A meaningful or expressive change in the position of the body or a part of the body.
The mission of the Pan Am Clinic Foundation is to support the Pan Am Clinic in making a positive difference in the lives of those with musculoskeletal diseases, disorders and injuries. The Foundation will raise funds to help attract the people and offer the programs to create and maintain a world-class research, education and healthcare organization for Manitoba and beyond.
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MESSAGE FROM THE CHAIR

Working together with the Pan Am Clinic, the Pan Am Clinic Foundation has created a world-class centre of excellence through innovation. By recruiting and retaining the best healthcare team possible, Pan Am Clinic has captured global recognition as a leader in muscle, bone and joint care and research. As you read this year’s annual report, we hope you recognize and appreciate the team of dedicated and skilled healthcare professionals that work at the Pan Am Clinic.

We are honoured to introduce our expanding team of specialized surgeons in this year’s report. With their expertise and unique skills, they have assisted the Pan Am Clinic Foundation in developing a powerful, multidisciplinary team that is capable of performing orthopaedic research of the highest level without the need to venture outside of Manitoba. Our prominent research and education programs allow the Pan Am Clinic to continue to improve upon its tradition of responsive, innovative and high-quality patient care.

The Pan Am Clinic Foundation constantly strives to expand our support for the research, education and community outreach initiatives through gift solicitation, fundraising events, grateful patient programs, grants and sponsorships. These opportunities propel healthcare forward and help maintain a world-class organization for Manitoba and beyond. Your continued support allows us to practice excellence in the prevention and treatment of muscle, bone and joint disease, ensuring that the people of our community are receiving the best care possible.

On behalf of the Foundation’s Board of Directors, I would like to thank you and everyone involved in helping make this year a great success. I am excited about the Foundation’s potential and how its achievements will make a positive impact on Winnipeg, Manitoba and the world.

James A. Ferguson

The Pan Am Clinic Foundation has created a world-class centre of excellence through innovation.
MESSAGE FROM THE CHIEF RESEARCH AND INNOVATION OFFICER

We thank you for taking the time to review the Pan Am Clinic Foundation’s 2012 Annual Report. The Pan Am Clinic Foundation continues to provide internationally recognized research in musculoskeletal and sport-related injuries. The number of publications and research grants through the Foundation continues to rise on a yearly basis.

The Foundation’s main goals are research, education and community outreach. On the educational side, we continue to provide several skill labs every year, and we look forward to providing facilities for the 2013 Canadian Orthopaedic Association Meeting for surgical skills courses. Community outreach continues to play a major role in the education of core area children in healthcare-related career opportunities.

I wish to thank the dedicated staff of the Foundation for providing excellent research in an educational environment, as well as striving to make musculoskeletal injuries a community issue. As this is an ever-evolving field, we look forward to future initiatives by the Foundation and sustainable models to fund this activity on an ongoing basis.

Thank you again for your support in this regard.

Dr. Peter MacDonald

The Foundation’s main goals are research, education and community outreach.
Thomas Hall, Research Assistant, operates the Alter-G Anti-Gravity Treadmill (Alter-G Inc., Fremont, CA) at the David and Ruth Asper Research Centre.
Physiological testing using the Oxycon Mobile portable metabolic cart (Carefusion, Hoechberg, Germany) at the David and Ruth Asper Research Centre.
MESSAGE FROM THE EXECUTIVE DIRECTOR AND RESEARCH CHAIR

What does mobility and active living really mean? The truth is, we probably don’t think about either on a daily basis until our function and quality of life is impaired by the symptoms of muscle, bone and joint (musculoskeletal) disease or injury. These conditions affect more than one-quarter of our population and account for more than half of all chronic conditions in people over the age of 50.

Fortunately, the Pan Am Clinic and the Pan Am Clinic Foundation are dedicated to minimizing the burden of musculoskeletal conditions by advancing the prevention, diagnosis and treatment of these disorders through world-class research, education and community outreach. Building on the momentum and successes of last year, the expansion of the Pan Am Clinic Foundation to a satellite research centre at the MTS Iceplex has allowed us to enhance research, education and community outreach in the areas of elite athletic performance and sport-related concussions.

Since musculoskeletal disorders do not discriminate by age, sex or activity level, the drive behind the initiatives of our Foundation is to enhance the quality of life of all Manitobans dealing with musculoskeletal conditions.

The return of the Winnipeg Jets to our city injected a sense of pride and exuberance into our community and reaffirmed our belief in the progressive, successful and persistent qualities that make us Manitobans. Musculoskeletal health is the foundation on which these qualities are built, and we all must work together to ensure we continue to keep our community active, healthy and prosperous.

On behalf of the Pan Am Clinic Foundation, I would like to extend our sincere appreciation and gratitude for your generosity, support and partnership in our crusade against musculoskeletal disorders and the pursuit of optimal mobility and active lifestyles.

Dr. Jeff Leiter
CONCUSSION RESEARCH

It was the first weekend of the Canadian Football League playoffs in 2012. The Calgary Stampeders were facing the Saskatchewan Roughriders in the West Division semi-finals.

Calgary quarterback Drew Tate – one of the bright, young stars in the CFL – took a violent helmet-to-helmet hit late in the second quarter. He returned to the field and finished the game, though he offhandedly told reporters later that he didn’t remember the first half. The Calgary coaching staff was adamant Tate had passed all concussion tests on the sidelines, and Tate later retracted his comments.

The situation caused a massive discussion about head injuries across the country.

On that very same Sunday in the National Football League, three prominent quarterbacks – Alex Smith, Jay Cutler and Michael Vick – all sustained head injuries and were forced to leave their games.

One single Sunday of football in North America, four suspected concussions. And nobody can say what the long-term consequences will be for these athletes, especially if they sustain multiple hits to the head throughout their careers.

But it’s not just football, and it’s not limited to professionals.

From grown men getting paid to play hockey to young children enrolled in sport at the community club level, concussions have become an enormous issue.

Yet, despite the increased attention being paid to concussions, relatively little is known about the attitudes and knowledge of young players, their coaches and their parents.

Neck strength is one component of testing performed as part of the “Predictors of Concussion” study conducted by the Pan Am Clinic Foundation Research Team in collaboration with Dr. Michael Goytan.
Similarly, little information exists on how amateur players suspected of having a concussion, make their way through the medical system.

In an effort to answer these questions, the Pan Am Clinic Foundation, with the support of Hockey Manitoba, has reached out to 7,443 hockey players between 13 and 21 years of age, 6,627 parents and 1,392 coaches.

Their responses will be part of a larger study that will include the results of an identical survey for minor football players, coaches and parents.

The goal is to support the development of a clinical program for athletes in any sport who have sustained a concussion and to gain insight into the most effective manner for educating players, coaches and parents about head injuries.

The study’s lead researcher says the current difficulty rests in the lack of scientific evidence available.

“I think even the scientific world doesn’t understand concussions yet,” says Dr. Jeff Leiter. “We’re getting some evidence from retrospective autopsy studies. But we have no way of knowing if the damage actually started in high school or college when the kid had a concussion. Right now, it’s generally linked to the injuries they sustained playing professional sports. But when you’re younger, the brain is developing so it could be more susceptible to long-term damage.”

There’s also the fact that many former players who are now in coaching or management ranks, sustained concussions in their younger days without any long-term effects. Leiter says it can be difficult to convince those people that concussions are dangerous for young athletes.

“I think it’s a transition era from where we didn’t know a lot about it to where now it’s receiving a lot of attention, but we still don’t know a lot about it. And I think the next era will be where there’s a lot of science to prove what people are hypothesizing at this point.”

The Pan Am Clinic concussion study is expected to be published in the spring of 2013.
The first three times Tyler Beachell sustained a concussion while playing hockey, he didn’t give much thought to the idea of head injuries.

As a member of the Princeton University hockey team, he followed orders to stay off the ice for two weeks each time, even though he felt fine almost immediately after.

“Back then, I didn’t take concussions very seriously,” says Beachell. “I think most people who don’t have a bad experience with them don’t take them seriously.”

But when he sustained a fourth concussion in 2010, the 24-year-old finally came to understand what all the fuss is about.

As Beachell describes it, he took what looked and felt like a very innocent hit. But he knew right away something was wrong.

“The hit threw me off. I don’t have very much memory right after it happened,” he explains. “Immediately, I had bad headaches and I was light-headed. And it was still going on two weeks later. Any time I got my heart rate up, I’d get dizzy. Obviously I wanted to get back in the lineup, but the team doctor and team trainer decided to keep me out longer.”

Unfortunately, the time off wasn’t helping. Instead of improving, Beachell’s symptoms were getting worse. It quickly became clear, not only would his season be over, this was the end of his hockey career.

Beachell continued to see doctors in the U.S. while he completed his schooling, then had to find a new set of physicians when he returned home to Manitoba.

Those doctors remain a regular part of his life as he lives with the serious side effects of post-concussion syndrome.

“I have to be very careful about the way I treat my body. It has changed my life,” he says.
Now 26 years old, Beachell lives with daily headaches and light-headedness. Loud noises or bright lights can bring on an instant headache or extreme nausea. Innocuous sounds like plates banging in a restaurant can set the symptoms off.

As a commodity trader for a grain company, Beachell says he often looks forward to getting into a dark room after a long day at work on the noisy trading floor.

And, of course, he has had no choice but to dramatically decrease his level of physical activity. The former university hockey player is now limited to low intensity exercise; anything that raises his heart rate brings on the symptoms and must be avoided.

But because his symptoms aren’t outwardly visible, it’s hard for people to understand what he’s going through. And he says that’s part of the problem when players sustain a concussion: if you don’t look like you’re hurt, people will say you don’t have a good reason for staying out of the game.

“I think there’s probably a bit of a stigma there for players because there’s no symptoms other than the ones the player reports. I think it’s easy for others to perceive it as wimpy,” says Beachell. “I can definitely remember thinking that myself about other players who were out with a concussion. I thought they should have been getting back in the game and toughing it out. You still hear people say that today. But I now know my old attitude was wrong, and it’s frustrating as someone who’s living with the after-effects.”

He adds, the competitive nature of athletes is another complicating factor. In his locker room observations over the years, he says no matter how bad a player feels, he’ll do everything he can to stay in the game.

“That is exactly why I think lots of players mask their symptoms and hide it. They don’t want to be on the radar as having a concussion because they know the process to get back on the ice is often a long one. Especially if you’re a guy fighting to get into the lineup every night, you’ll mask those symptoms and won’t report them. That definitely happens a lot.”
Beachell now has a laundry list of medical professionals who have tried to help him; he’s seen neurologists, symptomatologists, ophthalmologists, allergists, neuropsychologists, numerous general practitioners, physiotherapists, naturopaths and massage therapists, just to name a few.

He is now working with Dr. Wayne Hildahl at the Pan Am Clinic in an effort to find some relief.

“It’s still a challenge,” says Beachell. “Concussions remain widely variable from patient to patient. They can be tough to diagnose and even tougher to treat. Dr. Hildahl is on the cutting edge of the field, and you can tell he’s very passionate about it. He asked if I’d be willing to work with him on his project, and without hesitation I said I’d love to. If others are dealing with what I’m dealing with, I’d do whatever I could to help them through it.”
Dr. Jeff Leiter, Albrechtsen Research Chair

Dr. Jeff Leiter has been with the Pan Am Clinic Foundation since January 2006. In May 2009, he was awarded the position of Albrechtsen Research Chair for a five-year term. He is also the Executive Director of the Foundation and has faculty appointments in the Departments of Surgery; Human Anatomy and Cell Science; and Family Medicine. Jeff has a Master of Science in Biomechanics and obtained his PhD in April of 2009 from the Department of Human Anatomy and Cell Science at the University of Manitoba. He oversees the Research Program at the Pan Am Clinic that has over 40 active studies ranging from investigating the differences between surgical techniques for anterior cruciate ligament reconstruction to the activation of muscle stem cells from pathological rotator cuff muscle. Recently, Jeff launched a study on concussions in hockey and was honoured to be invited to give the keynote address, along with Dr. Peter MacDonald, at the Winnipeg Regional Health Authority 2012 Annual General Meeting.

Sheila McRae, Research Associate

Sheila McRae has been employed as a Research Associate in the Pan Am Clinic Foundation Research Program since 2006. Prior to joining Pan Am, Sheila graduated with a Bachelor degree in Physiotherapy in 2000 and was involved in direct patient
care at two private clinics in Manitoba, as well as at Victoria General Hospital in acute orthopaedics. She completed her Master of Science in Medical Rehabilitation in 2006 and is presently completing her dissertation in the Applied Health Science PhD program at the University of Manitoba with a focus on structural and functional changes of muscle following anterior cruciate ligament reconstruction.

Dr. Jason Peeler, Research Affiliate

Dr. Jason Peeler’s primary academic appointment is in the Department of Human Anatomy and Cell Science in the Faculty of Medicine at the University of Manitoba. His educational background includes an undergraduate and Master degree majoring in Athletic Therapy from the University of Manitoba, and a PhD in the area of applied musculoskeletal anatomy. His current research focuses on the development of new and innovative exercise strategies for the rehabilitation of knee and shoulder injuries. Jason also possesses a wealth of teaching and clinical experience in the field of musculoskeletal medicine and sports rehabilitation. He has been certified as an Athletic Therapist [CAT(C)] through the Canadian Athletic Therapists Association since 1992; currently serves as the Musculoskeletal Medicine Educational Director for the medical program at the University of Manitoba; and has worked extensively in high-performance sport, having been selected to serve on the Canadian medical team at numerous national and international sporting competitions including the 2010 and 1998 Commonwealth Games, 2007 and 1999 Pan American Games, 2007 and 1995 Canada Winter Games, and the 2001 and 1999 World University Games (FISU).

Dr. Barbara Shay, Research Affiliate

Dr. Barbara Shay is an Associate Professor in the Department of Physical Therapy, School of Medical Rehabilitation (SMR) in the Faculty of Medicine at the University of Manitoba. She graduated with a Bachelor of Medical Rehabilitation (Physical Therapy) over 25 years ago and has extensive clinical experience in the physiotherapy treatment and management of neuromuscular injuries. Her MSc work related to the effects of an interval wheelchair-training program on upper limb strength of people with cervical spinal cord injuries. She completed her PhD studies in the area of neurophysiology and specifically related to neurotransmitters involved in pain and their effects on reflex activity in an in-vitro spinal cord animal model. Her current research interests include evaluation of clinical treatment interventions such as medications, surgery or physical treatments including manual therapy, electrophysical agents, acupuncture and exercise and most recently, cognitive behavioural treatments directed at people with chronic pain conditions.
Dr. Peter MacDonald

**Area of Specialty**
Shoulder, Knee, Sports Injuries and Arthroscopy

**Education**
Orthopaedic Residency – University of Manitoba
Sports Medicine Fellowship – University of Western Ontario

Dr. MacDonald serves as Head, Section of Orthopaedic Surgery at the University of Manitoba; Gibson Chair of Orthopaedic Surgery and Research; Regional Leader, Section of Orthopaedic Surgery for the WRHA Surgery Program; and is the Head Team Physician and Head Orthopaedic Surgeon for the Winnipeg Jets and Winnipeg Blue Bombers.
Dr. MacDonald is a member of many local and international associations, and serves on the board of directors of the Pan Am Clinic Foundation. He established the Sports Medicine and Upper Extremity Reconstruction Fellowship at the Pan Am Clinic that attracts surgeons from around the world. He is passionate about research, contributing to over 50 publications and giving more than 290 presentations.

Dr. Jamie Dubberley

**Area of Specialty**
Upper Extremity Surgery

**Education**
Orthopaedic Residency – University of Manitoba

Upper Extremity Orthopaedic Fellowship – Hand and Upper Limb Centre, London, ON

Dr. Dubberley completed an undergraduate degree in Physical Education at Acadia University and then completed his undergraduate medical degree and Orthopaedic Surgery Residency at the University of Manitoba. He then went on to complete a fellowship in Upper Extremity Orthopaedics at the Hand and Upper Limb Centre in London, Ontario. His research interests include the comparison of different surgical approaches to a variety of conditions, as well as surgical resident education. Dr. Dubberley has been a program chair of the Manitoba Orthopaedic Symposium since 2006. He is a member of the Canadian Orthopaedic Association and the American Academy of Orthopaedic Surgeons and been involved in over 60 educational or research meetings and programs and given 24 presentations at the national and international level.

Dr. Tod Clark

**Area of Specialty**
Hand, Wrist and Elbow Surgery

**Education**
Orthopaedic Residency – University of Manitoba

Clinical Fellowship in Hand, Wrist and Microvascular Surgery – Mayo Clinic, Rochester

Dr. Clark’s practice currently focuses on management of elective and traumatic conditions in the hand, wrist and elbow including but not limited to arthritis, fracture care, ligament and tendon injuries as well as nerve pathology. In tandem with Dr. Guiffre, he manages and treats patients with brachial plexus injuries and peripheral nerve conditions of the upper and lower extremity.

“When I am not working, I enjoy distance running, hockey, golf and baseball, as well as spending time with my family - wife Tara and our children Ty (8), Taya (6) and Tanner (3).

I feel very lucky to work at the Pan Am Clinic. It is truly a jewel in the city of Winnipeg. The medical community is well aware that we have a one-of-a-kind institution in Canada, and one of the top multidisciplinary musculoskeletal care facilities in North America. Recent recruitments to the Section of Orthopaedic and Plastic Surgery at the University of Manitoba have ensured that patients with any problem of the MSK system from the fingertips to toes can be treated and cared for in a first-class facility and with the latest technology and surgical procedures.”
Dr. Greg Stranges

Area of Specialty
Sports Medicine, Arthroscopy, Knee and Shoulder Surgery

Education
Orthopaedic Residency – University of Manitoba
Knee and Shoulder Surgery Fellowship – Sunnybrook Hospital and University of Toronto
Sports Medicine and Arthroscopic Surgery Fellowship – Steadman Hawkins Clinic of the Carolinas

“To me, working at the Pan Am Clinic means being a member of a special team. It is a unique clinic with orthopaedics, sports medicine, surgery, physiotherapy, MRI and the Research Foundation all under one roof. A patient may have various appointments within several or all of those departments, and I can be sure that every member of the clinic staff will take great pride in providing excellent care every step of the way. The ability to discuss cases or topics with colleagues in orthopaedics, primary care or radiology promotes a multidisciplinary approach to patient care and a remarkable educational opportunity for the residents and fellows who train with us. Finally, the proximity to the Research Foundation fosters a collaborative environment between the surgeons and research staff which is evidenced by the numerous ongoing clinical studies and published papers that have come out of the Foundation. This unique and innovative approach gives the Clinic its reputation for excellence and makes me proud to be a part of the Pan Am team.”

Dr. Jason Old

Area of Specialty
Arthroscopic Shoulder and Elbow Surgery, Shoulder Replacement Surgery

Education
Orthopaedic Residency – University of Manitoba
Shoulder and Elbow Surgery Fellowship – North Shore Hospital, Auckland, New Zealand and Melbourne Shoulder and Elbow Centre, Australia
Shoulder Surgery Fellowship – Nice, France
Dr. Old has been in practice since 2009 at the Pan Am Clinic and Concordia Hospital as a member of the Sports and Upper Extremity group. He completed a Bachelor of Arts degree at the University of Winnipeg and was awarded the gold medal in history. He completed his undergraduate medical degree at the University of Manitoba Medical School in 2002. He completed his residency in orthopaedic surgery at the University of Manitoba Medical School. Dr. Old completed fellowship training in shoulder and elbow surgery at North Shore Hospital in Auckland, New Zealand and at the Melbourne Shoulder and Elbow Centre in Australia. He also completed a shoulder surgery fellowship in Nice, France under Professor Pascal Boileau. He has an interest in clinical shoulder and elbow research.

**Education**
Orthopaedic Residency – University of Manitoba
Foot and Ankle Surgery Fellowship – University of Iowa
Orthopaedic Trauma Fellowship – University of Missouri

“When I am not working or pursuing academic interests I can always be found with family. My wife Elizabeth, son William (3) and daughter Emma (2) keep me very busy. We have a wonderful neighbourhood full of other young families and you can usually find us hanging out with our community at various events and gatherings or just walking our dog (Tonga). My wife and I love to dive and travel to remote locations to enjoy pristine reefs. It is our hope that the kids will be joining us shortly on some snorkeling adventures.

Working at the Pan Am Clinic is another community I am happy to be part of. Pan Am Clinic staffs a caring, driven, and dedicated group of individuals that I can count on to assist both myself and my patients.”

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**Dr. Allan Hammond**

**Area of Specialty**
Trauma, Foot and Ankle, Complex Knee Ligament Surgery

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Dr. Heather Barske

**Area of Specialty**
Foot and Ankle Surgery

**Education**
Orthopaedic Surgery Residency – University of Manitoba
Clinical Fellowship Foot and Ankle Surgery – University of Rochester Medical Center
Clinical Fellowship Foot and Ankle Surgery – University of British Columbia

As the newest member of the Pan Am Clinic orthopaedic surgery team, Dr. Barske is happy to have returned home to Winnipeg and the welcoming environment of the Pan Am Clinic. With the support of her family, husband Kevin, daughter Claire (4) and son Logan (1), the transition from fellowship to practice has been very smooth.
Fellowship – Dr. David Rhodes

When David Rhodes learned he would be moving to Winnipeg from Nebraska to complete his Orthopaedic Fellowship at the Pan Am Clinic, he promised his family they’d get to experience their first real winter.

Wouldn’t you know it, that winter ended up being Winnipeg’s warmest and driest on record.

“We were really geared up to experience a true Canadian winter and, low and behold, we had the warmest one that anybody could remember,” he laughs. “So, we missed out on that. But our kids really enjoyed learning to skate and play ice hockey at school. So, all those things just made for a really nice year in Winnipeg.”

Rhodes learned about Winnipeg and the Pan Am Clinic during his orthopaedic surgery residency at the University of Utah; one of his mentors knew Dr. Peter MacDonald, and felt a year working alongside Pan Am’s head surgeon during a sports fellowship would be a year well spent.

“When I looked a little bit into the fellowship on my own and discovered there was a split fellowship with upper extremity reconstruction, I was very interested because I thought it would really diversify the experience for me,” he explains. “That’s how I became interested in making my way to Canada from the U.S. because I know it’s not very common to do that.”

Although it wasn’t a common move, Rhodes says it was absolutely the right one.

“My experience at Pan Am Clinic was outstanding. I really enjoyed getting to think about things on a deeper level for a year, educationally and in orthopaedic surgery. There was time to read and think about things because of the free time during off-hours. So, that was a huge benefit to me,” he says.

He calls working with Dr. MacDonald, Dr. Jamie Dubberley, and the other surgeons a real treat, which allowed him to experience different ways of doing things. But he says it was really the entire staff at Pan Am that made the experience so enjoyable.

“The people that I got to work with from the attendings, fellowship mentors, the residents, the co-fellows, to the OR staff, they were all top-notch. It was a really fun time coming to work every day; I looked forward to it every morning,” says Rhodes.

After completing his fellowship, Rhodes moved back to his adopted home state of Nebraska with his wife Darcy and their children. He joined two other surgeons at the Central Kansas Orthopaedic Group in Great Bend, Kansas, where he’s doing general orthopaedic surgery with an emphasis on shoulder and elbow surgery.
“I would definitely encourage anyone thinking of a fellowship at Pan Am to give it a serious, long consideration,” he says. “The operative experience – which most potential fellows are looking for – is outstanding at the Pan Am Clinic. And it’s also the opportunity to have scholarly pursuits whether it’s reading or being involved in research; there are lots of opportunities to be part of that if you’re interested in it. But I think as important as those things, is that the people you work with are just good people. I definitely encourage people to take a strong look at it.”

I really enjoyed getting to think about things on a deeper level for a year, educationally and in orthopaedic surgery.
For many young people, the road through high school to university is a tough one, even with the full support of family and friends.

Beverly Pettit didn’t have that support. In fact, midway through Grade 11, she was kicked out of her family’s home.

She prefers to leave the specific details in the past; she admits she was having “difficulties” and her adoptive family was finished putting up with it.

But instead of letting that situation totally derail her, Pettit looked at it as a chance to wipe the slate clean. She also saw it as an opportunity to chase a childhood dream.

“I needed a new start, so I decided I was going to just transfer my school and start over,” says the now 17-year-old Pettit. “I picked Children of the Earth High School so I could be part of the Medical Careers Exploration Program. Ever since I was a kid, I wanted to be a surgeon. So, I decided it would probably help me figure out if I still wanted to be part of the medical field.”

Children of the Earth High School is an alternative high school that incorporates Aboriginal values and perspectives into the teaching of the Manitoba curriculum. COTE takes a holistic approach to education, integrating the physical, academic, social and spiritual well-being of their students.

The Medical Careers Exploration Program is a partnership between Children of the Earth and the Pan Am Clinic. The four-year program was developed to guide select students toward a career in medicine, a field that is often thought of as “off-limits” by many young Aboriginals.

The program starts in Grade 9 with a discovery stage at Pan Am Clinic, where students tour the facility, get hands-on with a variety of equipment, and have the chance to ask questions of the surgical staff. Interested students can then apply for one of a limited number of internship spots, which they would begin in Grade 10.

Over the following three years, accepted students move through clinical placements that see them accrue hours at the Pan Am Clinic, the Health Sciences Centre and the Grace Hospital, while strengthening their study skills, literacy, theoretical sciences and mathematics.

The program has been so successful, schools as far as Scotland have inquired about the details of how it’s run.

Beverly Pettit says the MCEP was exactly what she needed.

“Going through it made me realize it really was something I wanted to do, that working in the medical field would be something I really would enjoy doing,” she says. “They really try to help you understand what you’re doing.”

Pettit definitely understood what she was doing. Upon graduation, she won the Tallman Foundation Scholarship, a $20,000 grant covering four years worth of books and tuition at the university of her choice. It is awarded annually to Aboriginal students who have the potential to succeed but are financially unable to continue their education.
Pettit is now pre-med at the University of Winnipeg, working toward her Bachelor of Science (Biology) degree.

She’s looking forward to writing the MCAT and eventually enrolling at the University of Manitoba’s Faculty of Medicine. Her goal is to one day be a trauma surgeon.

After a rocky start to her high school years, she says there’s no question, Children of the Earth and the Medical Careers Exploration Program are responsible for getting her life back on track.

“Children of the Earth is amazing, they were so supportive of what I was going through,” says Pettit. “And the MCEP was amazing too because you get to actually work in the hospital. Sometimes you’re just watching but other times, you actually get to be hands-on. It’s really nice. And it’s not just medicine, you get to learn how to interact with patients too. It’s a plus when you can actually go into the field and work hands-on. You really get to see what you can and can’t do, and learn about yourself. I’m really glad I was able to be part of it.”
At 82 years of age, Lena Klassen has a lifetime of constant physical activity behind her. She grew up working on her family’s farm in Southern Manitoba. Then, when she married, she moved to her husband Martin’s dairy farm near Steinbach where the couple worked the fields together for several decades.

And even after the Klassens retired, the arrival of 14 grandchildren and 12 great grandchildren kept the Klassens incredibly busy.

But shortly after Martin passed away in 2010, everything changed. Not only was Lena without her husband of 62 years, she took a fall in her apartment and broke her hand near the wrist.

Lena saw a doctor immediately and had her hand put into a cast. But as time went on, she was still in quite a bit of pain.

“My hand was totally useless and it was my right hand, so it was not good,” she says.
“Although I trained my left hand a little bit, I really couldn’t do anything, I had to have home care. I just couldn’t function.”

Unfortunately, because she was grieving the loss of her husband while also wading through a diagnosis of congestive heart failure, getting her wrist re-examined was put on the back burner.

It wasn’t until a full year had passed that Lena was referred to Dr. Tod Clark at the Pan Am Clinic in an attempt to assess the damage done by the fall and the ensuing lack of proper treatment. According to Dr. Clark, that damage was extensive.

“At the time of the original break, Mrs. Klassen’s wrist was placed into a splint but things never healed properly,” explains Dr. Clark. “It had become grossly deformed in the year she wasn’t receiving treatment on it. Her fingers weren’t working and her hand essentially became useless.”

For a woman who had lived an entire life relying on her hands to work on the farm and, most recently, play with her 26 grandchildren and great grandchildren, the situation wasn’t only physically painful, it was emotionally painful too.

“That was very hard for me. I had to really talk to myself, you know, because nobody could do anything about it,” says Lena. “I just love to play with my grandchildren and great grandchildren. They all come to see me, they come to visit. But I couldn’t do anything, I couldn’t cook or clean or anything.”

The surgery Dr. Clark had to perform on Lena’s hand and wrist was incredibly complicated.

“The most simple explanation is that parts of the old break which had healed improperly had to be re-broken,” he says. “We also had to excise another bone and use some of her fascia to create a new wrist joint because her cartilage had worn completely away. Her wrist was put back together using a plate and screws.”

Although she’s still working hard to get back to 100 per cent through physiotherapy, after a year of pain and complete loss of use, she truly could not be more thankful to have her hand back.

And she says there are two people to thank, “I have to praise the Lord but also Dr. Clark, he was wonderful!”
Ultrasound (GE Healthcare, Buckinghamshire, UK) is one of the many advanced tools being used in Research Studies at the Pan Am Clinic Foundation.
It’s a situation most Manitobans have found themselves in at one point or another: It’s wintertime and the ground is snow covered and slippery. All it takes is one step on some black ice and you’re flat on your back. If you’re lucky, the only bruise is to your pride.

That’s exactly what happened to Bruce Buckley, except his pride wasn’t hurt. It was his right shoulder.

“It was January and it was -30 degrees,” Buckley recalls. “I stepped onto a sidewalk but it turned out not to be the sidewalk. It was a snow-covered patch of ice. I slipped and fell forward. I was beside my car and when I fell, my arm got caught on the car beside me. The arm stayed up and I went down.”

The instant pain told him his shoulder was dislocated. Once emergency room doctors at Seven Oaks Hospital popped it back into place, an MRI was ordered.

The results showed three torn tendons on his rotator cuff, a snapped tendon on his bicep, and damage to the scapula.

All in all, a bad situation for the 59-year-old Buckley.

“The arm didn’t work. I couldn’t raise it, I couldn’t lift anything. I couldn’t even write. The arm was basically useless,” he says.

Buckley was referred to Dr. Jason Old at the Pan Am Clinic who determined the need for arthroscopic surgery.

He found himself in an operating room at Pan Am, wide awake during the procedure.

“I didn’t realize they had surgery suites at Pan Am, so that was my first surprise. And then, because it was done arthroscopically, I got to watch the whole thing. It was fascinating. You can ask questions as you’re going along, like what are we doing now and where are we going.”

By all accounts, the surgery was a success and his progress is right on schedule. Six months after the procedure, Buckley has almost his full range of motion. He’s still doing physiotherapy to restore power to his arm; doctors expect six more months of physio should have him back up to full strength.

Buckley calls his surgical experience second to none and says the team approach taken by Pan Am staff was evident from the moment he walked into the Clinic on the day of his surgery.

“It was pretty clear. Everybody helps,” he says. “For example, when I got the anaesthetic put in, it wasn’t just the anaesthetist helping me. They were all helping to get me up and into the chair. It was a real team operation, everybody pitched in. It was quite noticeable. I really liked the fact that everybody seemed to be really happy to be at work that day. It all went very well.”
Joey Elliott of the Winnipeg Blue Bombers getting ready to throw a pass.

Photo Credit: Dave Darichuk
Up until the moment he heard the “pop,” the day was shaping up to be virtually perfect.

It was a balmy, cloudless July evening. The football stadium was packed. And Winnipeg Blue Bombers quarterback Joey Elliott was in position to lead his team to a victory over the Calgary Stampeders.

But then came that “pop,” a sound dreaded by all professional football players.

“It was late in the fourth quarter and we were at their 20-yard line,” recalls Elliott. “Calgary blitzed and I threw (then-Winnipeg receiver) T.J. Harris the ball. He caught it but as he was running, he had his feet knocked out from under him and he fumbled. So, I was chasing the Calgary guy back and trying to pin him to the sideline. As I spun around to try and make the tackle, my foot got caught in the turf. And that’s when my knee popped.”

Initially, it looked like Elliott might have just twisted his knee. In fact, he returned to the field in the dying seconds of the game for one final drive.

That’s when he began to realize the injury was more serious than he originally thought.

“I could move forward no problem,” he says. “But I couldn’t move my knee side-to-side, I couldn’t cut east or west. On that last play of the game, I tried to run and scramble but it looked like I got shot out of the sky.”

Upon first glance, team doctors believed Elliott had likely torn his left anterior cruciate ligament (ACL).

An MRI soon revealed their guess was right, which meant surgery would be required as soon as possible.

Elliott’s season was finished.

Upon first glance, team doctors believed Elliott had likely torn his left anterior cruciate ligament.
But the 25-year-old still had a decision to make: head home to the USA for the operation or stay in Winnipeg to have it done.

Almost immediately, his phone started ringing.

“I had multiple doctors call me up and tell me they’d do the surgery,” says Elliott. “For example, I had the team doctor from Purdue call me up and offer to do it. There are lots of ways to do this particular surgery. Every doctor has research and studies showing how their way is best. And when you have these top-level guys who are really, really good at what they do, they’re going to say I should do it their way.”

But before he made any decisions, Elliott went to see Dr. Peter MacDonald at the Pan Am Clinic. As the team doctor for the Bombers, Dr. MacDonald had a relationship with most of the players.

He proposed a surgery where part of Elliott’s hamstring from his opposite leg would be used to repair the torn ACL. It was a different method than other surgeons had suggested, but Elliott says
Dr. MacDonald gave him confidence it was the right choice.

“I didn’t feel like I would be benefitting more if I went somewhere else, considering his background and how many ACL surgeries he’s done,” he says. “I asked Pete, if you were operating on your son or yourself, how would you do your knee? Even though I was nervous, I had confidence in the way Pete wanted to do it and I went with it.”

When the day of the surgery rolled around, Elliott says despite the fact his playing career was suddenly in the hands of a room full of strangers, he was quickly put at ease.

“If it didn’t go well, my career could have been over. I knew that. But they take really good care of you,” he says. “The nurses downstairs in the OR, they treat you like they’re your mom. I told them I was afraid of needles, even taking my blood, just the littlest things. It was my first serious injury, so I was very nervous and they just took really good care of me in that regard. But I was more worried than they were, they all acted like it was a routine surgery.”

The procedure was a success and Elliott began the long rehabilitation process. As per CFL rules, he did most of his rehab with Bombers team trainer Al Couture.

Eight months later, he was cleared to play football again.

Elliott says he has Dr. MacDonald and the Pan Am Clinic to thank for keeping his dream of playing professional football alive.

“Pete’s resume speaks for itself and he has a great reputation for a reason,” says Elliott. “He’s very down to earth, a good dude. He’s a hard working guy who takes pride in what he does. The fact that he’s had lots of offers to go work in the States but he stays here because he loves Winnipeg, that goes a long way with me.”
Orthopaedic Surgery Residents in action at the Knee Arthroscopy Course held in April 2012.
The Pan Am Clinic Foundation launched a 5.3 million dollar Capital Campaign in 2007 to support Research, Education and Community Outreach.

To date, we have raised $4,268,095.73 and are close to achieving this ambitious goal. The success of the Capital Campaign has solidified the Foundation’s presence and role in Canada as a non-profit charitable organization created to maintain a world-class research and education facility for muscle, bone and joint disease.

Since the launch of the Capital Campaign, the Foundation has developed the David and Ruth Asper Research Centre as well as a satellite research facility at the MTS Iceplex. The Foundation has grown from two full-time staff in 2007 to nine full-time employees in 2012. The Orthopaedic Sports Medicine and Upper Extremity Fellowship has trained 19 fellows during that time period and the Primary Care Sport and Exercise Medicine Fellowship program has enrolled five fellows. The Pan Am Clinic strives to recruit and retain the best medical professionals and in the last five years, the number of orthopaedic surgeons engaged in research with the Foundation has increased from three to eight. This will have a significantly positive impact on the quantity, quality and efficiency of research studies that are performed at Pan Am Clinic.

The generous support of our donors through the Capital Campaign has enabled the Pan Am Clinic Foundation to advance the prevention, treatment and diagnosis of muscle, bone and joint disease and disorders. Proudly, the Foundation has achieved all the objectives set forth in 2007. We are motivated to continue to advance outcomes in the areas of Research, Education and Community Outreach to ensure that a healthy, active, productive lifestyle is possible for all Manitobans and Canadians.
RESEARCH GRANTS (APRIL 1, 2011 – MARCH 31, 2012)

University Medical Group
- Faculty of Medicine, Department of Surgery
$15,000.00  Effect of Surgical Wait Times on Rotator Cuff Surgery

Alexander Gibson Fund
- University of Manitoba
$18,000.00  Resident Academic Support
$33,800.00  Effect of Surgical Wait Times on Rotator Cuff Surgery
$25,000.00  (with M. Goytan) Predictors of Outcome in Adolescent Concussive Injuries
$10,000.00  Sutures vs Staples for Wound Closure in Orthopedic Surgery: A Randomized Controlled Trial

Winnipeg Jets True North Foundation
$25,000.00  Kinematics and Kinetics of Concussion-Inducing Collisions in Youth Male and Female Hockey

AO North America
$5,000.00  Sutures vs Staples for Wound Closure in Orthopedic Surgery: A Randomized Controlled Trial

Arthroscopy Association of North America
$25,000.00  Arthroscopic Bankart Repair with and without Arthroscopic Infraspinatus Remplissage in Anterior Shoulder Instability with a Hill-Sachs Defect: A Randomized Controlled Trial

EDUCATION AND COMMUNITY OUTREACH GRANTS (APRIL 1, 2011 – MARCH 31, 2012)

Summer Internship Program
The Winnipeg Foundation

Orthopaedic Fellowship Annual Meeting
ConMed Linvatec Canada
Tribe Medical Group

Primary Care Sport and Exercise Medicine Fellowship
Genzyme Canada Inc.
Institute of Sports Medicine Co-Venture
Smith & Nephew Inc.

Medical Careers Exploration Program
Manitoba Children and Youth Opportunities
The Winnipeg Foundation
CAPITAL CAMPAIGN DONORS

David & Ruth Asper
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The Paul Albrechtsen Foundation Inc.
The Pollard Family Foundation
Oliver & Gennie Plett
James & Leney Richardson
Gail Asper & Michael Paterson
Moskal Family
Qualico Developments (Winnipeg) Ltd.
- Brian & Ruth Hastings
The Winnipeg Foundation
Institute of Sports Medicine Co-Venture
Dr. Brian Lukie & Hannia Tarasiuk
Dr. Darin Banmann &
Rachel Suarez-Banmann
Dr. Greg & Sandra Storoschuk
Dr. Hein & Linda Peters
Dr. James Langridge & Evelyn Lightly
Dr. Peter & Mary Nemeth
Dr. Robert & Anastasia Glacken
Dr. Swee Teo & Renee Bertrand-Teo
University Medical Group
Anonymous
Diamond Athletic Medical Supplies
Dr. Peter & Sherry MacDonald
Ruth M. Asper
The Wawanesa Mutual Insurance Company

Dr. Wayne & Rita Hildahl
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Foundation
Pfizer Canada Inc.
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Birchwood Auto Group Partnership
Ferring Pharmaceuticals
Henry & Elisabeth Vis
Purdue Pharma
Siobhan Richardson Foundation Inc.
University of Manitoba – Alexander
Gibson Fund
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DJO, LLC
Frantic Films
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Rod & Kathy Corbett
Smith & Nephew Inc.
Pan Am Clinic Staff
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Mildred Lucky
Ossur Canada Inc.
Sports Physiotherapy Centre
McLaughlin Family
Gary & Gwen Steiman
Ida Albo & Richard Bel
Dr. Jeff Leiter

Dr. R. Cole Beavis
Ossur Americas Inc.
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University of Manitoba
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George & Minnie Friesen
LifeMark Health Management Inc.
Dr. Victor de Korompay
Harold & Dee Buchwald
Mark & Zeta Bernstein
Arnold Frieman
Dr. Les Allen
The Great West Life Assurance Company
Hartley & Heather Richardson
Neil Almdal
Bruce MacNeill
Centric Health Corporation
Tribe Medical Group
Charlie & Dayna Spiring
HE SHOOTS. HE SCORES.
THE GOAL OF A LIFETIME

THE PAN AM CLINIC FOUNDATION PRESENTS

FIRE & ICE
GALA 2012
The return of NHL hockey to Winnipeg is considered by many to be one of the most important moments in the city’s sporting history.

Most Winnipeggers are well acquainted with the name of one of the men instrumental in bringing back their beloved Winnipeg Jets: Mark Chipman.

For that reason, among many, Chipman was the 2012 recipient of the Professional Sport Achievement Award, presented by the Pan Am Clinic Foundation.

The Chairman of the Board for True North Sports & Entertainment Limited (the ownership group of the Jets and the MTS Centre) Chipman is the first ever builder to be honoured with the award.

Past recipients of the Professional Sport Achievement Award include Chicago Bears Defensive End Israel Idonije (2011), NHL and AHL hockey star Mike Keane (2010), and Canadian Football League Hall of Fame Receiver Milt Stegall (2009).

Chipman was presented with his award at the 7th Annual Fire and Ice Gala Dinner at the Fort Garry Hotel, Spa and Conference Centre. The dinner is one of the primary fundraisers for the Pan Am Clinic Foundation.

Emceed by CBC Manitoba’s John Sauder, the dinner featured Hockey Night In Canada’s Scott Oake conducting an “After Hours” style, one-on-one interview with Chipman. Guests were treated to a gourmet meal prepared by the Fort Garry Hotel, Spa and Conference Centre and enjoyed entertainment by Grant Leutschaft.

Mr. Russ Horbal, Dr. Jeff Leiter, and Dr. Jim Langridge had the pleasure of presenting the Pan Am Bursary to Joshua Hutton of Collège Churchill High School.

Thank you to the following for supporting the event:
- Mercedes-Benz Winnipeg
- 529 Wellington
- Banville and Jones Wine Co.
- Manitoba Public Insurance
- Pinnacle Vodka
- Fort Garry Hotel, Spa and Conference Centre
- TSN Radio 1290
- Winnipeg Free Press
- Diamond Athletic Medical Supplies
- Grace Anne II
- PierLuigi Tolaini
- True North Sports & Entertainment
- Roy’s Florist
- Winnipeg Football Club
- Jim and Leney Richardson

An event like this would not be possible without an outstanding planning committee. Thank you to the following: Ida Albo, Susan Borger, Robert Bulman, Kristine Diamond, Kelly McMullan, Derek MacDonald, Sherry MacDonald, Mary Nemeth, Joycelyn Pele, Dana Peteleski, Lisa Tinley and Michelle Vis.
PUBLICATIONS

Van Tongel A., McRae S., Gilhen A., Leiter J., MacDonald P.

McRae S.M., Chahal J., Leiter J.R., Marx R.G., MacDonald P.B.

Tay A.K., MacDonald P.B.

Leiter J.R.S., Peeler J., Anderson, J.E.

Takacs J., Leiter J.R., Peeler J.D.

Leiter J.R., de Korompay N., MacDonald L., McRae S., Froese W., MacDonald P.B.

Van Tongel A., Tung T., Stranges G., MacDonald P.

Getgood A., Collins B., Slynarski K., Kurowska E., Parker D., Engebretsen L., MacDonald P.B., Litchfield R.

MacDonald P., McRae S., Leiter J., Mascarenhas R., Lapner P.

Fanelli, Gregory C., Stannard, James P., Stuart, Michael J., MacDonald, Peter B., Marx, Robert G., Whelan, Daniel B., Boyd, Joel L., Levy, Bruce A.

MacDonald, P.B., Altamimi, S.

Van Tongel A., MacDonald P., Van Riet R., Dubberley J.
Dr. Bruce Levy, guest lecturer from The Mayo Clinic, guides residents at the Surgical Skills Course.
# CONSOLIDATED STATEMENT OF ACTIVITIES

<table>
<thead>
<tr>
<th></th>
<th>2012</th>
<th>2011</th>
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<td><strong>Revenues</strong></td>
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<td>Acknowledgements, gifts and donations</td>
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<td>Advertising and promotion</td>
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<td>Amortization</td>
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<tr>
<td>Increases in net assets</td>
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<td>Unrealized gains on available for sale investments</td>
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**Deferred contributions**

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<td>Balance at end of year</td>
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<td>2,423,004</td>
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**CONSOLIDATED STATEMENT OF FINANCIAL POSITION**

**Years ended March 31**

**Assets**

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<tr>
<th>Description</th>
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<td><strong>2,862,911</strong></td>
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**Liabilities and net assets**

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<th>Description</th>
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<th>Amount 2</th>
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<td>Accounts payable</td>
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<td>Deferred contributions</td>
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<tr>
<td>Bank debt</td>
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<tr>
<td>Net assets</td>
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<td>248,641</td>
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<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>3,072,832</strong></td>
<td><strong>2,862,911</strong></td>
</tr>
</tbody>
</table>
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How to Donate

The services offered and the innovative approach to healthcare at the Pan Am Clinic has established it as a community and national leader in healthcare. 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 204.925.7488. Use your smartphone and the QR code below if you would like to make an online donation.