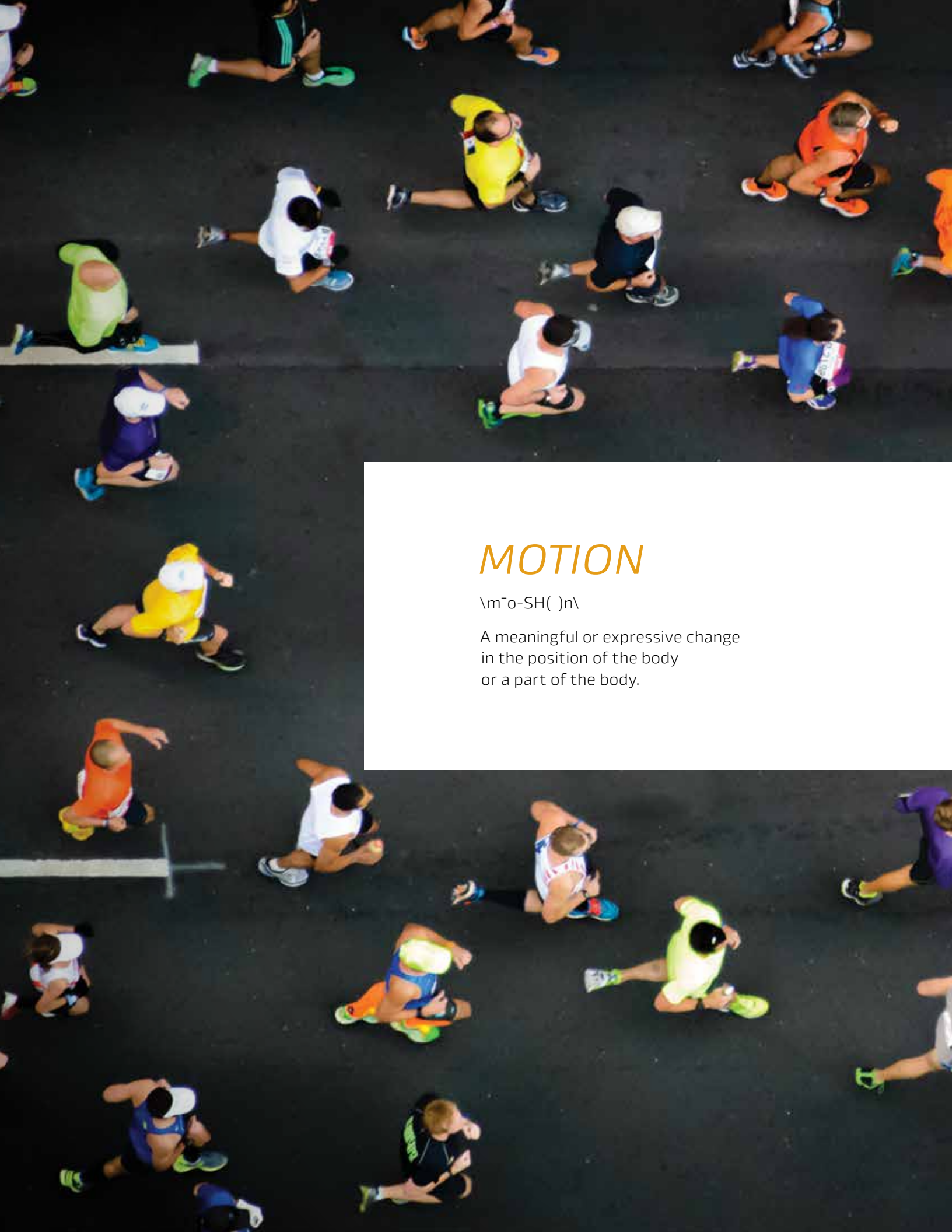


defining **MOTION**

2022-2023 ANNUAL REPORT





MOTION

\mō-SH()n\

A meaningful or expressive change
in the position of the body
or a part of the body.





MISSION

To solve health limitations
through clinical innovations.

VISION

Quality of life through
optimum physical health.

Pan Am Clinic Foundation Board Of Directors

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Jarret Woodmass

Message from the Chair

Motion without change is not possible. Over the last twelve months, there has been a lot of change within Pan Am Clinic Foundation that has provided us the opportunity to acknowledge and celebrate what we have done well, and recalibrate and realign areas that require improvement. The Pan Am Clinic Foundation and its Board of passionate, knowledgeable and experienced individuals are in a healthy state in every aspect. We are proud of the work we have accomplished over the last year, and are eager to boldly move forward on exciting initiatives and programs that we have planned for the upcoming year.

Our core initiatives of Research, Education and Community Outreach continue to prosper with our strong, multi-disciplinary team of surgeons, physicians, allied health care professionals, academics, research staff and administrative personnel at the Clinic and Foundation. Truly integrated multi-disciplinary teams and programs are certainly not the norm, and there is no doubt that the team work, passion and continued pursuit of excellence forms the foundation of our World Class Facility. To all of you, thank you for your unwavering commitment to excellence on a daily basis, and quite simply, being the best.



"To all of you, thank you for
your unwavering commitment
to excellence on a daily basis,
and quite simply, being the best."

Of course, the Foundation and its activities would not be possible without the generous support of our donors. Big picture, your support and donations allow us to provide the very best delivery of evidence-based medicine, as well as recruit and retain highly qualified personnel and ensure the Clinic has access to the latest, innovative equipment. Our Medical Careers Education Program continues to empower and educate Indigenous Youth to graduate into post-secondary education and explore career opportunities in the medical field and beyond. The 2022-23 school year saw enrollment increase from 12 to 45 students. Small picture, your commitment to our Foundation has created many careers and opportunities for staff that would not have been possible without moving out of province or country. Your support instills opportunity, excellence, growth and teamwork. From all of us to you, thank you!

Sincerely,
George Vis
Chair



Message from the Executive Director

When I walked into the doors of Pan Am Clinic on May 23, 2023, for my second stint as Executive Director of Pan Am Clinic Foundation, I was anxious, nervous and excited to get back to work for such an amazing organization. I wasn't more than four steps in the door when a colleague stopped me and said "welcome home". I paused, slightly stunned, looked at my colleague and said "it really is home isn't it?", she just nodded and smiled.

Since 1979, when Dr. Wayne Hildahl started the Pan Am Clinic, it's been about more than just delivering medical care. It's been about excellence, growth, and team work to make sure that all the patients that walk through the door receive the best care possible. This can only be accomplished through a long-term vision, perseverance, retention of staff and a strong sense of support from everyone in the building.

In 2007, Pan Am Clinic Foundation initiated a capital campaign to support clinical services through research, education and community outreach. Not only do these initiatives enhance patient care through evidence-based innovations, but are also pivotal to attract high-quality professionals in many areas of health care and academics to ensure every patient that walks through the door receives the most advanced and effective care possible. It's no secret that the health care system is strained, and without these initiatives, attracting the very best would simply not be possible.

Over the last four years, the Foundation has progressed and grown in so many areas, it's both fascinating and exciting to be part of the next chapter. We are indebted to Dr. Sheila McRae, (who recently transitioned from Research Director to Consultant) who worked tirelessly and passionately over the last 16 years to take the research program from a "one-study program" to one of the best Orthopedic Sports Medicine Research Organizations in North America. It is not possible to condense in a few paragraphs all the exciting programs and research studies that we currently have on the go, but one thing I can say for sure is the organization will continue to move forward based on the principles of excellence, growth and teamwork. Motion, more specifically, perpetual motion has always been the energy source that drives what we do on a daily basis. Over the next year we are going to move swiftly, efficiently, and with focus and direction on the diagnosis and treatment of muscle, bone, and joint disease. However, we can't do this alone. We need you to be part of our team and support us in our mission to enhance the quality of life of every patient that walks through our doors. And to those who are already part of our team and continue to support our initiatives and mission, we are sincerely appreciative and grateful.

With gratitude,

Dr. Jeff Leiter
Executive Director



Message from the Chief Research & Innovation Officer

2023 was a time of change. We are excited to welcome back Dr. Jeff Leiter in the Executive Director role. Jeff spent the last several years with the RINK organization and has made the decision to come back to Pan Am. We are extremely excited to have him back. His energy and enthusiasm as well as his knowledge base are a huge asset for the Foundation. Welcome back Jeff!

After many years of leading our research program, a very capable Dr. Sheila McRae has decided to step back. We are very indebted to Sheila who was with the Foundation virtually since Day 1 and was an integral part of the growth and development of the Foundation. We wish Sheila all the success in future endeavors and she is going to help us out for the time being in the transition.

Our Research program is doing extremely well in terms of our participation in randomized clinical trials, our publication record and our presentation record at national and international meetings. We are hugely indebted to the team which on a daily basis works very hard to keep the research going. Educationally, the

fellowship is doing extremely well and we are welcoming three international fellows including our first fellow from Japan, and our first from South America.

Fundraising is going well. We benefited from the generosity of Mr. Gerry Price recently as well as many others who have supported this Foundation and made it what it is today.

Long term, we are looking at the possibility of an expansion downtown to Portage Place and are working very diligently to make sure the Foundation continues to be an integral part of Pan Am Clinic with an expanded footprint including lab and teaching as well as research space.

The future is very exciting for the Foundation and we thank all who have generously supported us in our quest to be the Number One Musculoskeletal Centre in Canada!

Dr. Peter MacDonald

Chief Research & Innovation Officer

Statistical Highlights

2022/2023

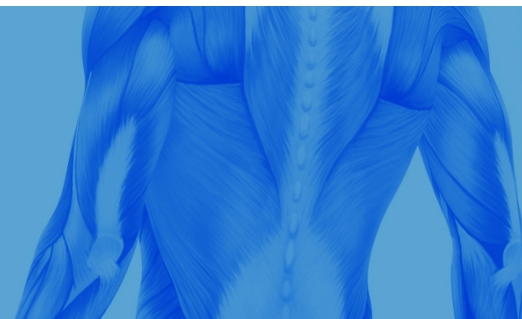
MUSCULOSKELETAL CONDITIONS



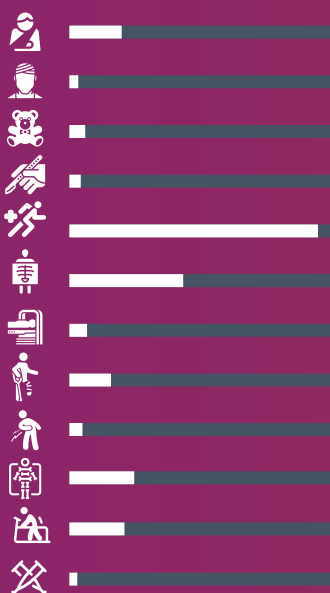
#1 contributor
to disability
worldwide



Results in chronic
pain or disability for
1 in 8 Canadians



CLINICAL



293,830

TOTAL PATIENT VISITS



23,551
Minor Injury
Clinic Visits



111,516
Sport Medicine
Visits



6,017
Pain
Clinic



4,236
Concussion
Clinic Visits



51,161
X Rays
Performed



29,254
Orthopaedic
Clinic Visits



7,348
Minor Injury
Kids Visits



8,125
MRI
Performed



24,810
Rehabilitation
Services



5,287
Surgeries
Performed



18,764
Casting
Clinic



3,761
Primary
Care MSK

EDUCATION



3
Orthopaedic Fellows
66 total



Surgical Simulators for
Hip, Knee, Shoulder and Foot
Resident Training

RESEARCH



41
Current
Studies



33
Published Articles
Peer Reviewed
Journals



7
Full Time
Research Staff



11
Clinical
Orthopaedic
Surgeons



GLOBAL COLLABORATIONS

with
Western University,
University of Pittsburg,
McMaster University,
Emory University (Georgia),
Dalhousie University,
University of Ottawa

1
Full Time
Registry Staff



450
Patients Enrolled
in Studies

AWARDS



3
2022
Arthroscopy Association
of North America Richard
O'Connor Research Award

June 2022 –
Canadian Orthopaedic Foundation
Robin Richards Award for Upper
Extremity Research – Jason Old

June 2022 –
Canadian Orthopaedic Association
Emerging Leader Award
– Jarret Woodmass

COMMUNITY OUTREACH

MEDICAL CAREERS EXPLORATION PROGRAM FOR INDIGENOUS YOUTH



14
Years
Running



400+
Participants



Patient Testimonial Charmain Prince

"When I was 13 years old, I had what I thought were swollen lymph nodes. Finally, at the age of 17, I found out it was actually a desmoid tumour."

Charmain Prince has been through a variety of treatments for this noncancerous growth in her upper righthand chest, collar bone, and arm. It grew very quickly and was treated with a combination of radiation, chemotherapy, and plastic surgery. At the time of her diagnosis, more than 15 years ago, she was one of only three cases in Winnipeg.

Finally, after two years without the tumour changing, she was offered two surgical options. She could either have the entire right arm removed, or undergo a potential limb salvage procedure while removing the tumour, much of the fascia tissue, and sections of her collarbone, scapula, and right shoulder. Prince choose the latter, recognizing that the function of her arm would be dramatically reduced.

The procedure required numerous healthcare personnel and took nearly 17 hours to perform.

"It's truly been a whirlwind experience," explains Prince. "Chemo drains the life right out of you. In my case literally. I survived, but as a side effect, I've been chemically sterilized. That was tough. I always wanted to have kids."

Learning that she was unable to conceive was a crushing blow for Prince. "I played with a lot of depression," she says. "But life had other plans for me and I've been able to adopt four amazing children."

**"There's a saying that
the storm ends quicker
when you run through it.
The sun is on the other side."**

Five years after her surgery, Prince started losing mobility. She was referred to Drs. Jason Old and Jarret Woodmass, two upper extremity specialists at Pan Am Clinic. In spring of last year, they performed a scapular fusion.

"Pan Am has been exceptional. Dr. Woodmass talks to me as a unique individual rather than just another case. He tells me about physiotherapy exercises I should be doing. He answers all of my questions and more importantly, he begins each appointment by asking me what he can do for me to help me progress. He's really stretched me – physically and mentally. He's been a tremendous motivation," says Prince.

While Prince has regained 75-85% of her range of motion and is in a better headspace than she has been for a long time, it hasn't been easy.

She not only works full time, but along with her partner, Cecil Prince, she also operates a successful baking and catering company called The Bakery.

"It's primarily Indigenous comfort food," explains Prince. "I grew up in a big family and loved to cook for big crowds and bake. It feels really rewarding to be able to give back to the community, such as women's shelters and people who are experiencing food and housing insecurity."

"I've learned that when it feels like you're going to lose everything, you have to keep moving forward. I've been to some dark places and because of them, have found a new place of light, appreciation, and wellbeing. There's a saying that the storm ends quicker when you run through it. The sun is on the other side."

For now, thanks to an amazing care team, a loving and supportive family, and a great attitude, Prince has never felt better.

"I'm meant to show people that there's light, even when it feels like there isn't."



Patient Testimonial

Michael Paterson

When it comes to care at Pan Am, Michael Paterson could be described as an old timer.

"I've been coming to the Pan Am Clinic for 25 to 30 years. I'm really into sport – everything from hockey and skiing to hiking and cycling. I'm a fairly active person, so I've also had a variety of injuries," says Paterson. "In fact, the first major surgery of my life was an ACL repair over 20 years ago."

An ACL repair is required when a specific ligament – the anterior cruciate ligament – in the knee becomes damaged. In Paterson's case, he sustained the injury while downhill skiing. The ACL plays a critical role in knee stability, so when it is strained, it negatively affects a person's ability to pivot, change direction quickly, and sometimes even walk. Not only that, but it can be quite painful. Paterson's doctor at the time, Dr. Peter MacDonald, recommended a surgical repair.

"I was concerned about my ability to continue to do activities," explains Paterson, "but my knee held up really well. When I had it done, my two kids were still young. The surgery allowed me to remain active with them. I was coaching hockey. We ski as a family and we do a lot of hiking together. If I had not had the reconstruction and the physiotherapy and everything, I would have missed out on all of that."

The Pan Am Clinic hasn't just been helpful for Paterson, but also for his entire family. "My wife, Gail, has probably been there more than I have, and we have needed several visits for my two boys. We've had broken ankles, separated shoulders, twists, sprains, you name it. That's the great thing about Pan Am, no matter how old you are, they'll take care of you for a whole variety of problems."

Paterson is definitely familiar with the fact that Pan Am Clinic handles a number of different issues. In the early 2000s, he came to Pan Am for pain he was experiencing in his hip from severe arthritis. "I was in agony. There was a point where I couldn't walk more than a couple of blocks because I was in so much pain," Paterson says. "I received the diagnosis and referral for surgery at Pan Am. Ultimately, the surgery was done at Concordia and the transition was incredibly smooth going between the two organizations. I cannot stress how valuable the care I received is."

"My mobility, my ability to continue to do sports means a lot to me. I can't imagine a life where I couldn't be active. In all the issues I had with my knees and hips, they weren't life threatening, but they deeply threatened the life I want to live. Being active is very important to my perception of myself as a human being. That was in peril, so the work that Pan Am did has a really big impact on my quality of life," explains Paterson. "When I think of the things that Pan Am did for me, I know they were essential. Coming to Pan Am changed my life for the better."

"My mobility, my ability to continue to do sports means a lot to me. I can't imagine a life where I couldn't be active."



Fellow Testimonial Dr. Matthew Dawdy

**Fellowship Program 07/2022 - 06/2023
Orthopaedic Sport Medicine
and Upper Extremity Reconstruction**

When Dr. Matthew Dawdy came to Pan Am Clinic as a resident for a four-week elective, he knew immediately that he wanted to come back. "I really enjoyed my time at Pan Am. They have such a high volume of patients who present with a wide variety of pathology. It's a unique experience and I'm grateful that I was able to learn alongside such a strong group of mentors."

For Dawdy, who hails from Ottawa, Ontario, his long-term goal is to set up a sports and upper extremity practice somewhere in Ontario. "After my Pan Am Fellowship, I'm off to Toronto for a Fellowship in trauma and upper extremity reconstruction. The cases there will involve more multisystem injuries, but with over 600 cases logged just this year, there's not really any place that can compare to Pan Am for surgical volume," says Dawdy.

It's not just the volume that impressed Dawdy but also the variety of skills he's learned. "The staff surgeons I've worked with have all trained various places and they all do things similarly, but with slightly different techniques. I feel like the skills I'm picking up are extremely versatile and will help me adapt to any future surgical situation. I'll take that with me going forward," explains Dawdy.

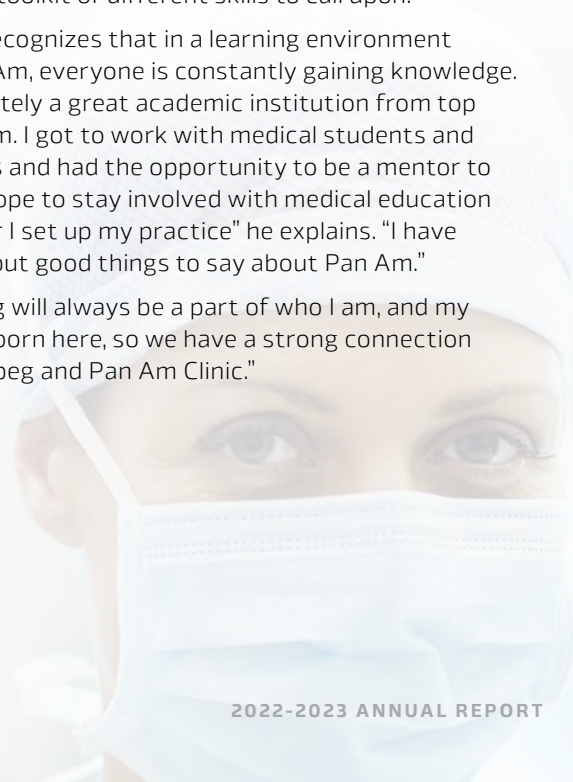
In thinking about his time doing surgery at both Pan Am Clinic and Concordia Hospital, Dawdy appreciates what he has learned. "In terms of arthroscopic techniques, I think the surgeons here are right on the leading edge. They're performing all of the newest therapies and treatments. You might not see that with other Fellowships. They use a variety of implants for each unique surgical situation. There's this healthy mix of different techniques, practices, and treatment

options. You just don't see that everywhere."

"What I like about the Pan Am philosophy is that it acknowledges that there are different ways of approaching the same problem and that each patient requires their own unique treatment approach," says Dawdy. "No matter what I see going forward, I have a robust toolkit of different skills to call upon."

Dawdy recognizes that in a learning environment like Pan Am, everyone is constantly gaining knowledge. "It's definitely a great academic institution from top to bottom. I got to work with medical students and residents and had the opportunity to be a mentor to them. I hope to stay involved with medical education wherever I set up my practice" he explains. "I have nothing but good things to say about Pan Am."

"Winnipeg will always be a part of who I am, and my son was born here, so we have a strong connection to Winnipeg and Pan Am Clinic."





Fellow Testimonial Dr. Stefania Spano

**Fellowship Program 08/2022 - 07/2023
Orthopaedic Sports Medicine
and Upper Extremity Reconstruction**

"My plan was to do two Fellowships," said Dr. Stefania Spano, who came to Pan Am Clinic having already completed a one-year Fellowship with the Hand Program at Toronto Western Hospital. "I anticipated that further training in Sports Medicine would make me a more well-rounded surgeon, but I couldn't have predicted how valuable the experience at Pan Am would prove to be."

Dr. Spano credits the Orthopaedic Sports Medicine and Upper Extremity Reconstruction Fellowship at Pan Am Clinic as one of the most positive experiences of her career. "Being at Pan Am has made me more curious, more confident, technically stronger, and has prepared me to transition to practice better than I could have anticipated. There's simply nothing that can replace the comprehensive experience of having advanced training alongside specialists with varying expertise, educational backgrounds, techniques, and skill sets," says Spano.

Spano herself is no stranger to excelling in a variety of fields. Before attending medical school at Queen's University, she pursued her Master of Science in Biomedical Communications (MScBMC) at the University of Toronto, training that has helped her become a better communicator. "When I'm teaching, I ask myself, 'how would I want to be spoken to at that stage of my career?' It helps me hone my message and clarify my language. MScBMC taught me to invest in understanding my audiences."

Toward the end of her Fellowship, she had a few opportunities to assume the role of teacher rather than student, especially when she was able to work with students in the Medical Careers Exploration Program, designed to introduce Indigenous youth to a whole field of study. "No matter where I end up working, teaching is part of my personal and professional goals," says Spano. "I love to witness and facilitate those 'aha moments' of learning where something clicks in an individual's understanding. That shared moment of discovery is a powerful thing."

Those shared moments are a key takeaway of her Pan Am experience. "I truly feel like I am part of a very special, close-knit community here at Pan Am Clinic. The people I've worked with are my mentors, friends, and partners in learning. They are very supportive. The day that my Canadian Orthopaedic Association Diversity in Leadership award was announced, I walked in to a staff dinner to applause and congratulations. The Pan Am team embraces that spirit of innovation," says Spano.

"I can't recommend this Fellowship program strongly enough," explains Spano. "What I appreciated most was that my learning goals were seen as opportunities to grow and my strengths as opportunities to shine. I am leaving Pan Am feeling bolstered and empowered."



Medical Careers Exploration Program (MCEP) 2022/23

The 2022/2023 school year marked the launch of a large expansion of the Medical Careers Exploration Program for Indigenous Youth as we welcomed students from across the Winnipeg School Division.

The year kicked off with an Opening Ceremony, which featured a traditional Pipe Ceremony and teachings from a Knowledge Keeper. For the rest of the school year, students worked in four groups – two groups of grade 10 students, and one each for grade 11 and grade 12 students.

Participants were happy to be back to in-person practicums with many COVID-19 restrictions being lifted. Student highlights included their time at Victoria General Hospital and following a Day Surgery patient through their entire operation day, from the waiting room, to pre-op assessments, to getting to stand inside the operating room during a surgery! Another great experience included shadowing doctors and nurses in the Concordia Hospital Emergency Room, where they got to watch and assist (when possible) with initial assessments,

stitches, and more. All of the students said that they loved how hands-on the program was, including getting to put real plaster casts on each other and learning to use various machines at Pan Am Clinic. They also learned how to do injections and blood draws, got a deeper look at anatomy during dissections in a lab, and so much more!

The program wrapped up with a Closing Ceremony, which welcomed the participants' families to join in. The ceremony included showcasing each student's completion of the year in the program, a Traditional Pipe Ceremony, and drumming.

The students and staff greatly enjoyed the year and the unique experiences and learning opportunities. Thank you to our partners and funders for the program. We could not run such a successful program without you!

Our partners:

Carolyn Sifton Foundation
Concordia Hospital
CST Trust Foundation
Deer Lodge Centre
Future Generations Foundation
Government of Manitoba
– *Bright Futures Fund*
Grace General Hospital
Health Sciences Centre

Kinsmen Club of Winnipeg
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Winnipeg Fire Paramedic Services
Winnipeg School Division
Women's Health Clinic



Diamondⁱⁿ the Rough

Thank you to our generous sponsors, donors, golfers, and supporters for making Diamond in the Rough such a huge success.

On Tuesday, May 30, 2023, the Pan Am Clinic Foundation hosted the 11th annual Diamond in the Rough Golf Fundraising Event at Glendale Golf & Country Club. This annual event, presented by Diamond Athletic Medical Supplies, is a fun nine-hole golf event that raises funds for research, education, and community outreach. For 2023, we sold out a full month early and by the end of the event raised an amazing \$66,000!

This event would not be such a success without the dedicated commitment and support of our committee members: Jerry Acheson, Barry Bembridge, Keith East, Mike Gilmour, Dr. Peter MacDonald, Andrew Parkes, Kelly Pickard, and Brent Stevenson. They are a fun group to work with who help to ensure that the spirit of FUNdraising carries through the entire event.

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St. Norbert Hotel Beer Store
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Golf Centre & Restaurant

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True North Real Estate
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Winnipeg Blue Bombers
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& Decorating Ltd.
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Winnipeg Goldeyes
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Orchestra

FIRE & ICE

2023 GALA

IN SUPPORT OF

pan am
CLINIC Foundation

PRESENTED BY

THE
ASPER
FOUNDATION

THANK YOU

to all those who supported the Pan Am Clinic Foundation through the 18th Annual Fire & Ice Gala Presented by The Asper Foundation on March 2, 2023.

Recognizing Jennifer Jones as the 2023 Trailblazer, the event featured a fireside chat between Jennifer Jones and Sara Orlesky that was full of humour, humility, and warmth! It was truly a privilege to recognize her accomplishments.

Together, we raised over \$200,000 to support the Foundation's work in advancing one of Canada's premier centres for musculoskeletal research, education, and community outreach. Thank you again to all those who took part! We look forward to seeing you again in 2024.



Honourable Obby Khan, Honourable Audrey Gordon, Dr. Peter MacDonald, The Honourable Heather Stefanson, and Dr. Joss Reimer



Presenting sponsor
The Asper Foundation



Gala Chair, James A. Ferguson, K.C. and Dr. Peter MacDonald present Jennifer Jones with the 2023 Trailblazer Award



Sara Orlesky and Jennifer Jones share a laugh during their fireside chat



Dr. Stefania Spano presents an update on the Pan Am Clinic Foundation to inspire guests to donate

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Liquor Mart	Tom Powell Design
The Lodge at Little Duck Jim & Leney Richardson	Tribe Medical
	George & Michelle Vis

Orthopaedic Doctors & Areas of Specialty



Dr. Heather Barske
Foot and Ankle Surgery



Dr. Todd Clark
Hand, Wrist and Elbow
and Peripheral Nerve Surgery



Dr. Greg Stranges
Sports Medicine, Arthroscopy,
Knee and Shoulder Surgery



Dr. Jason Old
Arthroscopic Shoulder
and Elbow Surgery,
Shoulder Replacement Surgery



Dr. Jarret Woodmass
Sports Injuries, Arthroscopy
and Reconstructive
Shoulder Surgery



Dr. Robert Longstaffe
Sport Medicine, Arthroscopy
with special interest in Complex
Knee Reconstruction, Osteotomies
and Knee Arthroplasty



Dr. Peter MacDonald
Shoulder, Knee, Sports Injury
and Arthroscopy



Dr. Jamie Dubberley
Upper Extremity Trauma,
Reconstruction and Arthroscopy



Dr. Michael Ellis
Clinical epidemiology
and management of paediatric
sports-related concussion



Dr. Jonathan Marsh
Shoulder, Elbow
and Wrist Surgery



Dr. Devin Lemmex
Sports Medicine, Hip, Knee
and Ankle Arthroscopy



Dr. Yiyang Zhang
Hand, Wrist and Elbow Surgery

Research Grants

ALEXANDER GIBSON FUND

\$13,000

Optimizing exercise selection for the asymmetric athlete following ACL reconstruction

\$8,000

Surgeon's prediction of patients' postoperative 1-year SANE score following rotator cuff repair surgery

\$12,000

Biomechanical analysis of different tendon grasping methods for anterior cruciate ligament reconstruction

DEPARTMENT OF SURGERY

\$15,000

Social determinants of health of Indigenous compared to non-Indigenous patients undergoing sports medicine orthopaedic surgery

MANITOBA MEDICAL SERVICE FOUNDATION

\$25,000

Evaluating the effectiveness of an electronic data collection platform to improve patient response rates in an orthopaedic surgery registry

R RICHARDS AWARD FOR UPPER EXTREMITY RESEARCH

\$1,000

Use of intravenous tranexamic acid does not improve arthroscopic visualization in shoulder surgery: a randomized controlled trial

Education & Community Outreach Grants

ORTHOPAEDIC SPORTS MEDICINE AND UPPER EXTREMITY RECONSTRUCTION FELLOWSHIP

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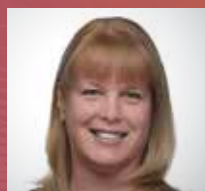
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Pan Am Clinic Foundation Presentations

1 April 2022 – 31 March 2023

Abuhantash, M., McRae, S., Woodmass, J., Dubberley, J., Marsh, J., Old, J., Stranges, G., & MacDonald, P. (2022, October 28).

Surgeon's Prediction of Patients' Postoperative 1-year SANE Score Following Rotator Cuff Repair Surgery. Universities of Manitoba and Saskatchewan Combined Annual Orthopedic Resident Research Day, Winnipeg, Manitoba.

Badre, A., Gammon, B., Hiscox, C., Dhaliwal, G., Hildebrand, K., Vergouwen, M., Furey, M., White, N., Lapner, P., Saini, R., Grewal, R., Goetz, T., Clark, T., Bowen, V., Zhang, Y., & Lu, Z. (2023, March 10). **Risk Factors for Complications in Ulnar Shortening Osteotomies: A Multicenter Retrospective Review.** AAOS 2023, Las Vegas, Nevada.

Bruinooge, B. (2022, September 15). **Confidence and performance at 6-months post ACL.** Sports Physio Rounds, Virtual.

Bruinooge, B., MacDonald, P., McRae, S., & Ogborn, D. (2022a, May). **Confidence and performance asymmetries are related to psychological readiness following ACL reconstruction at 6-months post-operation** [Virtual Presentation]. Canadian Physiotherapy Association Annual Congress, Virtual.

Bruinooge, B., MacDonald, P., McRae, S., & Ogborn, D. (2022b, May 13). **Examination of confidence and performance 6-months post anterior cruciate ligament reconstruction** [Virtual]. Canadian Physiotherapy Association, Virtual.

Bruinooge, B., MacDonald, P., McRae, S., & Ogborn, D. (2022c, May 31). **Confidence and performance asymmetries are related to psychological readiness following ACL reconstruction** [Virtual]. ACSM Annual Conference and World Congress, San Diego, California.

Cordingley, D. (2023, February 2). **Is Aerobic Exercise Beneficial Following Concussion?** Sports Medicine Rounds, Winnipeg, Manitoba.

Cordingley, D., McRae, S., & Ogborn, D. (2022, November 4). **Allometric scaling of performance measures in adolescent ice hockey players** [Poster]. Canadian Society for Exercise Physiology Annual General Meeting, Fredericton, New Brunswick.

Cordingley, D., Turnbull, C., Duncan, C., Henderson, Z., Anderson, J., & Cornish, S. (2022, June). **Resting Myokine Concentrations Are Reduced With Resistance-exercise Training But Blood Flow-restricted Resistance-exercise Response Is Unchanged** [Virtual Poster]. American College of Sports Medicine Annual Meeting, Virtual.

Cordingley, D., Zeiler, F., Myrie, S., & Cornish, S. (2022, November 2). **Can creatine improve time to recovery following concussion?- A protocol** [Poster]. Canadian Society for Exercise Physiology Annual General Meeting, Fredericton, New Brunswick.

Cordingley, D., Zeller, F., Myrie, S., & Cornish, S. (2022, June 9). **Can creatine improve time to recovery following concussion? - A protocol** [Oral Presentation]. University of Manitoba Applied Health Sciences Research Day, Winnipeg, Manitoba.

Dubberley, J., Woodmass, J., Old, J., Marsh, J., MacDonald, P., Wolfe, S., McRae, S., Mutter, T., Suter, T., & Zhang, Y. (2023, March 8). **The Use of Intravenous Tranexamic Acid Does Not Improve Arthroscopic Visualization in Shoulder Surgery: A Randomized Controlled Trial.** AAOS 2023, Las Vegas, Nevada.

Fast, A., Lemmex, D., Woodmass, J., McRae, S., Ogborn, D., Stranges, G., Longstaffe, R., & MacDonald, P. (2022, October 28). **Prevalence of Radiographic Markers of Femoroacetabular Impingement Among Patients Who Have Undergone ACL Reconstruction.** Universities of Manitoba and Saskatchewan Combined Annual Orthopedic Resident Research Day, Winnipeg, Manitoba.

Fowler-Woods, M., MacDonald, P., Woodmass, J., McRae, S., & Morrisette, M. (2022, October 28). **Socioeconomic Status Affects the Likelihood of Surgery in Anterior Cruciate Ligament Reconstruction and Rotator Cuff Repair.** Universities of Manitoba and Saskatchewan Combined Annual Orthopedic Resident Research Day, Winnipeg, Manitoba.

Hart, D. (2022, April 7). **Engineering in Sport Science and Orthopaedics** [Virtual Presentation]. Pan Am Clinic Sports Medicine Rounds, Winnipeg, Manitoba (Virtual).

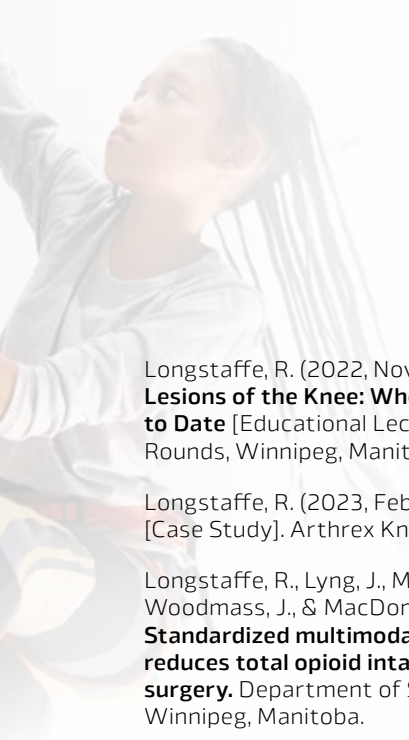
Hemstock, R., Mulhall, D., Ogborn, D., & Lemmex, D. (2022, October 28). **Post-Operative Weight Bearing Restrictions and Rehabilitation Protocols After Hip Arthroscopy: A Systematic Review.** Universities of Manitoba and Saskatchewan Combined Annual Orthopedic Resident Research Day, Winnipeg, Manitoba.

Hemstock, R., Mulhall, D., Ogborn, D., & Lemmex, D. (2023, January 11). **Post-operative weight-bearing restrictions and rehabilitation protocols after hip arthroscopy with femoroacetabular impingement: A systemic review** [Virtual]. University of Manitoba Department of Surgery Annual Research Month, Winnipeg, Manitoba.

Hemstock, R., Sommer, M., McRae, S., MacDonald, P., Woodmass, J., & Ogborn, D. (2022, June 8). **Does clinical approach in the management of anterior glenohumeral instability vary with clinical experience, surgical volumes and use of the ISIS? A survey of Canadian orthopedic surgeons** [Poster Presentation]. Canadian Orthopedic Resident Association Annual Conference, Quebec city, Quebec.

Henderson, Z., Cordingley, D., Turnbull, C., Duncan, C., Anderson, J., & Cornish, S. (2022, November 4). **Blood-flow restricted resistance exercise induced myokine secretion is correlated with changes in muscle strength but not fat free mass** [Poster]. Canadian Society for Exercise Physiology Annual General Meeting, Fredericton, New Brunswick.

Lapner, P., Pollock, J. W., Hodgdon, T., Zhang, T., McIlquham, K., Coupal, S., Bouliane, M., McRae, S., Dubberley, J., Berdusco, R., Stranges, G., Marsh, J., Old, J., & MacDonald, P. (2022, June 11). **Intra-Operative Channeling in Arthroscopic Cuff Repair: A Multicenter Randomized Controlled Trial** [Paper Presentation]. Canadian Orthopedic Association Annual Conference, Quebec city, Quebec.



Longstaffe, R. (2022, November 16). **Treatment of Chondral Lesions of the Knee: Where are We Now and My Experience to Date** [Educational Lecture]. Orthopedic Surgery Section Rounds, Winnipeg, Manitoba.

Longstaffe, R. (2023, February 11). **Patellofemoral Case** [Case Study]. Arthrex Knee Lab, Winnipeg, Manitoba.

Longstaffe, R., Lyng, J., McRae, S., Stranges, G., Lemmex, D., Woodmass, J., & MacDonald, P. (2023, January 25). **Standardized multimodal analgesia management protocol reduces total opioid intake following ACL reconstruction surgery.** Department of Surgery Annual Research Month, Winnipeg, Manitoba.

MacDonald, P. (2022a, June 9). **Rising to the Challenge: Models of Efficiency Resulting from Covid-19 The Manitoba Perspective** [Livestream Symposium]. Canadian Orthopedic Association Annual Conference, Quebec city, Quebec (Virtual).

MacDonald, P. (2022b, June 11). **Arthroscopic Bankart Repair With and Without Arthroscopic Infrapinatus Remplissage in Anterior Shoulder Instability with a Hill-Sachs Defect: A Randomized Controlled Trial (JSES 2021)** [Paper Presentation]. Canadian Orthopedic Association Annual Conference, Quebec city, Quebec.

MacDonald, P. (2022c, June 11). **CSES Position Statement on Rotator Cuff Tears** [Instructive Course Lecture]. Canadian Orthopedic Association Annual Conference, Quebec City, Quebec.

MacDonald, P. (2022d, June 11). **Hip: Sports Hernia: What is it and How do we Treat it?** [Lecture]. Canadian Orthopedic Association Annual Conference, Quebec city, Quebec.

MacDonald, P. (2022e, November 19). **Shoulder Injuries.** Grey Cup Sports Medicine Conference, Regina, Saskatchewan.

MacDonald, P. (2022f, December). **Meniscus Allograft.** 14th Annual Canadian Arthroscopy Meeting, Largo, Florida.

MacDonald, P. (2022g, December 6). **Quadriceps Tendon Autograft ACL Reconstruction- Global Perspectives** [Panel Presentation]. AJSM Webinar Series, Virtual.

MacDonald, P. (2023a, February 1). **Health Care Climate and Task Force Update.** Orthopedic Surgery Section Rounds, Virtual.

MacDonald, P. (2023b, February 11). **Quad Harvest.** Arthrex Knee Lab, Winnipeg, Manitoba.

MacDonald, P. (2023c, March 8). **Knee Dislocation and Multi-Ligament Knee Injury: Concepts and Controversies** [Case Presentation]. AAOS 2023, Las Vegas, Nevada.

MacDonald, P. (2023d, March 9). **Posterior Cruciate Ligament Surgery: The Step-By-Step Road to Success** [Skills Course]. AAOS 2023, Las Vegas, Nevada.

MacDonald, P., Gusnowski, E., McRae, S., Megaloikonomos, P., Wagner, E., & Woodmass, J. (2023, January 25). **Lower trapezius tendon transfer for massive irreparable rotator cuff tears improves outcomes in patients with high grade fatty infiltration of teres minor.** Department of Surgery Annual Research Month, Winnipeg, Manitoba.

MacDonald, P., Kamikowski, I., Woodmass, J., McRae, S., Lapner, P., Jong, B., Old, J., Marsh, J., Dubberley, J., & Stranges, G. (2022, October 7). **Arthroscopic Bankart Repair with Infrapinatus Remplissage in Anterior Shoulder Instability Results in Fewer Re-dislocations than Bankart Repair Alone at Medium-Term Follow-up of a Randomized Controlled Trial** [Paper Presentation]. ASES, Atlanta, Georgia.

MacDonald, P., Longstaffe, R., Jason, O., & Woodmass, J. (2022, October 19). **M & M Rounds—Presented by Pan Am** [Virtual]. Orthopedic Surgery Section Rounds, Winnipeg, Manitoba.

MacDonald, P., McRae, S., Kamikowski, I., Lapner, P., Jong, B., Old, J., Marsh, J., Dubberley, J., Stranges, G., & Woodmass, J. (2022, December). **Remplissage Reduces Risk of Recurrent Instability versus Bankart Repair Alone at Medium-Term Follow-up.** 14th Annual Canadian Arthroscopy Meeting, Largo, Florida.

MacDonald, P., Provencher, M., & Bishop, J. (2022, October 8). **Instability with Bone Loss: Anterior, Posterior and Bipolar** [Instructional Course Lecture]. ASES, Atlanta, Georgia.

McLennan, D., Leiter, J., & Singer, J. (2022, May 6). **The evaluation of between-limb centre of pressure synchrony as a diagnostic tool for sport-related concussion in young ice hockey players** [Poster Presentation]. WFATT World Congress XI, Winnipeg, Manitoba. <https://conference.athletictherapy.org/en/>

McLennan, D., McRae, S., MacDonald, P. M., & Ogborn, D. (2022, May 6). **Comparing two methodologies of knee flexor strength assessment in patients one-year following primary anterior cruciate ligament reconstruction** [Oral/Poster Presentation]. WFATT World Congress XI, Winnipeg, Manitoba. <https://conference.athletictherapy.org/en/>

McRae, S. (2022a, June 9). **CORS Research 1: Shifts in practice in the treatment of anterior cruciate ligament injury** [Educational Lecture]. Canadian Orthopedic Association Annual Conference, Quebec city, Quebec (Virtual).

McRae, S. (2022b, July 16). **Arthroscopic Rotator Cuff Repair with and without Acromioplasty in the Treatment of Full-Thickness Rotator Cuff Tears: Long Term Follow-up of a Multicenter, Randomized Controlled Trial** [Paper Presentation]. AOSSM, Colorado Springs, US.

McRae, S. (2022c, July 16). **Remplissage reduces the risk of postoperative recurrent instability versus Bankart repair alone: Medium-term results from a randomized controlled trial.** AOSSM, Colorado Springs, Colorado.

Pan Am Clinic Foundation Presentations

1 April 2022 – 31 March 2023

McRae, S., Fowler, M., Archer, L. A., Latimer, M., & Lavoie, J. (2022, June 8). **Culturally Appropriate & Socially Relevant Assessment of Pain: The Use Of The Kids Hurt App Within The Indigenous Youth Population In Manitoba** [Eposter]. Canadian Orthopedic Resident Association Annual Conference, Quebec city, Quebec (Virtual).

Miller, B., Cordingley, D., & Cornish, S. (2022, November 3). **A modified Nordic Curl intervention does not influence rate of hamstring injuries or time lost due to injury in Canadian football players: A retrospective review** [Poster]. Canadian Society for Exercise Physiology Annual General Meeting, Fredericton, New Brunswick.

Morissette, M., Bruinooge, B., McRae, S., MacDonald, P., & Ogborn, D. (2022, May). **Does quadriceps strength explain drop vertical jump ground reaction force asymmetry in patients with anterior cruciate ligament reconstruction at 12 months post-operative?** Canadian Athletic Therapy Association/World Federation of Athletic Therapy Annual Conference, Winnipeg, Manitoba.

Morissette, M., Lyng, J., Ogborn, D., Leiter, J., & Longstaffe, R. (2022, May). **The impact of COVID-19 on National Hockey League players' on-ice performance metrics following clearance to return to play.** Canadian Athletic Therapy Association/World Federation of Athletic Therapy Annual Conference, Winnipeg, Manitoba.

Ogborn, D. (2022a, April). **Assessing muscular strength: Insights from return to sport research and clinical practice** [Virtual Presentation]. Royal College of Chiropractic Sport Sciences Actionable Analytics Conference, Virtual.

Ogborn, D. (2022b, May). **An evidence-based, principle-drive approach to return to sport assessment following orthopedic surgery** [Virtual Presentation]. Canadian Physiotherapy Association Annual Congress, Virtual.

Ogborn, D. (2023a, January 21). **The Intersection of Rehabilitation and Strength and Conditioning.** National Strength and Conditioning Minnesota Annual Clinic, Minneapolis, MN.

Ogborn, D. (2023b, March 2). **Strength training considerations for patients following anterior cruciate ligament reconstruction.** Sports Medicine Rounds, Winnipeg, Manitoba.

Ogborn, D., Bruinooge, B., McRae, S., & MacDonald, P. (2022, May). **Quadriceps strength and drop vertical jump ground reaction forces after anterior cruciate ligament reconstruction.** ACSM Annual Conference, San Diego, California.

Old, J. (2022, September 21). **Made to measure: Patient-specific planning in shoulder replacement surgery.** 2022 American Shoulder and Elbow Surgeons Foundation (ASESF) National Shoulder and Elbow Week, Winnipeg, Manitoba.

Old, J., Dubberley, J., Woodmass, J., Marsh, J., MacDonald, P., Wolfe, S., McRae, S., Mutter, T., Suter, T., & Zhang, Y. (2023, March 11). **The Use of Intravenous Tranexamic Acid Does Not Improve Arthroscopic Visualization in Shoulder Surgery: A Randomized Controlled Trial.** AOSSM/ ISAKOS Specialty Society Program.

Old, J., Marsh, J., Dubberley, J., & MacDonald, P. (2022, June 10). **Use of Intravenous Tranexamic Acid Does not Improve Arthroscopic Visualization in Shoulder Surgery: A Randomized Controlled Trial** [Paper Session Livestream]. Canadian Orthopedic Association Annual Conference, Quebec City, Quebec.

Price, M., Ogborn, D., McRae, S., Mascarenhas, R., & MacDonald, P. (2022, October 28). **Allograft Augmentation for Multidirectional Shoulder Instability Refractory to Previous Surgical Intervention.** Universities of Manitoba and Saskatchewan Combined Annual Orthopedic Resident Research Day, Winnipeg, Manitoba.

Romeo, A., Ian, B., Larry, F., Wright, M., MacDonald, P., & Gamradt, S. (2023, March 7). **Shoulder Instability- Is Bankart Repair Enough for Routine Anterior Instability.** ASES Specialty Society Program, Las Vegas, Nevada.

Sarangal, N., Ogborn, D., & Barske, H. (2022, October 28). **Patient Reported and Clinical Outcomes of Minimally Invasive Chevron/Akin (MICA) Procedure for Correction of Hallux Valgus Compared to Lapidus Procedure: A Randomized Trial.** Universities of Manitoba and Saskatchewan Combined Annual Orthopedic Resident Research Day, Winnipeg, Manitoba.

Stranges, G. (2022a, June 22). **ACL surgery in 2022: Back to the Future.....and Back Again!** [Virtual Presentation]. Orthopaedic Surgery Section Rounds, Winnipeg, Manitoba (Virtual).

Stranges, G. (2022b, December 3). **ACL Repair in 2022: Back to the Future.** 14th Annual Canadian Arthroscopy Meeting, Largo, Florida.

Woodmass, J. (2022a, May 19). **Remplissage Reduces Risk of Recurrent Instability vs. Bankart Repair Alone at Medium-Term Follow-Up.** AANA 2022, San Francisco, California.

Woodmass, J. (2022b, June 21). **Improving surgical outcomes: Why your input makes all the difference.** 2022 American Shoulder and Elbow Surgeons Foundation (ASESF) National Shoulder and Elbow Week, Winnipeg, Manitoba.

Woodmass, J. (2023, February 11). **Revision ACL Surgery. An Algorithmic Approach and Unique Challenges.** Arthrex Knee Lab, Winnipeg, Manitoba.

Woodmass, J., Alkhatib, L., McRae, S., Lapner, P., Neogi, D., Mascarenhas, R., & MacDonald, P. (2022, June 8). **Arthroscopic Rotator Cuff Repair With and Without Acromioplasty in the Treatment of Full-thickness Rotator Cuff Tears: Long Term Follow-up of a Multicenter, Randomized Controlled Trial** [Eposters]. Canadian Orthopedic Association Annual Conference, Quebec City, Quebec (Virtual).

Woodmass, J. M. (2022, June 15). **Irreparable Rotator Cuff Tear: Tendon Transfers**. AANA Webinar Wednesdays, Virtual.

Woodmass, J., Pilkey, B., Tufescu, T., & Larose, G. (2023, March 29). **Proximal humerus fracture management in osteopenic bone**. Orthopedic Surgery Section Rounds, Winnipeg, Manitoba.

Woodmass, J., Suter, T., McRae, S., Zhang, Y., Old, J., Mutter, T., Wolfe, S., Marsh, J., Dubberley, J., & MacDonald, P. (2022a, October 8). **Use of Intravenous Tranexamic Acid Does not Improve Arthroscopic Visualization in Shoulder Surgery: A Randomized Controlled Trial** [Paper Presentation]. ASES, Atlanta, Georgia.

Woodmass, J., Suter, T., McRae, S., Zhang, Y., Old, J., Mutter, T., Wolfe, S., Marsh, J., Dubberley, J., & MacDonald, P. (2022b, December 2). **Use of Intravenous Tranexamic Acid Does not Improve Arthroscopic Visualization in Shoulder Surgery: A Randomized Controlled Trial** [Paper Presentation]. 14th Annual Canadian Arthroscopy Meeting, Largo, Florida.

Zhang, Y. (2022, June 11). **Perilunate Fractures and Dislocation—Striving for Better Results** [Educational Lecture]. Canadian Orthopedic Association Annual Conference, Quebec city, Quebec.

Zhu, S., & Barske, H. (2022, October 28). **Pregnancy and Parental Leave Policies in Canadian Orthopaedic Training Programs: Perceptions from the Program Directors**. Universities of Manitoba and Saskatchewan Combined Annual Orthopedic Resident Research Day, Winnipeg, Manitoba.

Zhu, S., Garofalo, J., McRae, S., MacDonald, P., Longstaffe, R., & Ogborn, D. (2022, June 9). **Managing Achilles Tendon Ruptures: Function, strength and musculotendinous morphology** [Podium]. Canadian Orthopedic Resident Association Annual Conference, Quebec City, Quebec.

Zhu, S., Garofalo, J., McRae, S., McDonald, P., Longstaffe, R., & Ogborn, D. (2022, June 8). **Managing Achilles Tendon Ruptures: Function, strength and musculotendinous morphology** [Poster Presentation]. Canadian Orthopedic Resident Association Annual Conference, Quebec City, Quebec.

Research Awards

Received Award in May 2022:

2022 Richard O'Connor MD Research Award, Arthroscopy Association of North America. *"Remplissage Reduces Risk of Recurrent Instability Versus Bankart Repair Alone at Medium-Term Follow-Up"*

Author(s): Ivan Kamikovski, M.D., Jarret Woodmass, M.D., Sheila McRae, Ph.D.; Peter Lapner, M.D., Benjamin Jong, M.D., Jason A. Old, M.D., Johnathon Marsh, M.D., Jamie Dubberley, M.D., Gregory A. Stranges, M.D., Peter B. MacDonald, M.D.

Received Award in June 2022:

2022 Robin Richards Award for Upper Extremity Research, Canadian Orthopaedic Foundation, *"Use of Intravenous Tranexamic Acid Does not Improve Arthroscopic Visualization in Shoulder Surgery: A Randomized Controlled Trial."*

Jason Old MD, Thomas Suter MD, Sheila McRae PhD, Yiyang Zhang MD, Jarret Woodmass MD, Thomas Mutter MD, Scott Wolfe MD, Jonathon Marsh MD, Jamie Dubberley MD, Peter MacDonald MD

Received Award in June 2022:

2022 Canadian Orthopaedic Association Emerging Leader Award: Jarret Woodmass MD

Beaudoin, A., Ogborn, D., McRae, S., Larose, G., Brown, H., McCormack, R., & MacDonald, P. (2022). **No differences found in long-term outcomes of a randomized controlled trial comparing ipsilateral versus contralateral hamstring graft in ACL reconstruction.** *Knee Surgery, Sports Traumatology, Arthroscopy: Official Journal of the ESSKA*, online ahead of print. <https://doi.org/DOI: 10.1007/s00167-022-06980-x>

Cordingley, D., & Cornish, S. (2022a). **Potential Role of Blood Flow Restricted Exercise for Older Adults.** *OBM Integrative and Complementary Medicine*, 7(3). <https://doi.org/doi:10.21926/obm.icm.2203025>

Cordingley, D., & Cornish, S. (2022b). **Myokine Response to Resistance Exercise in Older Adults and the Similarities and Differences to Younger Adults: A Brief Narrative Review.** *OBM Geriatrics*, 6(4), 18. <https://doi.org/doi:10.21926/obm.geriatr.2204206>

Cordingley, D., & Cornish, S. (2022c). **The Effects of Creatine Supplementation on Markers of Muscle Damage and Inflammation Following Exercise in Older Adults: A Brief Narrative Review.** *Recent Progress in Nutrition*, 2(4), 9. <https://doi.org/doi:10.21926/rpn.2204021>

Cordingley, D., & Cornish, S. (2022d). **Efficacy of Aerobic Exercise Following Concussion: A Narrative Review.** *Applied Physiology, Nutrition, and Metabolism*, 48(1), 5–16. <https://doi.org/10.1139/apnm-2022-0139>

Cordingley, D. M., Anderson, J. E., & Cornish, S. M. (2022). **Myokine Response to Blood-Flow Restricted Resistance Exercise in Younger and Older Males in an Untrained and Resistance-Trained State: A Pilot Study.** *Journal of Science in Sport and Exercise*, 15. <https://doi.org/10.1007/s42978-022-00164-2>

Cordingley, D. M., & Cornish, S. M. (2022). **Omega-3 Fatty Acids for the Management of Osteoarthritis: A Narrative Review.** *Nutrients*, 14(16), 3362. <https://doi.org/10.3390/nu14163362>

Cornish, S., Cordingley, D., Shaw, K., Forbes, S., Leonhardt, T., Bristol, A., Candow, D., & Chilibeck, P. (2022). **Effects of Omega-3 Supplementation Alone and Combined with Resistance Exercise on Skeletal Muscle in Older Adults: A Systematic Review and Meta-Analysis.** *Nutrients*, 14(11), 2221. <https://doi.org/10.3390/nu14112221>

Donaldson, E., Chandler, R., Clark, T., Hayakawa, T., & Guiffre, J. (2022). **Reconstruction of Quadriceps Function Using a Single Functional Gracilis Muscle Transfer With an Adductor Longus Nerve to Femoral Nerve Branch of the Rectus Femoris Nerve Transfer.** *Annals of Plastic Surgery*, 89(4), 419–430. <https://doi.org/DOI: 10.1097/SAP.00000000000003282>

Donaldson, E., Winter, J., Chandler, R., Clark, T., & Guiffre, J. (2023). **Malignant Peripheral Nerve Sheath Tumors of the Brachial Plexus: A Single-Center Experience on Diagnosis, Management, and Outcomes.** *Annals of Plastic Surgery*. <https://doi.org/DOI: 10.1097/SAP.00000000000003462>

Doucet, V., Clark, T., & Guiffre, J. (2023). **Hemihamate Arthroplasty Revisited: A Retrospective Review of 11 Cases.** *Annals of Plastic Surgery*, 90(1), 47–55. <https://doi.org/DOI: 10.1097/SAP.00000000000003291>

Gomez, A., Singh Sainbhi, A., Froese, L., Batson, C., Slack, T., Stein, K., Cordingley, D., Mathieu, F., & Zeiler, F. (2022). **The Quantitative Associations Between Near Infrared Spectroscopic Cerebrovascular Metrics and Cerebral Blood Flow: A Scoping Review of the Human and Animal Literature.** *Frontiers in Physiology*, 13(934731). <https://doi.org/doi: 10.3389/fphys.2022.934731>

Green, N., Jordan, R., Maclean, S., D'Alessandro, P., MacDonald, P., & Shahbaz, M. (2023). **Preoperative topical benzoyl peroxide treatment is effective in reducing Cutibacterium acnes in shoulder surgery: A systematic review.** *Journal of Shoulder and Elbow Surgery*, 32(1), 213–222. <https://doi.org/10.1016/j.jse.2022.07.019>

Hart, D., Gurney-Dunlop, T., Leiter, J., Longstaffe, R., Shawky Eid, A., McRae, S., & MacDonald, P. (2022). **Biomechanics of hamstring tendon, quadriceps tendon, and bone-patellar tendon-bone grafts for anterior cruciate ligament reconstruction: A cadaveric study.** *European Journal of Orthopaedic Surgery and Traumatology*, online ahead of print. <https://doi.org/10.1007/s00590-022-03247-6>

Heard, M., Marmura, H., Bryant, D., Litchfield, R., McCormack, R., MacDonald, P., Spalding, T., Verdonk, P., Peterson, D., Bardana, D., Rezansoff, A., Stability Study Group, & Getgood, A. (2023). **No Increase in Adverse Events with Lateral Extra-articular Tenodesis Augmentation of Anterior Cruciate Ligament Reconstruction—Results from the Stability Randomized Trial.** *Journal of ISAKOS: Joint Disorders & Orthopaedic Sports Medicine*, S2059–7754. <https://doi.org/DOI: 10.1016/j.jisako.2022.12.001>

Lapner, P., Alfonso, A., Herbert-Davies, J., Pollock, J. W., Marsh, J., Graham, K., & Canadian Shoulder and Elbow Society. (2022). **Position statement: Nonoperative management of lateral epicondylitis in adults.** *Canadian Journal of Surgery. Journal Canadien de Chirurgie*, 65(5), E625–E629. <https://doi.org/DOI: 10.1503/cjs.019221>

Lapner, P., Bouliane, M., Pollock, J. W., Coupal, S., Sabri, E., Hodgdon, T., Old, J., McIlquham, K., MacDonald, P., CSES Investigators, Stranges, G., Berdusco, R., Marsh, J., Dubberley, J., & McRae, S. (2022). **Intraoperative Channeling in Arthroscopic Rotator Cuff Repair: A Multicenter Randomized Controlled Trial.** *The American Journal of Sports Medicine*, 51(2), 323–330. <https://doi.org/DOI: 10.1177/03635465221138562>

Larose, G., Leiter, J., Peeler, J., McRae, S., Stranges, G., Rollins, M., Davidson, M., & MacDonald, P. (2022). **Quality of life during the wait for ruptured anterior cruciate ligament reconstruction: A randomized controlled trial.** *Canadian Journal of Surgery*, 65(2), E269–E274. <https://doi.org/10.1503/cjs.007820>

Lee, J., Woodmass, J. M., Bernard, C. D., Leland, D. P., Keyt, L. K., Krych, A. J., Dahm, D. L., & Camp, C. L. (2022). **Nonoperative Management of Posterior Shoulder Instability: What Are the Long-Term Clinical Outcomes?** *Clinical Journal of Sport Medicine: Official Journal of the Canadian Academy of Sport Medicine*, 32(2), e116–e120. <https://doi.org/10.1097/JSM.0000000000000907>

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Summary Statement of Financial Position

Years ended March 31

2023
\$

2022
\$

REVENUES

Contributions	1,430,235	1,565,619
Contributions - Medical careers exploration program	285,700	189,637
Fundraising events	408,032	328,684
Investments	76,844	29,156
Management fee - Pan Am Rehabilitation Services Inc.	26,400	26,400
Other revenue	38,549	96,117
Centre fees	6,300	5,375
	2,272,060	2,240,988

EXPENSES

Acknowledgements, grants and donations	304,037	37,174
Advertising and promotion	43,125	10,252
Amortization	136,845	148,171
Bank charges and interest	15,388	14,763
Consulting fees	99,029	81,610
Continuing development	91,521	67,483
Fundraising events	27,508	35,314
Insurance	28,562	25,671
Medical careers exploration program expense	206,817	153,712
Professional fees	171,354	179,834
Research program salaries	601,440	604,087
Rent	6,786	6,627
Repairs and maintenance	-	10,240
Salaries and benefits	318,792	328,841
Supplies and equipment	70,951	73,284
Travel	13,641	2,166
	2,135,796	1,779,229

2023
\$

2022
\$

OTHER ITEMS

Equity earnings of Pan Am Rehabilitation Services Inc.	370	24,202
Unrealized gain on investments	-18,379	26,788
Gain on disposal of investments	1,616	30,373
Loss on disposal of capital assets	-	(9,267)
	-16,393	72,096

Increase in net assets	119,871	533,855
Net assets at beginning of year	4,168,942	3,635,087
Net assets at end of year	4,288,813	4,168,942

ASSETS

Cash and equivalents	953,632	1,044,563
Accounts receivable	82,638	360,257
Prepaid expenses	29,877	35,490
Capital assets	502,183	585,329
Long-term investments	2,566,392	2,046,740
Investment in Pan Am Rehabilitation Services Inc.	346,364	345,994
	4,481,086	4,418,373

LIABILITIES AND NET ASSETS

Accounts payable and accruals	162,273	219,431
Canada Emergency Business Account loan	30,000	30,000
Net assets	4,288,813	4,168,942
	4,481,086	4,418,373

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