2018. Once again, Pan Am Clinic provided the right solution to restore those Olympic dreams.

This time the skier was Marielle Thompson, who had won gold at the 2014 Olympics and was the number one ranked female ski cross athlete in the world. While training in October 2017, Marielle overshot a run and crashed, injuring her ACL and MCL.

It was a devastating moment for Marielle. Could she possibly compete at Pyeongchang, considering that the minimum recovery time for this type of injury was usually six months, and the Olympics were less than four months away?

“I’d had such a good season in 2017 that I knew I would qualify – if only my body would cooperate,” said Marielle. “I didn’t think I had any chance at all, based on what I’d seen my teammates go through.”

But one of those teammates was Chris Del Bosco, who encouraged Marielle to consult with Dr. MacDonald at Pan Am Clinic.

Dr. MacDonald recommended a form of surgery that would allow for a fast recovery with less downtime. After surgery at Pan Am and a few days’ rest, Marielle embarked on an accelerated rehabilitation program. Throughout her recovery, she was in regular contact with the Pan Am Clinic team, returning for MRIs, consultations and advice.

“It felt good knowing that so many people had my back,” she remembers. “It really put my mind at ease having sports physiologists and MRIs there to check everything out.”

Even with the Olympics looming, shortcuts weren’t an option in Marielle’s rehabilitation. She had to proceed through every step and pass every check, but she was able to complete the program in half the usual time.

“The key was the surgery option recommended by Dr. MacDonald. That’s what allowed me to get back into the gym so quickly. He was so accessible and made sure everything went according to plan.”

Fast forward to February 9, 2018. Pyeongchang Olympic Stadium welcomes a waving, cheering mass of red – the Canadian Olympic team. Chris and Marielle march into the stadium with their teammates, ready to wow on the slopes. It’s a gratifying outcome after months of hard work, perseverance and anxious moments.

“If I ever need anything done again,” Chris says, “The Pan Am Clinic is definitely where I’ll be headed.”

“HE TOLD ME THAT IF HE WAS GOING TO HAVE ANY SURGERY, HE’D HAVE IT DONE BY PETE MACDONALD AT THE PAN AM CLINIC... HE WAS RIGHT. IT WAS DEFINITELY ONE OF THE BEST EXPERIENCES I’VE EVER HAD.”

FULL OF JUMPS AND HIGH-BANKED Turns, SKI CROSS IS ONE OF THE MOST EXCITING SPORTS TO WATCH AT ANY WINTER OLYMPICS. WHEN INJURIES SLOW THEM DOWN, CANADA’S CHAMPIONS KNOW THAT PAN AM CLINIC CAN HELP THEM MAKE A QUICK RETURN TO THE SLOPES.
PATIENT TESTIMONIAL
PAULINE FOREST

A FULL AND
ACTIVE LIFE
AT 85
When Pauline Forest told friends she was having her wrists replaced, the common reaction was, “They can do that?”

Her answer was a resounding “Yes!” And for Pauline, the experience was easy and trouble-free.

A few weeks after her last surgery, she was back to her old routine – wearing a brace but doing everything she did before. The only difference was the absence of pain.

“I tell everyone not to be afraid of getting this surgery. For me it was not difficult at all.”

Pauline has always been the kind of person who doesn’t let much slow her down. After growing up on a farm, working at a bank and raising two children, “that’s just my nature,” said the 85-year-old.

But in recent years she’s noticed that some parts don’t work quite as well as they once did. Among those limitations was pain from severe arthritis in her wrists.

“It was never bad enough to prevent me from doing anything, but it was there when I did things that required a little more effort, like lifting the mattress to make the bed.”

One of the options recommended by Dr. Tod Clark at Pan Am Clinic was bilateral wrist replacement. Unlike some older methods of dealing with this type of pain, this procedure reserves significant range of motion for everyday tasks.

“In the past the only option was to fuse the joint, which certainly controls the pain but at the expense of losing all wrist motion,” Dr. Clark said.

“Today we can sometimes remove the arthritic surfaces and replace the wrist joint with parts made from metal and polyethylene. It isn’t the right approach for everyone, but it can be a good option for people over 65 who have lighter demands on their hands.”

For someone like Pauline, it was the ideal solution.

“I’m the kind of person who wants to keep doing everything she did when she was younger,” she said. “It’s harder as you get older, but surgeries like this really help.”

Pauline has had other procedures through Pan Am Clinic, including a hip replacement. “I may soon become the Bionic Woman if they keep this up,” she jokes.

If she needs more help in the future, she knows she can trust Pan Am Clinic to serve her well.

“I’ve always been able to get appointments when I wanted them, and I’ve never felt rushed. They really take the time to listen to questions and explain.”

“AGEING JOINTS DON’T SLOW DOWN PAULINE FOREST. WITH NEW WRISTS, SHE CAN KEEP DOING ALL THE THINGS SHE LOVES.”
In business and in life, Oliver Plett and Charlie Spiring share many of the same goals. They invest in promising ventures and promising causes. They like their golf swings and their business strategies to be perfectly executed. And they believe in giving back to the community where both have enjoyed so much success.

It was natural, then, that Oliver and Charlie, along with spouses Gennie and Dayna, would become enthusiastic supporters of the Pan Am Clinic Foundation.

“When you’re looking for ways to pay it forward, you want to know you’re investing in something really worthwhile,” said Charlie. “Chances are, every one of us will need the services of the Pan Am Clinic someday. And even if we don’t, we all benefit from their leadership.”

Oliver gained first-hand knowledge of the clinic’s vital services when he experienced his own joint problems. Pan Am was able to fix a difficult shoulder that had been replaced, as well as a painful knee.

“They are leaders in a very specialized field, and the place is filled with experts,” he said.

“Just as importantly, they have great rapport with patients.”

These positive experiences motivated the Pletts to become major patrons, and the Spirings soon followed. Together, they have contributed to several large equipment purchases that have greatly improved the clinic’s capabilities for research and education.

The latest investment supported by their donations is the Virtamed arthroscopy surgery simulator. Pan Am’s new unit is the first fully operational simulator of its kind in Canada.

Using leading-edge virtual reality technology, the simulator allows surgery residents to practice procedures in a realistic operating room setting. They receive immediate feedback on what they may have done wrong – for example, scratching cartilage or applying too much pressure – so they can perfect their technique before operating on the patient.

“We had the opportunity to try it,” Oliver said. “It’s as close to real life as you can get! It’s wonderful to see students perfecting their skills with this simulator and then doing good things in the operating room.”

Looking forward, he and Charlie agree there is a strong need to keep investing in the Foundation so the clinic can keep pace with growing needs and new opportunities. They also see the clinic as an important building block for the city.

“In a way, we’re investing in Peter MacDonald (Pan Am’s medical director) and all the great talent he attracts to this city,” Charlie said. “He’s a genuine rock star who could go anywhere, but he’s committed his career and success to Winnipeg.

“The more we support his good work at Pan Am, the more we all win.”
“CHANCES ARE, EVERY ONE OF US WILL NEED THE SERVICES OF THE PAN AM CLINIC SOMEDAY. AND EVEN IF WE DON’T, WE ALL BENEFIT FROM THEIR LEADERSHIP.”
Corey Gallagher’s expectations weren’t very high when his sports medicine doctor suggested an assessment at Pan Am Clinic’s Running and Gait Centre.

By the age of 30, he had tried just about everything to manage his recurring injuries. A painful knee. A disk in his back. A torn calf muscle. A femoral fracture that sidelined him for six months.

“There were times when I didn’t know whether I might need pins in my leg or whether I’d even be able to return to running,” said Corey, who has a history of wins in half-marathons and the national Beer Mile circuit.

“So when this gait assessment was suggested by my doctor, I wasn’t expecting much. But I figured what the heck – I might as well give it a try.”

Today, fresh off a first-place win at the 2018 Manitoba Marathon, he’s very glad he did.

“The gait analysis picked up all kinds of little things that had been missed before,” he said. “Then I could get to work on fixing them.”

“Then I could get to work on fixing them.”

“Let’s talk that advantage of 3D gait analysis,” said Kim Sénéchal, the centre’s lead physiotherapist and an avid ultramarathon runner herself. “It takes the guesswork out of the diagnosis so the treatment can be more effective. Peer-reviewed data shows that 90 per cent of patients are pain-free four to six weeks after a treatment plan is developed using this kind of analysis.”

Pan Am’s Running and Gait Centre is the only clinic in Manitoba, and one of only 16 in Canada, to offer advanced assessments of this kind to patients at all mobility levels.

“We’ve used it for people who’ve had joint replacements and wonder why they’re still limping, and people with arthritis who would like to walk unassisted,” Kim said. “We get them walking regularly again.”

During the assessment, reflective joint markers are attached to the body. As the individual walks or runs on a treadmill, a bank of high-speed cameras captures the position of the electronic sensors, creating a digital 3D record of how the body moves.

This information is then uploaded into a global database shared with 48 research partners. The individual’s stride is compared to those of 5,000 uninjured people from around the world, looking for variations in the point of impact or where the individual may collapse or pronate.

In Corey’s case, the analysis showed that he favoured one side and did not push off properly because of weakness in one leg. He’d suspected something like this – particularly since he works full-time as a postal carrier and tended to carry the mail on one side.

“Before, I would just power through those moments when I might feel weak,” Corey said. “Now I’m being smart. I’ve built up those muscles with one-legged drills, and before each run I take five minutes for little things that help ward off the problems. It doesn’t take much.”

By June 2018, he was feeling good enough to try his first 42 km race, the 2018 Manitoba Marathon. While his odds were good, he knew he would be happy to simply finish and cross “marathon” off his personal bucket list.

In the end, he won the men’s full marathon with a time of 2:37:48.5. It was somewhat of a comeback for Corey after all of his setbacks. He credits the Running and Gait Clinic for being part of it.

“When you do the gait assessment, you learn a lot,” he said. “Even if you gain just 20 to 30 more minutes of running a week so you can be happy and healthy, it’s definitely worth it.”
As a lifelong athlete, I know how important it is to treat sport injuries with skill, speed and empathy. I’ve been where my patients have been, sat where they have sat, and know what it feels like to wonder how an injury will affect your ability to participate in a sport you love. That is why I am continuing the family tradition of practising Sport and Exercise Medicine, and why I am happy to be part of the excellent work at the Pan Am Clinic.

In my chosen field of Emergency Medicine, there are limited opportunities to become involved in the continuity of care beyond the initial intervention. Here at Pan Am, that limitation simply doesn’t exist. I have the opportunity to not only treat the initial injury, but to follow the patient’s journey to improvement and beyond. It’s one of the most rewarding aspects of practising Emergency Medicine at Pan Am.

As I widen my scope of practice, I am learning from Winnipeg’s most respected sports medicine physicians and surgeons in a truly world-class treatment environment. There is an atmosphere of excellence here. Outstanding care is being delivered on a daily basis by not only the physicians and surgeons, but also by the nurses, physiotherapists, casting technicians, MRI and administrative staff. Everyone believes in the Pan Am vision of promoting a healthy, mobile and active community through the delivery of excellent musculoskeletal patient care.

That commitment to excellence includes the facilities, which are second to none. This unique and comprehensive clinic manages all aspects of care for musculoskeletal injuries, from the initial examination to MRI, surgery, casting and rehabilitation. It’s fantastic having all of the surgeons, operating rooms, diagnostics and treatment in one place.

My wife and I welcomed our first child while I completed the fellowship, and we are forever grateful for the support we received during that time. We were treated like family, and that is the type of treatment the Pan Am Clinic aims to provide all of its patients.

For anyone contemplating a career in Sport and Exercise Medicine, I highly recommend a fellowship at the Pan Am Clinic. Come here and discover the unmatched facility and staff upon which the reputation of this clinic has been built.
For most of us, seeing the northern lights or observing magnificent polar bears, up close and in the wild, are dreams on the bucket list. These opportunities rarely become real, especially for career-driven orthopaedic surgeons who would choose an outstanding learning experience over sightseeing.

Yet through the University of Manitoba and Pan Am Clinic fellowship program, it was possible for me to do both. My fellowship gave me the opportunity to learn from the world’s most reputable mentors in the field of orthopaedic sports medicine and upper extremity reconstruction while being able to view the northern lights. The program even came with the opportunity to take a short trip to Churchill to observe polar bears in the wild.

I am not aware of any other fellowship program on our planet that provides such a beautiful learning experience. For me, it was a dream come true.

There was no limit to the surgical, clinical and research opportunities during my time at Pan Am. The fellowship program was well-structured to cover all the areas of sports medicine, including pathologies of both the upper and lower extremities. I was truly impressed by the number of cases and range of conditions I was exposed to.

It was also a privilege and great joy to live in the special city of Winnipeg and spend time with the Pan Am family. The atmosphere was welcoming and staff were helpful at every level and in every aspect of my training. “Friendly Manitoba” lived up to its reputation.

Although my fellowship was scheduled for just six months, I ended up staying for another six months as a trauma fellow at the University of Manitoba.

As a Pan Am alumni, I will always be grateful for the experience of learning outstanding surgical and clinical skills at the highest level in one of the world’s most beautiful geographies.
Winnipeg has a lot in common with the city of Łódź, my hometown in Poland. Other places may be wealthier or more beautiful, but one thing makes our two cities strong: The people. The best people in the world! Since my very first interview with Peter Macdonald, I never doubted that the fellowship program at Pan Am Clinic was right for me. Dr. MacDonald and I had both been trained and mentored by the same “master” – Dr. Richard Hawkins from the Steadman Hawkins Clinic of the Carolinas in Greenville, South Carolina. Dr. Hawkins had once told me, “Pan Am Clinic and Pete will make you love Canada. It’s gonna be terrific.” He was right, as he always is!

One year in Winnipeg gave me the opportunity to work with good surgeons and a unique research team, and to gain tremendous hands-on experience in the operating room. I will never forget that first day, when Dr. Berdusco “gave me the knife.” Or my first shoulder replacement with Dr. Dubberley. Or the moment Dr. Macdonald let me do the whole case.

These are lessons a fellow can’t overestimate. They are what makes us stronger and what prepares us for our future practice.

The Pan Am fellowship is not just about surgical training. What makes it unique is the way fellows become members of “the Pan Am family” – something very important to a single guy, thousands of kilometers away from his family.

I have so many great memories: The way Jamie Dubberley and his great wife Lara “adopted” me on Christmas Eve, which is a big deal for a Polish guy! The time I was able to spend with the Winnipeg Jets and Winnipeg Blue Bombers, thanks to the Pan Am doctors. Even at -47 C, Winnipeg is a very warm place!

As Dr. MacDonald once told me, “Now we are friends for life.” Yes, Winnipeggers, you definitely have a friend here in Łódź, Poland. DZIĘKUJE (thank you)!

“PERFECT PEOPLE, PERFECT SURGEONS, PERFECT NURSES, THERAPIST AND UNIQUE RESEARCH TEAM MADE MY YEAR ’AWESOME’.”
**DIAMOND IN THE ROUGH**

**ON MONDAY, JUNE 11, THE PAN AM CLINIC FOUNDATION HOSTED OUR SIXTH ANNUAL GOLF TOURNAMENT AT NIAKWA GOLF AND COUNTRY CLUB. THE 140 GOLFERS WERE TREATED TO SALISBURY HOUSE CHEESE NIP OR PICKEREL NIP FOR LUNCH AND RECEIVED A PAIR OF LULULEMON PANTS ALONG WITH A WATERPROOF BACKPACK AND SPORTS CAMERA AS THEIR TEE GIFT.**

It was wonderful having a variety of golfers, from donors, doctors and our generous sponsors. A few die-hards even stayed out in the rain to golf a couple extra holes (or maybe they lost a bet). A special thank you to the staff and volunteers that were out on the course that helped make the day a great success.

Thank you to Diamond Athletic Medical Supplies Inc. along with all of our sponsors and those who came out to play.

We want to take this opportunity to send out a huge thanks to our committee members, Jerry Acheson, Barry Bembridge, Keith East, Mike Gilmour, Andrew Parks, Kelly Pickard, Willie Plouffe and Jeff Rabb for taking time out of their busy schedules to plan and help organize the tournament we could not do this event without them.

The Pan Am Clinic Foundation along with the Organizing Committee would like to thank all those who participated, offered sponsorship support and provided fabulous prizes that helped make Diamond In The Rough a continued success.

We are looking forward to another successful tournament on June 17, 2019.

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**EVENT SPONSORS**

- Diamond Athletic Medical Supplies Inc.
- Better Business Marketing Group
- Boyd Autobody and Glass
- Brean Marketing Inc.
- Carbone Coal Fired Pizza
- Casinos of Winnipeg
- CIBC
- Clear Lake Golf Course
- Culligan
- Elkhorn Resort
- Enns Brothers
- EPH Apparel
- Greg Klassen – Nation Bank Financial
- Labatt Breweries of Canada
- Lululemon
- Manitoba Liquor and Lotteries
- Mercedes-Benz Winnipeg
- Mindray Zonare
- Morden’s of Winnipeg
- Ontime Group
- Pinnacle
- Pratts Wholesale Ltd.
- RBC Wealth Management – Fradkin Wealth Management
- Royal Sports
- Salisbury House
- Santa Lucia Pizza
- Savanna Dry Premium Cider
- Southern Comfort
- Wellington College

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**DIAMOND ATHLETIC MEDICAL SUPPLIES INC.**
Over 420 supporters of the Pan Am Clinic Foundation were in attendance at the Fort Garry Hotel’s grand ballroom on Thursday, March 22, for the 13th annual Fire and Ice Gala. This year the Foundation honoured Rick Hansen with John Sauder as the emcee for the evening.

Thrity-three years ago, Rick Hansen set out on the Man in Motion tour and for that entire tour he inspired the world by showing us that impossible is possible, and to never stop dreaming. To this day, Rick continues to knock down barriers for people with disabilities and raise funds to find a cure for spinal cord injury.

Scott Oake conducted another legendary “After Hours” style one-on-one interview with Rick Hansen that had the crowd emotional and completely captivated with the conversation.

Dr. Jeff Leiter, the Foundation’s Executive Director, said that “to most of us it seems impossible what Rick Hansen has accomplished; the majority of us will never make our way around the world in an airplane. It really forced me to think about the how, and I realized it wasn’t the “what” Rick did every day that drove him, it was the why. Rick did it for something much greater than himself and after all these years, continues to keep his promise. That is the power of why! I am extremely grateful and blessed that I have had the opportunity to meet and honour one of the greatest heroes Canada and the world will ever know.”

A special thank you to our Presenting Sponsor The Asper Foundation and our amazing Co-chairs Lee and Jordan Meagher for another successful evening. The gala raised over $100,000 this year. The funds will support The Pan Am Clinic Foundation’s research, education and community outreach programs.


# SUMMARY STATEMENT
## OF FINANCIAL STATEMENT
### YEARS ENDED MARCH 31

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| **EXPENSES**         |        |        |
| Acknowledgements, gifts and donations | 30,977 | 73,414 |
| Advertising and promotion | 1,411 | 4,624 |
| Amortization          | 109,052| 106,816|
| Bank charges and interest | 2,563 | 870 |
| Consulting fees       | 103,237| 185,679|
| Continuing development | 47,276 | 44,621|
| Fundraising events    | 154,366| 143,736|
| Insurance             | 20,538 | 20,641|
| Medical careers exploration program | 127,161 | 148,514 |
| Professional fees     | 151,840| 202,543|
| Rent                  | 5,740  | 2,870 |
| Repairs and maintenance | 1,031 | 18,699|
| Salaries and benefits | 674,874| 700,829|
| Supplies and equipment | 58,274 | 100,849|
| Travel                | 29,469 | 35,597|
| **Total**             | 1,517,809 | 1,790,302 |

| **OTHER ITEMS**      |        |        |
| Equity earnings of Pan Am Rehabilitation Services Inc. | 74,787 | 155,500 |
| Unrealized gain on investments | 180 | -204 |
| Loss on disposal of capital assets | 0 | -729 |
| **Total**            | 74,967 | 154,567 |

Increase (decreases) in net assets | 85,697 | 25,542 |
Net assets at beginning of year, as previously stated | 2,553,829 | 2,528,267 |
Net assets at end of year | 2,639,526 | 2,553,829 |
<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and equivalents</td>
<td>1,270,591</td>
<td>1,110,965</td>
</tr>
<tr>
<td>Accounts receivable</td>
<td>86,395</td>
<td>102,321</td>
</tr>
<tr>
<td>Prepaid expenses</td>
<td>22,118</td>
<td>17,519</td>
</tr>
<tr>
<td>Loan receivable from Pan Am Rehabilitation Services Inc.</td>
<td>133,974</td>
<td>219,942</td>
</tr>
<tr>
<td>Capital assets</td>
<td>697,618</td>
<td>611,419</td>
</tr>
<tr>
<td>Long-term investments</td>
<td>396,188</td>
<td>378,968</td>
</tr>
<tr>
<td>Investment (deficit) in Foundation Rehabilitation Services Inc.</td>
<td>230,287</td>
<td>237,500</td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>2,837,171</td>
<td>2,678,634</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIABILITIES AND NET ASSETS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts payable and accruals</td>
<td>197,645</td>
<td>124,805</td>
</tr>
<tr>
<td>Net assets</td>
<td>2,639,526</td>
<td>2,553,829</td>
</tr>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td>2,837,171</td>
<td>2,678,634</td>
</tr>
</tbody>
</table>
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$10,000  Incidence of ICU Admissions Following Arthroplasty: A Provincial Review
$13,130  A Randomized Controlled Trial Comparing Low-Intensity, Pulsed Ultrasound to Placebo in the Treatment of Operatively Managed Scaphoid Non-Unions

DEPARTMENT OF SURGERY
$15,000  Number One Overall Graft Pick? Hamstring vs Bone-Patellar Tendon-Bone vs Quadriceps Tendon: A Prospective Expertise-based Cohort Study

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$20,000  Number One Overall Graft Pick? Hamstring vs Bone-Patellar Tendon-Bone vs Quadriceps Tendon: A Prospective Cohort Study

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$1,000  Biceps Tenodesis versus Tenotomy in the Treatment of Lesions of the Long Head of Biceps Brachii: Randomized Clinical Trial
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www.panamclinic.org/foundation.asp

2017-2018 ANNUAL REPORT
HOW TO DONATE

The services offered and the innovative approaches to health care at the Pan Am Clinic have helped to establish our organization as a community and national leader in health care. Your financial support for education research and community outreach initiatives will assist in advancing the treatment of muscle, bone and joint conditions and ultimately play a key role in helping people live healthy, active lives.

If you would like to make a donation to the Pan Am Clinic Foundation, please contact us at 204.232.8271 or visit www.panamclinic.org/donate