DEFINING MOTION

A COMMUNITY PLAYBOOK
\textit{MO\-TION} \(\text{	extendash}\text{SH(ə)n}\) 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
SECRETARY / TREASURER
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EXECUTIVE DIRECTOR
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The Pan Am Clinic Foundation is entering an exciting phase of evolution as we continue to advance our research, education and community outreach initiatives, while at the same time looking for new and creative ways to support and enhance healthcare. It is no secret that delivery of healthcare is complicated, expensive and very personal and dear to all of us. As costs continue to rise, and resources shrink, efficiency and innovation will become the cornerstone of the advancement of healthcare. The Pan Am Clinic and the Foundation will continue to demonstrate their leadership in this area.

We have worked diligently over the last 11 years to support the prevention, diagnosis and treatment of muscle, bone and joint disease with scientific evidence to support change, education programs to recruit and retain the very best, and outreach programs that motivate the youth of today to be the caregivers of tomorrow. The growth of these initiatives to support and advance healthcare is serving us well as we carve the new path for musculoskeletal care in Manitoba.

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

Mr. James A. Ferguson
BOARD CHAIR
Message from the Chief Research and Innovation Officer: The Pan Am Clinic Foundation enjoyed another successful year advancing in research, education and community outreach in musculoskeletal injuries.

In 2016, the annual fundraising dinner honored David and Ruth Asper for their contributions to the Foundation, specifically the gift that started the Foundation’s initial capital campaign. David and Ruth are also well known for their local and national philanthropy, which has benefited Winnipeggers so much.

The golf tournament was also a success under the leadership of Golf Committee Chair, Jerry Acheson and his committee. It continues to grow as a fundraising venue for the Foundation.

In 2017, we look forward to honouring Scott Oake at the annual dinner in March. We are very grateful to Lee Meagher who has taken over the Chairpersonship of the annual fundraising dinner.

As the Foundation’s activities continue to expand, we are going to be initiating a major gifts campaign to support the activities of the Foundation. While the Foundation’s business ventures such as Foundation Rehabilitation Services do benefit research and education, our activities have outstripped our donations and our business revenue, and the major gifts campaign is necessary to keep pace with the Foundation’s activities.

I continue to be very grateful for the leadership of Dr. Jeff Leiter and his research staff in advancing the Foundation. We stack up positively and prominently against any other institution of this kind in Canada.

Thank you for your generosity and your support of the Pan Am Clinic Foundation!

Dr. Peter MacDonald
Chief Research & Innovation Officer
One morning on my way to work, the lyrics “I like to move it!” came through the sound system, and while I chuckled at first, those five words drive a lot of what we do at the Pan Am Clinic Foundation with respect to research, education and community outreach. Patients come to the Pan Am Clinic because, for reasons that may be many, ultimately they can’t ‘move it’, and they rely on us to help them ‘move it’ again.

Tony Robbins often states that ‘motion is emotion’ and when we can’t ‘move it’ the way we like to, it negatively affects our emotion and can hamper our productivity. Over the last 11 years we have built a powerful organization that focuses on research, education and community outreach to better understand, teach, and advance the prevention, diagnosis and treatment of muscle, bone and joint disease. In other words, those diseases that disrupt our ability to ‘move it’.

We have been extremely fortunate to have a long-standing partnership with David and Ruth Asper and had the opportunity to honour them both at our annual Fire & Ice Gala. Philanthropy, innovation and ‘disruption of the norm’ ignite passion in David and Ruth. They have not only provided financial support for our organization, but they have provided us with a million opportunities to grow, to fail and to succeed in the pursuit of improved treatment options for the patients we serve.

In the near future we will be initiating a new fundraising campaign and we would greatly appreciate your support and partnership in continuing to develop the Foundation into a world leader in research, education and community outreach.

Your support and ongoing partnership are greatly appreciated and we look forward to fostering new opportunities with you.

Sincerely,

Dr. Jeff Leiter
EXECUTIVE DIRECTOR & ALBRECHTSEN RESEARCH CHAIR
The MCEP launched in 2007 and since its inception, the program has seen students graduating high school to continue on to post-secondary education, many in healthcare-related fields.

The MCEP is a blend of on-site training and mentoring at Pan Am Clinic, Health Sciences Centre, Grace Hospital, and Red River College, as well as dedicated courses to assist the students in their training to pursue post-secondary education. Some of these courses include pre-calculus math, biology, chemistry, English, and language studies in either Cree or Ojibway. The students also learn traditional Indigenous medicines and ways of healing. For every year of school that the MCEP students complete, they are eligible for a $1,000 bursary through Bright Futures.

The MCEP is a collaboration of strong partnerships between the Pan Am Clinic Foundation, the Winnipeg Regional Health Authority, the Winnipeg School Division, Children of the Earth High School, and the University of Manitoba Faculty of Health Sciences. The program would not be possible without the support of our funders, all of the staff who work with the students, and all of the educators.
At their annual meeting held in Quebec City in June 2016, Dr. MacDonald became President of the Canadian Orthopaedic Association, a national organization of orthopaedic surgeons, researchers, and educators with over 900 active members. This is a monumental and well-deserved accomplishment for Dr. MacDonald. We are extremely grateful to receive his guidance and mentorship on a daily basis, and wish him all the best in his presidency.

We would also like to congratulate Dr. MacDonald on being named one of 16 “stand-out orthopaedic surgeons” singled out by “Orthopedics This Week”, an online publication with a distribution of roughly 250,000 clinicians, administrators, scientists and others. Dr. MacDonald was the only Canadian surgeon on the list and was described by his peers as, “a skilled surgeon [and] a premier researcher...His leadership qualities are evidenced by his selection as the president of the Canadian Orthopaedic Association. He collaborates with colleagues through North America on multicenter clinical trials in order to enhance patient care.”

Thank you for your tireless efforts and commitment to advancing research, education and patient care in Manitoba and beyond, Dr. MacDonald!

Dr. Peter MacDonald has been a driving force setting the high standards, providing renowned quality of care, and achieving innumerable accomplishments in research and education at the Pan Am Clinic. For this, he has been acknowledged in two very prestigious ways this year.

**DR. MACDONALD’S DOUBLE DOUBLE**

At their annual meeting held in Quebec City in June 2016, Dr. MacDonald became President of the Canadian Orthopaedic Association, a national organization of orthopaedic surgeons, researchers, and educators with over 900 active members. This is a monumental and well-deserved accomplishment for Dr. MacDonald. We are extremely grateful to receive his guidance and mentorship on a daily basis, and wish him all the best in his presidency.

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Thank you for your tireless efforts and commitment to advancing research, education and patient care in Manitoba and beyond, Dr. MacDonald!

### I have known Pete MacDonald since 1990 when we were both sports medicine fellows in London, Ontario.

Pete is an expert surgeon who routinely performs complex shoulder and knee procedures.

He is hard working, intelligent and committed to each patient.

Most importantly, he is a humble person and deeply devoted family man.

I respect him greatly as a colleague and cherish him as a friend.

Dr. Michael J. Stuart, M.D. Mayo Clinic

---

Photo: Dr. Peter MacDonald. Dr. Robin Richards, past president.

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I have known Pete MacDonald since 1990 when we were both sports medicine fellows in London, Ontario.

His career has blossomed since those days and he has now become an international leader in orthopaedic sports medicine.

Pete is the consummate sports doc who can do it all. He is actively engaged in professional team coverage, research, education and patient care.

Pete is an expert surgeon who routinely performs complex shoulder and knee procedures.

He is hard working, intelligent and committed to each patient.

Most importantly, he is a humble person and deeply devoted family man.

I respect him greatly as a colleague and cherish him as a friend.

Dr. Michael J. Stuart, M.D. Mayo Clinic

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Photo: Dr. Peter MacDonald. Dr. Robin Richards, past president.
OLYMPIAN STAYS THE COURSE

PATIENT TESTIMONIAL
TYLER MISLAWCHUK
Specifically, using the Foundation’s AlterG® Anti-Gravity Treadmill has allowed the Olympian to continue to train while he recovers from a femoral neck stress reaction, a serious injury that restricts full weight-bearing activity as it heals.

The AlterG® encloses the treadmill and the athlete’s lower body in an airtight chamber, with positive air pressure taking the weight off their legs, reducing impact forces they would experience while running on the treadmill.

Defying gravity is something Mislawchuk is familiar with, rising to the top of his sport, including placing 15th at his Olympic debut in Rio. At 22, Mislawchuk was the youngest competitor in the field in a sport that rewards experience.

A regular in the Top 15 of the World Triathlon Series, the 22-year-old celebrated a career best seventh-place finish at the final World Triathlon Series race before the Games. He also had two 10ths, an 11th and 14th place finish in six starts on the top triathlon circuit in the world last year.

A femoral neck injury saw him attend the Olympic closing ceremonies on crutches. Despite the what-ifs that were going through his mind, he said it was a happy time. “It was time to share with my family. After all the buildup and stress, when the race is over you’re happy. You go into ultimate relax-mode,” he said.

Daryl Hurrie has been there to help Mislawchuk find his way back to health. As the Director of Sport Science at the Canadian Sport Centre Manitoba, Hurrie is responsible for overseeing interventions associated with athlete performance. “We cannot do the necessary training given Tyler’s injury without it,” said Hurrie, regarding the access the partnership with Pan Am provides. Mislawchuk was able to use the equipment previously, as he recovered from a broken jaw after a crash on his bike.

Time off from training always has consequences, but the resources at Pan Am allow for the consequences to be moderated, especially within the timeframe and milestones for upcoming competitions. “Pan Am is a game-changer,” said Hurrie.

Mislawchuk is looking forward to returning to competition this summer, with two world-class races taking place right here in Canada, in Montreal and Edmonton. The 2018 Commonwealth Games and the 2020 Olympics are also in range. Meanwhile, he stays focused on the day-to-day. “You train every day for four years, not for one day that comes every four years.”

Tyler Mislawchuk isn’t about to let an injury weigh him down. The triathlete is defying gravity with help from the expertise and special equipment found at Pan Am Clinic Foundation.
PAIN-FREE AND FULL OF PRAISE

PATIENT TESTIMONIAL
BOB SOKALSKI
A sporting high-five had to be adapted for his range of motion. “I call it the alligator high-five,” said Sokalski, 60, demonstrating the horizontal motion with his arm that spared him the pain of reaching skyward.

Despite the pain and limitations he faced, it took some time for him to come around to the idea of having the joint replaced because of the extensive and invasive nature of the surgery. “When Dr. [Peter] MacDonald explained it to me, I’m sure he saw a look of terror on my face.”

Sokalski also knew the anti-inflammatory meds were unsustainable over long stretches of time, as they also take a toll on the body.

“The TSN Turning Point was when Dr. MacDonald asked me if I was ready for surgery, or if I was going to continue in pain and disability for the next 40 years. A difficult decision was made easier by Dr. MacDonald.”

“I knew that the pain would only get worse, but after surgery it would only diminish.”

Now, 14 months out from surgery, he hasn’t taken anti-inflammatory or any over-the-counter pain medication. “For the first time in 30 years, I’m pain free, with a full range of motion. Why didn’t I do it sooner,” he said.

Everything from the lead up to surgery, with testing and MRIs, all the way through surgery and follow-up care and physiotherapy were handled flawlessly through Pan Am Clinic, he said. “Dr. MacDonald and every member of the team is totally dialed in. Each task is done efficiently and perfectly. No questions went unanswered.”

Apart from the workmanlike precision of the surgery itself, Sokalski credits physiotherapist Mark Beatty’s extensive knowledge – and outstanding sense of humour – as factors in paving the way to his recovery.

Sokalski had another reason to be grateful, apart from his return to an active lifestyle complete with golfing. “Now I can pick up my granddaughter without pain. That is worth its weight in gold.”

“God bless Pan Am. They make miracles happen.”

Bob Sokalski’s right shoulder held all the wear and tear of a lifetime of sports. He had given up squash and tennis, and could only play hockey and golf with the help of anti-inflammatory medications. He trained himself to sleep on his left side to spare the pain that would set in if he slept on the other side.
STABILIZING INFLUENCE

SHOULDER SURGERY BRINGS DONALD BACK TO THE BIKE

PATIENT TESTIMONIAL
DEREK DONALD
Derek Donald wanted to get back on his motocross bike. But it wasn’t going to happen when even rolling over in bed would cause his shoulder to dislocate.

The original injury occurred while Donald, a motocross semi-pro rider, crashed in a race in Texas two years ago. The dislocation and muscle tearing resulted in continued instability. “It dislocated six times before surgery,” said Donald, 21.

“It’s different if you have a busted leg, it heals and you move on. My shoulder would seem fine, but then randomly dislocate.” The pain was intense, and work and racing would be on hold while his right shoulder and arm were immobilized in a sling.

His surgery at the Pan Am in December of 2015 was a new beginning. The three-hour-long arthroscopic stabilization set him up to return to his sport and his work as an HVAC apprentice.

“I was told I might have less range of motion [after the surgery],” but it’s like [the injury] never happened.” After seven months of rehab and two years off from racing, he returned to the track and finished in 2nd place in his first race back.

Donald’s experience has been captured in the research that occurs at the Foundation. The study he is enrolled in compares two surgical approaches in the treatment of shoulder instability (dislocations) with a Hill-Sachs lesion in patients 14-years and older.

A Hill-Sachs lesion is a “dent” in the back of the humeral head that can occur as a result of shoulder dislocation. In traditional shoulder stabilization surgery, the ligaments at the front of the shoulder are tightened, and any Hill-Sachs lesion is ignored. This study compares this traditional approach to the same approach plus a “remplissage” technique that involves filling the Hill-Sachs defect with tissue.

The study compares quality of life, shoulder stability, strength, and range of motion at 3, 6, 12 and 24 months post-op. An MRI is also done at 24-months to evaluate healing.

Donald, who lives in Brandon, Manitoba, said he was happy to participate in the study. Staff at the Research Centre made it easy to take part in the study by synching study needs and follow-up appointments.

While he placed his trust in his surgeon, Dr. Jason Old, and his ability to repair the injury to his shoulder, it was a crash at the end of the season last year that gave him renewed confidence. His shoulder was fine; where before the surgery he knows he would have been down for the count. “I was still apprehensive, but I never should have second guessed it. I plan to be riding for the rest of my life.”
Alicia Slade has been an avid athlete from a young age. Alicia’s athletic resume includes swimming at the Canadian Junior National level, running for the University of British Columbia’s Varsity Cross Country Running Team, and recently representing Canada at the 2016 ITU World Triathlon Age-Group Grand Final in Cozumel, Mexico.

Alicia continues to strive to be at the top of her sport with recent approval of her Canadian Professional Card in Triathlon, while also furthering her medical career as Pan Am’s Primary Care Sport & Exercise Medicine Fellow. Influenced by her athletic endeavours, and leveraging her foundation in medicine as a family physician, Alicia’s experiences in musculoskeletal injuries and conditions in clinical and emergency work in rural Alberta, ultimately led her to pursue the Primary Care Sport & Exercise Medicine Fellowship at Pan Am.

“I am grateful to have been given the opportunity to complete my training at the Pan Am Clinic. The staff, including administration, physicians, nurses, physiotherapists, casting and MRI technicians, are all wonderful people to work with and there is truly a collegial atmosphere at the Pan Am Clinic.”

“The University of Manitoba Primary Care Sport & Exercise Medicine Fellowship program has been the best year of my medical training. The medical staff at the Pan Am Clinic have really taken the time to both teach and mentor me during my fellowship. This includes the opportunity to help the medical staff provide coverage for local professional and amateur sports teams outside of clinic hours. The Pan Am Clinic is truly unique in that it is a well-run clinic that provides excellent continuity of care to the residents of Manitoba with acute and chronic musculoskeletal conditions.”

In moving from Calgary, Alicia has also had the chance to experience Winnipeg during her fellowship. “The people I have encountered in Winnipeg are friendly and kind. It really is a progressive city with a small-town feel. From the onset I have felt welcomed by the community and have been fortunate to have made so many wonderful connections.”
Moving to Winnipeg from Saskatoon was an easy transition, without culture – or climate – shock, joked Dunlop. While fellowships may exist for surgeons around the world, a facility like Pan Am Clinic does not, said Dunlop.

“The fellowship came highly recommended, but my expectations have been exceeded.”

He said the fellowship provides invaluable opportunities to learn from well-known and respected surgeons. Learning surgical techniques and having the opportunity to put them into action is an important part of the experience.

“The surgical and clinical exposure and experiences have been exceptional.”

A typical day begins early in the morning, with teaching rounds, clinics, and time in the operating rooms at Pan Am, as well as Concordia Hospital. The surgical experience is hands-on from day one, he said.

He is also grateful for the opportunity to work in an atmosphere of collaboration across professions, he said. “The staff throughout the clinic, from therapists to support staff to surgeons... are all amazing.” The fellowship opportunity hasn’t been all about work 24/7. His wife is completing her residency in Saskatoon, so they have been able to spend some weekends exploring Winnipeg’s attractions. “We’ve gotten the chance to explore a new city and have really enjoyed our time here together.”

An interesting component of the fellowship is working with amateur and professional sports teams and athletes. Dunlop has been able to attend training camps and games for the Winnipeg Jets and the Winnipeg Blue Bombers. While he has entertained thoughts of the stakes at play in caring for athletes’ million-dollar physiques, he has found it an invaluable experience. “It’s been an amazing opportunity tied to an already great fellowship” he said.
Dr. Heather Barske  
**AREA OF SPECIALTY**  
Foot and Ankle Surgery

Dr. Peter MacDonald  
**AREA OF SPECIALTY**  
Shoulder, Knee, Sports Injury and Arthroscopy

Dr. Tod Clark  
**AREA OF SPECIALTY**  
Hand, Wrist and Elbow and Peripheral Nerve Surgery

Dr. Jamie Dubberley  
**AREA OF SPECIALTY**  
Upper Extremity Trauma, Reconstruction and Arthroscopy

Dr. Greg Stranges  
**AREA OF SPECIALTY**  
Sports Medicine, Arthroscopy, Knee and Shoulder Surgery
Dr. Michael Ellis
**AREA OF SPECIALTY**
Clinical Epidemiology and Management of Pediatric Sports-related Concussion

Dr. Jonathan Marsh
**AREA OF SPECIALTY**
Shoulder, Elbow and Wrist Surgery

Dr. Jason Old
**AREA OF SPECIALTY**
Arthroscopic Shoulder and Elbow Surgery; Shoulder Replacement Surgery

Dr. Allan Hammond
**AREA OF SPECIALTY**
Trauma, Foot and Ankle, Complex Knee Ligament Surgery

Dr. Randa Berdusco
**AREA OF SPECIALTY**
Knee, Shoulder, Sports Injuries and Arthroscopy
On Tuesday, June 28th, the Pan Am Clinic Foundation hosted the fourth annual Diamond In the Rough Golf Tournament at Glendale Golf and Country Club presented by Diamond Athletic Medical Supplies Inc. Thank you to the 158 golfers who came out to support the Pan Am Clinic Foundation and help raise over $92,000.

Funds raised through this event support the Pan Am Clinic Foundation Concussion Research Program at the MTS Iceplex. This program enables sport scientists to undertake research to improve the sideline assessment and management of sports concussion. This program can play a pivotal role in determining how and when to return players to sport safely and effectively following a head injury.

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 28th 2017.

Event Sponsors:
- Diamond Athletic Medical Supplies Inc.
- IBAM Insurance Brokers
- Association of Manitoba
- Boyd Autobody and Glass
- Brad Rice - Acquire Capital
- Brean Marketing Inc.
- CIBC
- Crown Acura
- Dr. Joan MacLennan Dental Corp.
- Elite Sports Injury
- EPH Apparel
- Foundation Rehabilitation Services Inc.
- Labatt Breweries of Canada
- Manitoba Liquor and Lotteries
- Mercedes-Benz Winnipeg
- Mindray Zonare
- Montrose Winnipeg
- Ontime Group
- Pasquale’s
- Royal Sports
- Saikel Studio
- Sailor Jerry Spiced Rum
- Santa Lucia Pizza
- Savanna Dry Premium Cider
- Simeon Rusnak Photographer
- The Electric Chair Massage
- The Pint
- TSN Radio 1290
- Wellington College
- Winnipeg Building & Decorating
The Pan Am Clinic Foundation celebrated our 11th Annual Fire & Ice Gala Fundraising Dinner on March 10, 2016 at the Fort Garry Hotel, Spa and Conference Centre. The dinner is one of the primary fundraisers for the Foundation.

Over 400 guests were in attendance to recognize our esteemed honourees, David & Ruth Asper, who were recognized for their continuous generous support of the Pan Am Clinic Foundation, as well as their philanthropic spirit throughout Winnipeg and Manitoba. The dinner raised $186,000 to support the Foundation’s work and vision to be Canada’s premier centre for muscle, bone, and joint research, education, treatment and wellness.

John Sauder from CBC Manitoba was Emcee for the evening. Bob Silver conducted the interview with Mr. and Mrs. Asper about the importance and meaning of being philanthropic and inspiring their children to be the next generation of philanthropists.

Guests were treated to a gourmet meal prepared by the Fort Garry Hotel, Spa and Conference Centre and enjoyed musical entertainment by Grant Leutschaft.

Thank you to our Presenting Sponsor The Asper Foundation and all who made the evening a tremendous success by supporting the Pan Am Clinic Foundation and joining us in paying tribute to truly deserving individuals.

Thank you to the following Sponsors:
The Asper Foundation
Diamond Athletic Medical Supplies Inc.
Hartley & Heather Richardson
Oliver & Gennie Plett
Mercedes-Benz Winnipeg
The Fort Garry Hotel, Spa and Conference Centre
Radiology Consultants of Winnipeg Medical Corporation
Winnipeg Building & Decorating
Manitoba Public Insurance
TSN Radio 1290
Winnipeg Free Press
Simon Imports
ADESA Auctions
John Wade Ice Sculptures
Banville and Jones Wine Co.
DASH Agency
Shut Ur Pie Hole
Thank you, Paul Albrechtsen

Paul Albrechtsen is one of Pan Am Clinic Foundation’s most generous supporters. Since 2009, he has funded the Albrechtsen Research Chair at the Foundation, which is held by Dr. Jeff Leiter, who is also the Foundation’s Executive Director.

In his role as the Albrechtsen Research Chair, Dr. Leiter has secured over $1.15 million in research grants over the past seven years and led a team of researchers who have published over 70 articles in peer reviewed scientific and medical journals. In the past year alone, the Foundation Research Team published 31 articles on muscle, bone, and joint disease, as well as the diagnosis and treatment of concussion. Currently, there are over 40 studies in progress, designed and developed to advance the treatment of muscle, bone and joint disease and improve the quality of life of individuals living with these conditions.

Thank you, Mr. Albrechtsen, for contributing to the Foundation’s work integrating clinical expertise and research innovation, and for believing in our vision to become Canada’s premier centre for muscle, bone and joint research.


Aldosari SS, McRae SM, MacDonald PB. Surgical reconstruction of chronic...


## Summary Statement of Financial Position

**Years Ended March 31**

### Revenues

<table>
<thead>
<tr>
<th>Description</th>
<th>2016 ($)</th>
<th>2015 ($)</th>
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</thead>
<tbody>
<tr>
<td>Contributions</td>
<td>533,725</td>
<td>644,751</td>
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<tr>
<td>Contributions - Medical Careers Exploration Program</td>
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<td>139,312</td>
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<tr>
<td>Fundraising</td>
<td>350,318</td>
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<td>Investments</td>
<td>36,117</td>
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<td>Management fee - Foundation Rehabilitation Services Inc.</td>
<td>20,000</td>
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<td>Other revenue</td>
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<tr>
<td>Centre fees</td>
<td>24,407</td>
<td>17,595</td>
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<td><strong>Total Revenues</strong></td>
<td>1,151,280</td>
<td>1,194,236</td>
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### Expenses

<table>
<thead>
<tr>
<th>Description</th>
<th>2016 ($)</th>
<th>2015 ($)</th>
</tr>
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<tbody>
<tr>
<td>Acknowledgements, gifts and donations</td>
<td>49,446</td>
<td>34,349</td>
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<td>Advertising and promotion</td>
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<tr>
<td>Amortization</td>
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<td>Bank charges and interest</td>
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<td>2,823</td>
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<tr>
<td>Continuing development and travel</td>
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<td>Fundraising</td>
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<td>Insurance</td>
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<td>Medical Careers Exploration Program</td>
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<td>Professional fees</td>
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<td>Rent</td>
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<td>Repairs and maintenance</td>
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<tr>
<td>Research</td>
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<td>Salaries and benefits</td>
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<tr>
<td>Supplies and equipment</td>
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<td>108,157</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>1,461,294</td>
<td>1,227,149</td>
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### Other Items

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<thead>
<tr>
<th>Description</th>
<th>2016 ($)</th>
<th>2015 ($)</th>
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<tbody>
<tr>
<td>Unrealized gain on investments</td>
<td>-</td>
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<tr>
<td>Equity earnings of Foundation Rehabilitation Services Inc.</td>
<td>160,458</td>
<td>94,212</td>
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<td><strong>Increase (decreases) in net assets</strong></td>
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<table>
<thead>
<tr>
<th>Description</th>
<th>2016 ($)</th>
<th>2015 ($)</th>
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<tr>
<td>Net assets at beginning of year, as previously stated</td>
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<td>62,019</td>
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<tr>
<td>Change in accounting policy</td>
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<td><strong>Net assets at end of year</strong></td>
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<td>2,677,844</td>
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<td>Assets</td>
<td>2016 ($)</td>
<td>2015 ($)</td>
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<tr>
<td>--------------------------------------------</td>
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</tr>
<tr>
<td>Cash and equivalents</td>
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<td>Accounts receivable</td>
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<td>23,123</td>
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<tr>
<td>Current portion of loan receivable from Foundation Rehabilitation Services Inc.</td>
<td>81,000</td>
<td>76,000</td>
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<tr>
<td>Capital assets</td>
<td>710,610</td>
<td>623,219</td>
</tr>
<tr>
<td>Long-term investments</td>
<td>244,681</td>
<td>208,384</td>
</tr>
<tr>
<td>Loan receivable from Foundation Rehabilitation Services Inc.</td>
<td>219,802</td>
<td>301,077</td>
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<tr>
<td>Investment (deficit) in Foundation Rehabilitation Services Inc.</td>
<td>164,308</td>
<td>3,850</td>
</tr>
<tr>
<td></td>
<td>2,598,761</td>
<td>2,784,827</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>70,474</td>
<td>106,983</td>
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<tr>
<td>Net assets</td>
<td>2,528,287</td>
<td>2,677,844</td>
</tr>
<tr>
<td></td>
<td>2,598,761</td>
<td>2,784,827</td>
</tr>
</tbody>
</table>
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$4,231
Functional Outcomes After Cheilectomy versus Cheilectomy and Moberg Osteotomy in the Treatment of Hallux Rigidus

**Department of Surgery**

$15,000
Tibia Tunnel Widening in ACL Reconstruction – Comparing Two Bioscrews: A Prospective RCT

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**EDUCATION & COMMUNITY OUTREACH GRANTS**
APRIL 1, 2015 – MARCH 31, 2016

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ConMed Linvatec Canada
Ossur Canada Inc

**Primary Care Sports & Exercise Medicine Fellowship**
Institute of Sports Medicine Co-Venture
Ossur Canada Inc

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Bioventus
DePuy

**Medical Careers Exploration Program**
Manitoba Children & Youth Opportunities
Anonymous

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Ossur Canada Inc
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The services offered and the innovative approaches to healthcare at the Pan Am Clinic have helped to establish our organization 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 204.232.8271 or visit www.panamclinic.org/donate.