



defining **motion**

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Annual Report

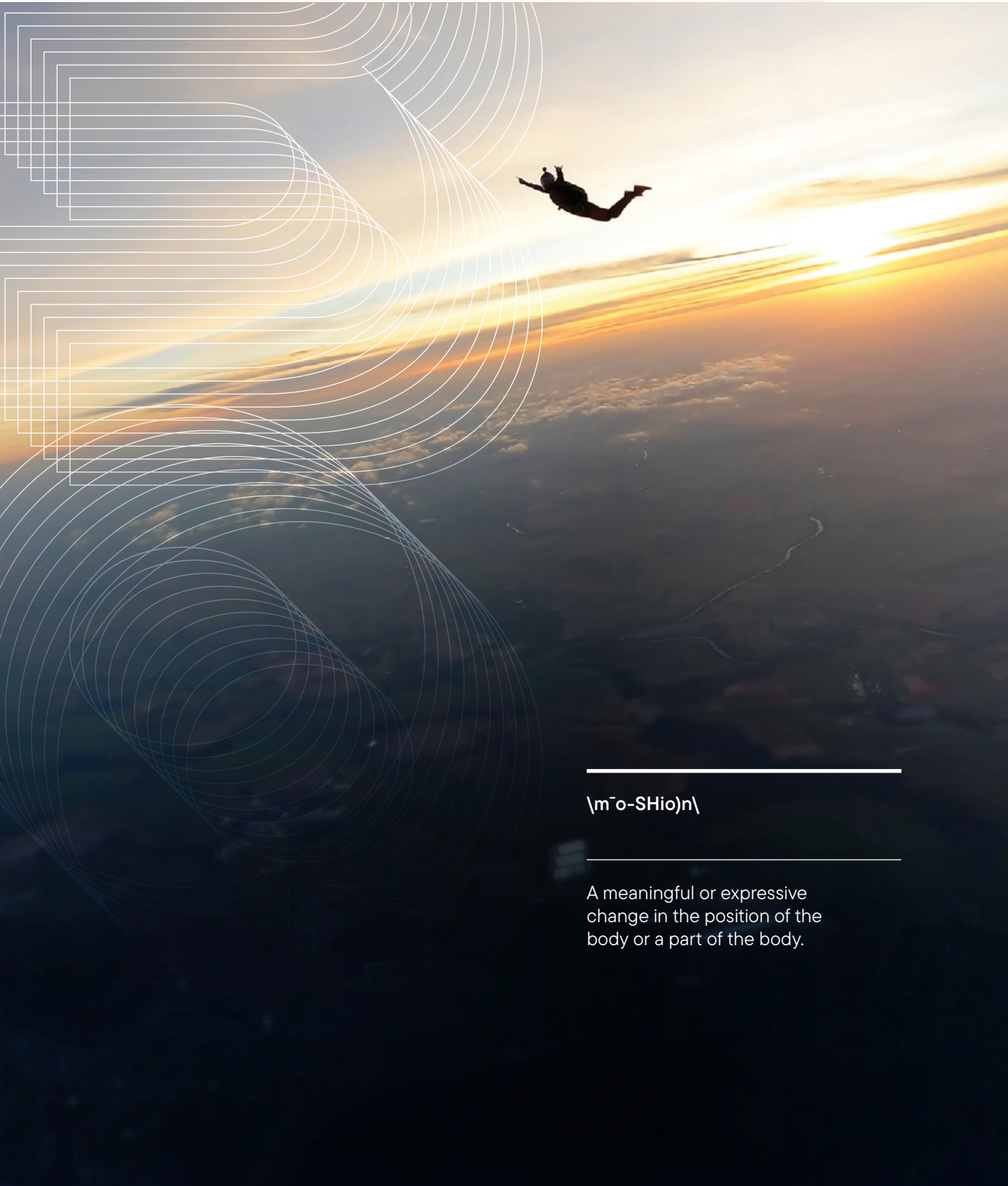
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2024-2025

**pan**am  
CLINIC | Foundation



**motion**



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\m<sup>o</sup>-SHio)n\

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

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## Mission

To solve health limitations through clinical innovations.

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## Vision

Quality of life through optimum physical health.

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## Pan Am Clinic Foundation Board of Directors

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### Chair

George Vis

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### Secretary / Treasurer

Rod Corbett

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### Executive Director

Jeff Leiter

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### Directors

Ida Albo

Matthew Banville

Jamie Brown

Brock Bulbuck

James A. Ferguson, K.C.

Wayne Hildahl

Leilani Kagan

Peter MacDonald

Lee Meagher

Jason Old

Gord Pollard

Kevin Prins

Jim Richardson

Bob Silver

Jeff Thompson

Dawna Wallace

Jarret Woodmass

Brock Wright



## Message from the Chair

The 2024–2025 year was marked by meaningful advancement and renewed energy at the Pan Am Clinic Foundation. As Chair of the Board, I am proud to reflect on a year defined by clinical excellence, innovation, and an unwavering commitment to improving musculoskeletal health outcomes for patients across Manitoba and beyond.

In partnership with the Pan Am Clinic, the Foundation continues to play a critical role in supporting leading-edge care, world-class research, and comprehensive education. Through strategic investment and strong governance, we are advancing initiatives that enhance patient recovery, accelerate innovation, and strengthen the training of future health care professionals. Our work is firmly grounded in evidence-based medicine and driven by a shared belief that excellence in care begins with innovation, collaboration, and compassion.

Our core areas of focus—Research, Education, and Community Outreach—remain central to our impact. The exceptional work of our surgeons, physicians, allied health professionals, researchers, educators, and administrative teams continues to position the Pan Am Clinic as a centre of excellence in musculoskeletal health. Their dedication to clinical quality, interdisciplinary teamwork, and continuous improvement inspires confidence and drives measurable results for patients every day.

Throughout the year, the Foundation proudly supported initiatives that expanded research capacity, strengthened education and training programs, and improved

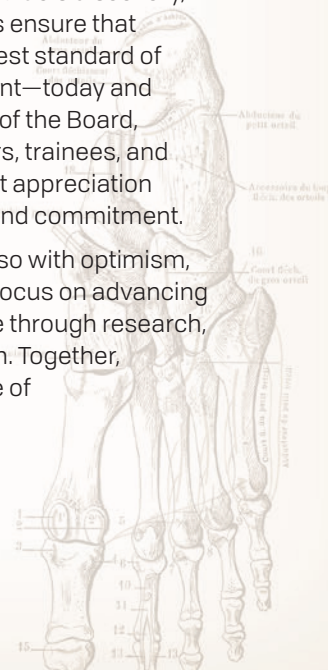


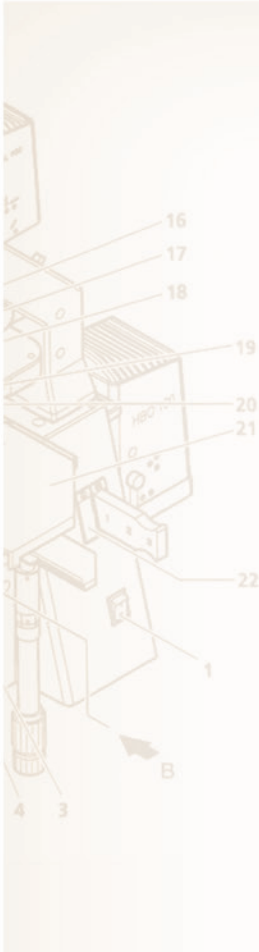
access to specialized care. These efforts directly translate into better patient outcomes, enhanced clinical knowledge, and a stronger, more resilient health care system. The engagement and leadership of our Board of Directors have been instrumental in guiding this progress and ensuring that our resources are aligned with the areas of greatest impact.

None of this work would be possible without the generous support of our donors and partners. Your investment fuels discovery, advances care, and helps ensure that patients receive the highest standard of musculoskeletal treatment—today and into the future. On behalf of the Board, our clinicians, researchers, trainees, and staff, I extend our deepest appreciation for your continued trust and commitment.

As we look ahead, we do so with optimism, momentum, and a clear focus on advancing excellence in patient care through research, education, and innovation. Together, we are shaping the future of musculoskeletal health.

Sincerely,  
**George Vis**  
Chair





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## Message from the Executive Director

We have all witnessed the powerful and positive effects of momentum in sports. A team may be down a few goals and then score late in the game. What seems like an insurmountable lead turns into an epic comeback that provides a surge of energy and excitement to players, coaches and fans alike. But let me be clear, momentum doesn't come from luck. Momentum emerges from hundreds of hours of dedication, commitment and the development and embrace of confidence from every member of the team. The whole is greater than the sum of its parts.....a concept that has been proven time and time again at Pan Am Clinic.

Pan Am Clinic is known to most Manitobans as the 'place to go when you are injured' and a 'one-stop shop for musculoskeletal injuries and treatment'. As you read through this year's annual report, one thing is obvious. Providing the best care for our patients doesn't come from one individual or one department. It comes from the synergy of all departments and individuals working together for the greater good. The synergy of our research, education and community outreach initiatives with our clinical departments. The collective partnership of doctors, nurses, staff, researchers, schools, organizations



and generous donors to work together to make Pan Am Clinic one of the best in the world.

"The best is yet to come" isn't a song lyric to us. It's our future and relentless passion and persistence that drives our entire team to turn our vision of Quality of life through optimum physical health into a reality. As we continue to develop this vision through the Health Care Centre of Excellence, we would like to sincerely thank our board members, donors, sponsors, staff, patients, and students for your ongoing support and commitment to the Foundation. We couldn't do it without you and are looking forward to working with all of you as we continue to build momentum to support Manitobans in their journey of optimal physical health.

Sincerely,  
**Dr. Jeff Leiter**  
Executive Director



## Message from the Chief Research & Innovation Officer

It was another banner year for the Pan Am Clinic Foundation!

We had one of the most successful fundraising events ever at our 20th Anniversary honoring Rick Bowness for his contributions to the community and to the hockey world in general. It resonated well with all those who attended.

Our annual golf tournament was also extremely successful this year, with a sold-out event and having a huge engagement from the community. A huge thank you goes out to the golf and dinner planning committees for all their hard work in organizing these two fundraiser events.

On the Foundation side, our research continues to flourish with our first ever CIHR grant under the leadership of Dr. Jarret Woodmass for his study on repair of a muscle tendon unit after reverse total shoulder arthroplasty. The group also won the Hughston Award which is a prestigious award given by the American Orthopaedic Society for Sports Medicine for the best sport medicine paper being published in their journal in the past year. We congratulate the team on their accomplishments.

Our Foundation Board continues to be highly engaged and contributes not only to research, education and community



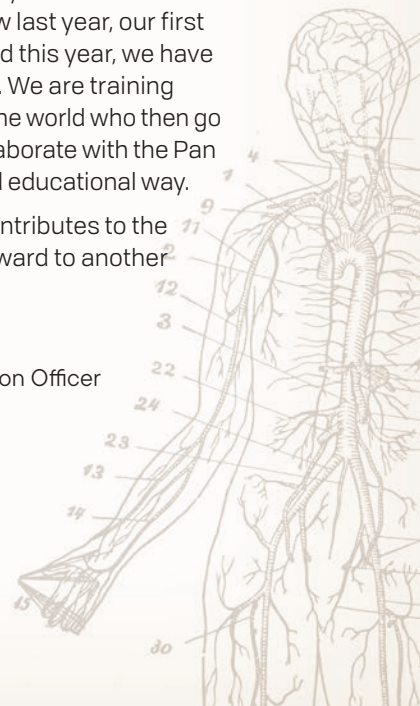
outreach but also recently to clinical needs with acquiring new scope towers which needed replacing. We thank the Foundation Board for their engagement and hard work.

We are all looking forward to Portage Place redevelopment of the Healthcare Centre of Excellence and our exciting, new plans for expanded services and surgery/clinic space.

On the educational side, our fellowship continues to do extremely well. We had our first ever Japanese fellow last year, our first fellow from Malaysia, and this year, we have our first fellow from Italy. We are training individuals from all over the world who then go back and are able to collaborate with the Pan Am Clinic in a clinical and educational way.

I thank everyone who contributes to the Foundation and look forward to another healthy year ahead.

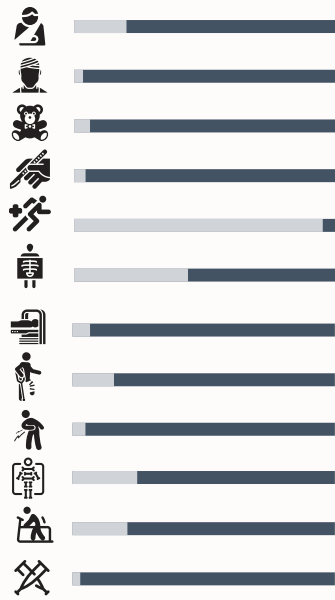
**Dr. Peter MacDonald**  
Chief Research & Innovation Officer



# Statistical Highlights


2024/2025


## Clinical



**297,596**  
TOTAL PATIENT VISITS


## Musculoskeletal Conditions

 #1 contributor to disability worldwide

 Results in chronic pain or disability for 1 in 8 Canadians

 **20,237**  
Minor Injury  
Clinic Visits

 **112,241**  
Sport  
Medicine  
Visits

 **4,752**  
Concussion  
Clinic Visits

 **51,544**  
X Rays  
Performed

 **7,197**  
Minor Injury  
Kids Visits

 **10,136**  
MRI  
Performed

 **5,606**  
Surgeries  
Performed

 **17,495**  
Casting  
Clinic

 **10,664**  
Pain  
Clinic

 **26,546**  
Rehabilitation  
Services

 **26,927**  
Orthopaedic  
Clinic Visits

 **4,251**  
Primary  
Care MSK

### Research



**39**  
Current Studies



**5**  
Research Streams



**11**  
Clinical Orthopaedic Surgeons



**24**  
Published Articles  
Peer Reviewed Journals



**602**  
Patients Enrolled in Studies



GLOBAL COLLABORATIONS *with*  
Dalhousie University,  
Emory University,  
McMaster University,  
Western University,  
University of Calgary,  
University of Ottawa,  
University of Pittsburgh



**9**  
Full Time Research Staff

**1**  
Full Time Registry Staff

### Education



**3**  
Orthopaedic Fellows  
66 total



**1<sup>ST</sup>**  
Emergency Med Fellowship



**1**  
Primary Care Fellow  
16 total

### Community Outreach

MEDICAL CAREERS EXPLORATION PROGRAM FOR INDIGENOUS YOUTH



**15**  
Years Running



**400+**  
Participants

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## Patient Testimonial

### Reese Chuback

It was the Mount Allison Mounties' last exhibition hockey game before the start of the regular season when forward Reese Chuback got sandwiched by two players and caught her shoulder on the edge of the boards. "My right shoulder separated," recalls Reese. There was no access to an MRI and although Reese didn't know the full extent of the injury, she took some time off to let it heal before heading back onto the ice.

**"Having access to this type of resource is honestly the best thing for athletes."**

During the last game of the season and playing against the same team, Reese was racing for the puck along the boards. "A player from the other team stopped me in my tracks," she says. "This time she took out my other shoulder, but I actually didn't think the injury was that bad."

After resting it, Reese began training again only to discover her shoulder getting weaker with no medical explanation. "Nothing seemed to be helping. I wasn't able to get a referral for an MRI in New Brunswick so I went home to Winnipeg and went straight to Pan Am Clinic."

After a CT scan and X-ray, Reese learned she had torn her labrum, a ring of cartilage that stabilizes her shoulder. "Dr. MacDonald told me I definitely needed surgery and showed me what that would entail. Because I was on their cancellation list, I had my surgery within a month. He fixed the tear and put an anchor in my dislocated shoulder to ensure it didn't pop out again."

For Reese, the care and attention she received put her mind at ease. "They were very clear and honest about walking me through what would happen before, during and after surgery. It was incredibly reassuring to hear that I was going to make a full recovery and be able to play hockey again. That really helped me stay motivated and positive."

In addition, Reese is participating in a Pan Am Clinic research study that compares results between arthroscopic surgery and open or mini-open surgery techniques to determine long-term effectiveness. "I have three extremely tiny incisions from arthroscopic surgery and I go in for a six-month appointment so that they can measure my strength and see how my recovery compares."



Now three weeks ahead of schedule in her recovery, Reese is thankful she came back to Winnipeg and the Pan Am Clinic. "I've heard horror stories about these types of surgeries but in my case I started to feel really good, really fast. Having access to this type of resource is honestly the best thing for athletes. I know if I hadn't had this surgery, my shoulder would have been weaker and weaker and I wouldn't have been able to play hockey again. Now I'm happy to say I'll be heading back to University and my hockey team this fall."

## Patient Testimonial

### Giuseppe Zimarino

A lifetime of working in masonry construction as a bricklayer added up to debilitating shoulder damage for Giuseppe Zimarino when he retired. "I worked every day lifting stones and over time it caused a lot of wear and tear on my shoulders. It came to a point where I couldn't lift either of my arms anymore," he says.

When a friend of Giuseppe's recommended he see Dr. Jarret Woodmass at the Pan Am Clinic, he made an appointment.

"When I arrived at Pan Am Clinic they immediately did an X-ray so that by the time I saw Dr. Woodmass he already had the results," recalls Giuseppe. Those results confirmed what Giuseppe already knew: "He told me that both shoulders were gone and that I needed surgery."

By the time the first surgery was scheduled several months later, Giuseppe was more than ready. "At that point I couldn't dress myself or even comb my hair anymore and the pain was severe."

Dr. Woodmass operated on the first shoulder and prescribed three months of physiotherapy. "I knew that my first shoulder had to be healed and functioning before they would operate on my other shoulder," recalls Giuseppe.

**"I would recommend Pan Am Clinic to anyone. I have no pain whatsoever and am back to feeling great – it's amazing what they can do!"**

Eight months later, the second surgery was scheduled. "At that point I couldn't move that arm and sleeping was difficult so I was happy to get my other shoulder looked after." A second round of physiotherapy followed, bringing much needed mobility and comfort to this retiree.

By the time he met with Dr. Woodmass for a follow-up appointment, Giuseppe was ready for some good news. "The doctor told me everything was looking great and that I would not need to see him again unless there were any issues."

For Giuseppe, his experience with the Pan Am Clinic was a positive one. "I would recommend Pan Am Clinic to anyone. I have no pain whatsoever and am back to feeling great – it's amazing what they can do!"

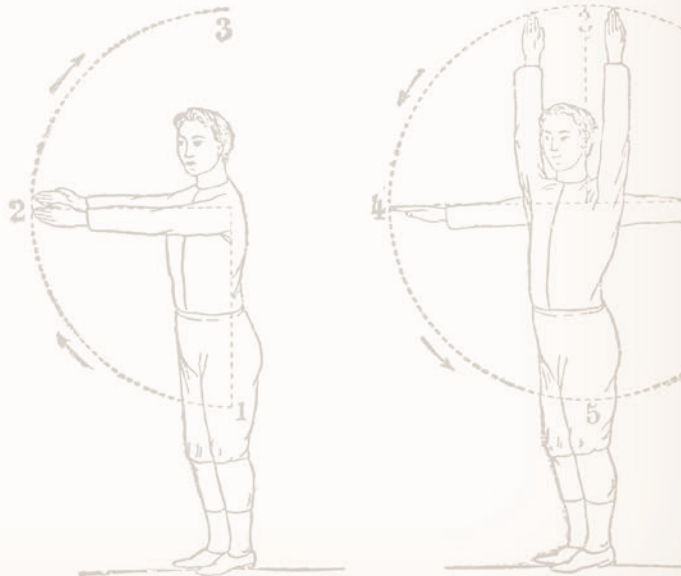


Fig. 15.

Fig. 16.



## Donor Profile

### Steven & Lisa Kroft

Long-time philanthropists Steven and Lisa Kroft have spent years channeling their time, talent and resources into areas that foster meaningful progress and were looking for a new project that aligned with their values.

"We like to look at projects or institutions where we feel they're doing something that is not done anywhere else and where we can really make a difference," says Steven.

**"We try to find causes in the city and province where we can fuel something exceptional through volunteerism or donation. Pan Am Clinic fits that bill!"**

"We try to find causes in the city and province where we can fuel something exceptional through volunteerism or donation. Pan Am Clinic fits that bill!"

While the Krofts had heard positive reviews of the work done at the Pan Am Clinic, it wasn't until they took a tour that they got excited about becoming first-time donors. "I was blown away," says Lisa who says she really didn't know what to expect. "I wasn't aware of the extent of the research they were doing and the trials that focus on improvements to the delivery of health care."

Indeed, the dedicated research team at Pan Am Clinic is currently conducting 39



ongoing clinical research studies with more than 600 patients. The majority of studies involve the development, improvement and validation of surgical techniques and outcomes leading to the ultimate goal of improving the patient experience.

For Steven, that entrepreneurial approach struck a chord. "We were impressed by the innovative and efficient approach they take

at the Pan Am Clinic that goes beyond the regular delivery of health care. The more we learned about the work they're doing related to concussions and orthopaedic care, the more we could see how it's improving quality of life for so many people."

As lifelong Winnipeggers who are deeply engaged in the community, lending their support to the Pan Am Clinic felt like an ideal fit. "The work they do at the Pan Am Clinic makes a difference not just in our community but around the world," notes Steven. "To have this as a resource is a real feather in our cap as a city and a province. We not only want it to stay here but we want to help it flourish."

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## Physiotherapy Fellowship



### Kim Vaccaro

With a deep history in orthopaedic surgery, Pan Am Clinic has offered an Orthopaedic Sports Medicine & Upper Extremity Fellowship training program for many years. This past year was the first time that a one-year fellowship in physiotherapy was made available through Pan Am Rehabilitation Services in partnership with the Pan Am Clinic Foundation.

For Kim Vaccaro, a physiotherapist who worked in private practice since graduating in 2015, the opportunity could not have come along at a better time. “For me the big draw was the interdisciplinary connection with sport medicine clinicians. I was coming off of two maternity leaves and hadn’t really built up a significant case load yet. I felt like I could commit the time for the program so I jumped at the chance.”

As an experienced physiotherapist, Kim often received referrals for patients who had undergone surgery and needed rehabilitation. “At Pan Am Clinic I see people from the moment they walk in with an injury through to surgery and then rehab. As a physiotherapist, that’s not something I was able to be a part of before. It’s an amazing learning experience to be a fly on the wall and understand how the surgeons are coming to their conclusions and how they are determining the best course of action.”

Throughout the one-year fellowship, Kim spent three days each week working clinically alongside experienced physiotherapists. One day per week was dedicated to shadowing opportunities with sport medicine physicians, surgeons, and other healthcare professionals both within Pan Am Clinic and at external sites. The final day each week was set aside for participation in research initiatives — for Kim, this involved contributing to the development

of and participating in a new pre-operative ACL program. “What I’m learning is absolutely invaluable,” she says. “Now I can take that knowledge back to my practice and do a better job of explaining the process to patients with various injuries, including pre- or post-surgery, and help put them at ease.”

The range of knowledge Kim is gaining spans a broad spectrum. “I feel so much more well-rounded now that I have first-hand experience in fields such as pediatrics, concussions, and spine assessments as well as orthopaedic surgery and more. The uniqueness of having the best people in their respective fields in one building is incredible. When you combine that with an ability to bounce ideas between physiotherapists and sport medicine physicians, it becomes a truly collaborative approach to healthcare.”

With an eye on returning to private practice at the end of her fellowship, Kim believes this training experience will differentiate the service she is able to provide to her patients. “This is not an opportunity that any other physiotherapist in Winnipeg will have had access to yet and I think it’s going to allow me to provide the best possible care to my patients.”

After a successful first year, Pan Am Rehabilitation Services and the Pan Am Clinic Foundation look forward to continuing the Physiotherapy Fellowship with our second fellow beginning their experience in January 2026.

## Fellowship Testimonial

### Orthopaedic Sports Medicine & Upper Extremity Fellowship

Pan Am Clinic has a reputation for excellence that extends well beyond the borders of Manitoba. It's one of the reasons why the Orthopaedic Sports Medicine & Upper Extremity Fellowship positions are highly sought after around the globe.

This year's three fellows – Dr. Kellen Walsh, Dr. Emily Chan and Dr. Sugesh Raghavan -- travelled from British Columbia, Saskatchewan, and as far away as Malaysia to accept the one-year training position.

For Dr. Chan, the experience did not disappoint. "It's been an amazing year and it's very difficult to leave. There were a lot of surgical cases to maximize our exposure and I'm leaving with the specialized training I need to be a really good sport surgeon."

The wide range of procedures and case complexity also was a big factor for Dr. Walsh. "As far as a fellowship goes it had everything you could want. One of the things that stands out is how welcoming and collegial the team at Pan Am is. They were really receptive to questions and providing pointers that helped me to grow."

As the first ever fellow from Malaysia to train at Pan Am, Dr. Raghavan had already been in practice for a few years in Kuala Lumpur. "This was an opportunity for me to see how surgeons approach things from a different perspective in a different part of the world. I had some experience in this area already but while I was in Winnipeg I did close to 100 cases in a year and that repetition really helped me to hone my skills when it comes to managing shoulder replacements."

While the fellowship focuses on providing extensive experience with knee, shoulder reconstruction, and upper extremity surgery, the program also provides exposure to



Dr. Kellen Walsh, Dr. Emily Chan, Dr. Sugesh Raghavan

clinical research and outcome studies.

For Dr. Walsh, having access to that research is another reason he was keen on working at the Pan Am Clinic. "The research engine here is very well-refined. It's unique in that research is well-supported here with a dedicated team that facilitates high level projects. That makes it a lot easier to accomplish a research goal within the timeframe of the fellowship, or take on the types of longer term research projects they're known for."

As the year-long fellowship program wraps up, each of the doctors is taking their specialized skills and moving on to a new stage in their careers. Dr. Raghavan is working in Kuala Lumpur at the University Hospital in the Sports Surgery Unit with an emphasis on knees and shoulders, bringing home the skills he expanded here. "Repetition is retention," he says. "The more I do, the more I retain that knowledge and skill so I'm very glad I did my training at Pan Am."

Dr. Chan is starting her first permanent job as the only sport surgeon in Chilliwack, BC. "I'll be doing elective sport and on call trauma at my own clinic. What's really telling is that I'm extremely sad to leave the Pan Am Clinic. I wish I could be here at least another 6 months not just to draw on the experience of these people but because the community is so amazing."

The community was also part of the draw for Dr. Walsh, who has made a permanent move to Winnipeg with his wife and two young children to become Pan Am Clinic's newest Orthopaedic Surgeon. "I'm going to be doing an Academic sub-specialty practice focused on sports and upper extremity injuries. My family and I love Winnipeg – it feels like a small town but with all of the big city amenities we enjoy."

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## Medical Careers Exploration Program

### Mierra Bermisa

When your mother is a nurse, it's easy to understand why her daughter may have an early interest in the medical field. "I liked the idea of finding a career in healthcare like my mom," says Mierra Bermisa. "I was finishing grade 9 at Tec-Voc High School and was introduced to the Medical Careers Exploration Program (MCEP) at the Pan Am Clinic by my graduation coach. It sounded like a great opportunity."

MCEP, a program for Indigenous high school students to explore careers in the health field, includes hands-on practicums, mentorship and in-school learning for an in-depth experience.

**"It was all new to me and I was learning about professions I didn't even know existed. I found I learned more on my MCEP days than I would at school!"**

"We learned about anatomy and physiology and then started practicums. I really wanted to build connections in the medical field to help me get a better understanding of what the various jobs were. I had considered being everything from a nurse to a vet to a dentist and I wanted to see what was involved with each of those jobs."

Those opportunities were some of her favourite moments as Bermisa shadowed and was mentored by healthcare professionals. "I loved the hospital visits, talking to the surgeons and going into live surgeries – it was really engaging to watch the doctors in action. At Pan Am Clinic I got to see a lot of knee surgeries and even a joint replacement."

The MCEP also introduced her to a wide variety of environments from the surgical suites to hospitals and universities. "We went to the

University of Manitoba a lot. That's where I planned on going so this gave me a huge insight into what I could be doing there and also a sense of familiarity with the campus."

Bermisa was impressed with the three-year program. "I had never heard of Pan Am Clinic until MCEP and was surprised by how much they do there and how engaged the staff were with us. My experience was that they definitely wanted us to learn as much as possible and wanted to show us all that Pan Am has to offer."

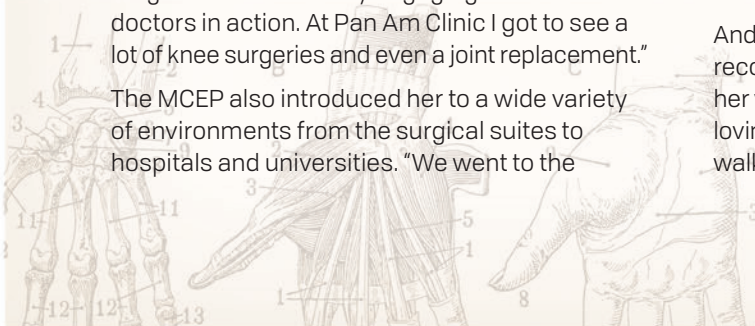
One of the other elements Bermisa enjoyed was the program's touchpoints with Indigenous culture.



"Having other Indigenous workers come and greet us and tell us their stories was something I really appreciated. At the end of the day we're all trying to break the past traumas that have prevented us from going into these fields."

Now in her first year at the University of Manitoba, Bermisa has finally honed in on her career of choice. "My plan is to become a dentist and Pan Am was even helpful with that. They arranged for a few of us to meet with dentistry students, see the dental school and have an in-depth talk about how to get there and what to expect in our first year – that was amazing!"

And while she has now moved on from MCEP, she's recommended the program to a friend and also to her younger sister. "From what I hear they're both loving it. It's such a good opportunity and I hope they walk away with as many great experiences as I did."



Pan Am Clinic Foundation  
2024-2025 MCEP  
Annual Impact Report

2024

2025



**23**

Students enrolled in post-secondary

22 out of 23 are enrolled in healthcare related studies

Post-secondary enrollment increased over 100% since 2023-2024

28 out of 30 grade 12 students are graduating

### Acknowledgements

- Winnipeg School Division
- Winnipeg Regional Health Authority
- Shared Health
- Anonymous
- The Winnipeg Foundation
- Manitoba Blue Cross
- Meagher Family Trust Fund
- Bright Futures Fund
- Kinsmen Club Winnipeg
- Carolyn Sifton Foundation



**62**

72% increase in Practicum Experiences



**7**

15% increase in Program Events, Certification & Traditional Teachings



**20**

25% increase in healthcare sites visited



**83**

25% increase students completing the program



# FIRE & ICE

CELEBRATING 20 YEARS

## 2025 GALA

PRESENTED BY  
**THE ASPER FOUNDATION**

IN SUPPORT OF  
**panam CLINIC** Foundation

## THANK YOU

to all those who supported the Pan Am Clinic Foundation through the 20<sup>th</sup> Annual Fire & Ice Gala Presented by The Asper Foundation on March 27, 2025.

Recognizing Rick Bowness with the 2025 Impact Award, the event featured an 'After Hours' segment between Rick and childhood friend, Scott Oake, that was full of humour, humility, and warmth! It was truly a privilege to recognize Rick's accomplishments on and off the ice.

Together, we raised over \$370,000 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!



Rick Bowness and wife, Judy Bowness.

Dr. Peter MacDonald, Chief Research & Innovation Officer, Rick Bowness, Hon. Mary-Kate Harvie, Gail Asper O.C., O.M., LL.D. enjoying the VIP Reception.

R to L: Scott Oake C.M., O.M., Mark Chipman O.M., Annie Chipman, Anne and Paul Mahon, Kathy Pion, Rick and Judy Bowness.

Leilani Kagan K.C., Honorary Dinner Chair and Board Member, George Vis Board Chair and Dr. Peter MacDonald presenting Rick with this award and special gift from the Foundation.

Scott Oake C.M., O.M. sitting down with Rick for the 'After Hours' segment.

Presenting Sponsor, The Asper Foundation, Gail Asper O.C., O.M., LL.D. and her guests.

## WITH GRATITUDE TO OUR SUPPORTERS

HARTLEY & HEATHER RICHARDSON

ARTHREX TRIBE MEDICAL

PITBLADO LAW

TRUE NORTH REAL ESTATE DEVELOPMENT

JOHNSTON GROUP

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EXCHANGE INCOME CORPORATION

MAPLE LEAF CONSTRUCTION

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RADIOLOGY CONSULTANTS OF MANITOBA

TDS LAW

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MNP LLP

PAN AM REHABILITATION SERVICES

MEDICAL CAREERS EXPLORATION PROGRAM

(MCEP)

THE RINK

ROD CORBETT & GORD POLLARD

DAWNA WALLACE & DAVE BROWN

JANI-KING

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OLYMPUS

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ARCHITECTURE 49

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LEILANI KAGAN - HONORARY DINNER CHAIR

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KATE BOUCHARD - COMMITTEE MEMBER

EMILY FRIDRIK - COMMITTEE MEMBER

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LEE MEAGHER - COMMITTEE MEMBER

SHERRY MACDONALD - COMMITTEE MEMBER

LINDSEY PARKES - COMMITTEE MEMBER

MALLORY CORDINGLEY - COMMITTEE MEMBER

HEATHER NORMAND - COMMITTEE MEMBER

AMANDA GOMES - COMMITTEE MEMBER

KAYLENE KESSLER - COMMITTEE MEMBER

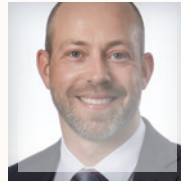
DANA PETELESKI - COMMITTEE MEMBER

JEFF LEITER - COMMITTEE MEMBER

## Orthopaedic Surgeons & Areas of Specialty



**Dr. Heather Barske**  
Foot and Ankle Surgery



**Dr. Jonathan Marsh**  
Shoulder, Elbow  
and Wrist Surgery



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



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



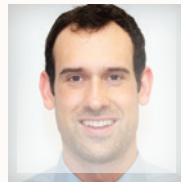
**Dr. Jamie Dubberley**  
Upper Extremity Trauma,  
Reconstruction and  
Arthroscopy



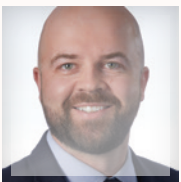
**Dr. Greg Stranges**  
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Orthopaedic Surgery



**Dr. Robert Longstaffe**  
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with special interest in  
Complex Knee Reconstruction,  
Osteotomies and Knee  
Arthroplasty



**Dr. Jarret Woodmass**  
Sports Injuries,  
Arthroscopy &  
Reconstructive  
Shoulder Surgery

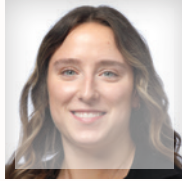


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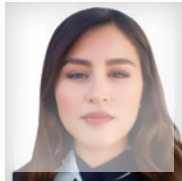


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# DIAMOND

## in the rough

### A RECORD-BREAKING DAY ON THE GREEN AT DIAMOND IN THE ROUGH 2024

On **Tuesday, May 27, 2024**, the Pan Am Clinic Foundation proudly hosted the **13<sup>th</sup> Annual Diamond in the Rough Golf Tournament** at the scenic **Glendale Golf & Country Club**. Presented by our longtime partner, **Diamond Athletic Medical Supplies**, this much-anticipated nine-hole event continues to raise vital funds in support of the Foundation's **research, education, and community outreach initiatives**.

Thanks to the remarkable generosity of our **sponsors, donors, and golfers**, this year's tournament achieved a record-breaking success, raising an incredible **\$106,210** — **our most successful event to date**.

The heart of Diamond in the Rough lies in the dedication of our event committee: **Jerry Acheson, Keith East, Mike Gilmour, Dr. Peter MacDonald, Andrew Parkes, Kelly Pickard, and Matt Banville**.

Their enthusiasm, leadership, and commitment ensure the tournament is both meaningful and memorable year after year.

To everyone who participated, donated, or contributed behind the scenes — **thank you**. Your support drives our mission forward and helps us continue to make a lasting impact in our community. We look forward to teeing off with you again in **2026!**



## Supporters:

Joe Aiello  
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T2K Enterprises  
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Winnipeg Blue Bombers  
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& Decorating Ltd.  
Winnipeg Symphony  
Orchestra

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## Education & Community Outreach Grants



### **ORTHOPAEDIC SPORTS MEDICINE AND UPPER EXTREMITY RECONSTRUCTION**

- Arthrex, Inc
- ConMed Linvatec Canada
- Ossur Canada Inc
- Smith + Nephew

### **PRIMARY CARE SPORT & EXERCISE MEDICINE PROGRAM**

- Institute of Sport Medicine  
Co-Venture
- Ossur Canada Inc

### **RESIDENT ACADEMIC SUPPORT**

- Alexander Gibson Fund

### **MEDICAL EDUCATION AND ORTHOPAEDIC SURGERY RESEARCH**

- Stryker Canada ULC

### **MEDICAL CAREERS EXPLORATION PROGRAM**

- Carolyn Sifton Foundation
- Kinsmen Club of Winnipeg
- Manitoba Blue Cross
- Manitoba Education
- The Winnipeg Foundation
- The Winnipeg Foundation  
– William & Jean Meagher  
Bursary Trust Fund

## Research Grants

### ALEXANDER GIBSON FUND

\$11,250

The Evaluation of Single Assessment Numeric Evaluation Score as a Predictor for Surgical Candidacy in Patients with Soft-tissue Sports Injuries.

\$11,250

Determining the effects of bilateral or unilateral blood-flow restriction during the performance of squats and split squats in patients following ACL reconstruction and healthy controls.

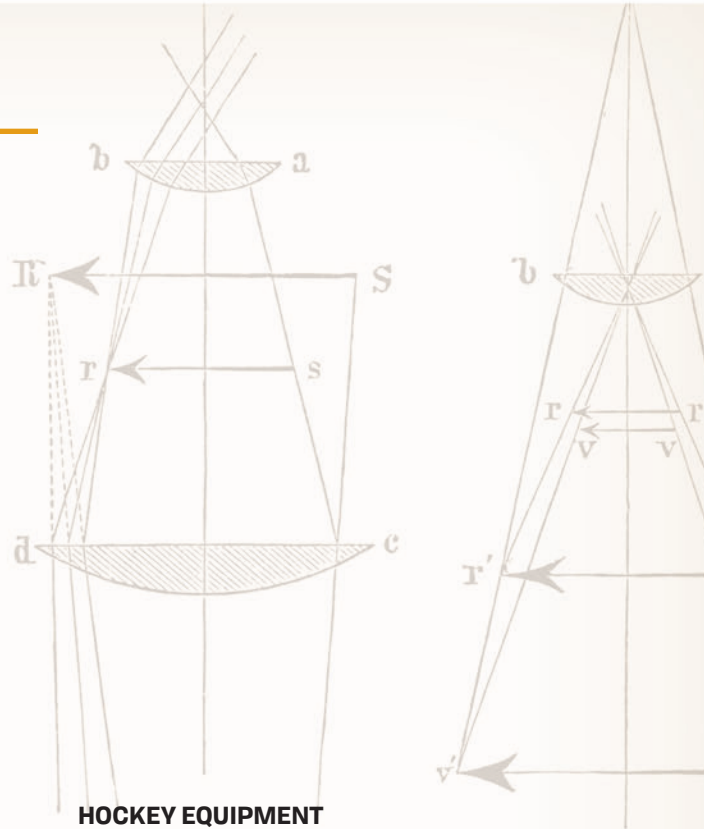
### DEPARTMENT OF SURGERY

\$15,000

The Evaluation of Single Assessment Numeric Evaluation Score as a Predictor for Surgical Candidacy in Patients with Soft-tissue Sports Injuries.

\$15,000

Does early blood-flow restricted (BFR) training enhance quadriceps strength and donor site regeneration as compared to high effort strength training in patients following anterior cruciate ligament reconstruction? A single-blind, randomized controlled trial.



### HOCKEY EQUIPMENT CERTIFICATION COUNCIL

\$25,000

Biomechanical Study for Determining Human Injury Tolerance and Standardized Test Methods to Assess Protective Equipment

### CANADIAN ORTHOPAEDIC RESEARCH LEGACY

\$19,070

Postoperative pain and medication use after an all-inside versus complete tibial tunnel ACL reconstruction: an expertise-based prospective clinical study

### MANITOBA MEDICAL SERVICES FOUNDATION

\$20,000

Determining the effects of bilateral or unilateral blood-flow reconstruction during the performance of lower body exercises in patients following ACL reconstruction and healthy controls



## Presentations

Abuhantash, M. (2024, October 18). **Surgeons' Prediction of Patients Postoperative 1-year SANE Score Following Rotator Cuff Repair Surgery.** Combined University of Manitoba and Saskatchewan Resident Research Day. Winnipeg, MB.

Cordingley, D. (2024, October 22). **Exercise is Medicine for Concussion: The Past, Present, and Future.** [Guest Lecture]. Acadia University. Virtual.

Cordingley, D. (2024, May 14). **Resistance-Exercise Training Increases Resting Levels of Apelin and IL-15, and Irisin in Younger but not Older Males.** [Poster Competition]. University of Manitoba Faculty of Kinesiology & Recreation Management Research Day. Winnipeg, MB.

Cordingley, D. (2024, October 3). **Exercise Treatment for Concussion—Where Are We Now and Where Are We Headed?** [Podium]. Pan Am Sport Medicine Rounds. Winnipeg, MB.

Cordingley, D. (2024, October 17). **Panel of Pros.** [Guest Lecture]. Planning Principles Course. University of Manitoba's Faculty of Kinesiology & Recreation Management. Winnipeg, MB.

Cordingley, D. (2024, October 24). **Does Prescribed Aerobic Exercise Influence Patient Reported Outcome Measures Following Concussion? A Scoping Review.** Prairie Collaborative Rehabilitation Research Conference. Virtual.

Cordingley, D. (2024, November 20). **Do Concussion Related Central Nervous System Biomarkers Change in Response to Aerobic Exercise Therapy? A Scoping Review of Human and Animal Research.** [Poster Presentation]. Canadian Society for Exercise Physiology. Montreal, QC.

Cordingley, D. (2024, November 20). **Resistance-Exercise Training Increases Resting Levels of Apelin and IL-15, and Irisin in Younger but not Older Males.** [Poster Presentation]. Canadian Society for Exercise Physiology, Montreal, QC.

de Sa, D. (2025, June 8). **Prehabilitation Prior to Anterior Cruciate Ligament Reconstruction is a Safe and Effective Intervention for Moderate-to Long-Term Benefits: A Systematic Review.** [ePoster]. ISAKOS 2025 Congress. Munich, DE.

Fast, A. (2024, October 18). **The Effect of Looped Suture Orientation on the Biomechanical Properties of Tendon/Ligament Graft Reconstruction: An In-vitro Porcine Model Biomechanical Study.** Combined University of Manitoba and Saskatchewan Resident Research Day. Winnipeg, MB.

Fowler-Woods, M. (2024, October 18). **Telling the Full Story – Moving Towards More Comprehensive Research With and for Indigenous Peoples in Orthopedic Surgery.** Combined University of Manitoba and Saskatchewan Resident Research Day, Winnipeg, MB.

Franklin, R. (2024, November 21). **Comparing Knee Flexor Assessment Methodologies in Patients of Varying Graft Types at One Year Following Primary ACL Reconstruction.** [Podium]. Canadian Society of Exercise Physiology. Montreal, QC.

Gusnowski, E. (2024, June 15). **Lower Trapezius Tendon Transfer Improves Range of Motion, Function, and Restores External Rotation in Patients with Massive, Irreparable, Posterosuperior Rotator Cuff Tears.** [Paper Session]. Canadian Orthopedic Association. Halifax, NS.

Harris, S. (2024, June 14). **Initial Findings After the Implementation of a Regional Shoulder Replacement Registry.** [Paper Session]. Canadian Orthopedic Association. Halifax, NS.

Harris, S. (2024, October 16). **Surgeon's prediction of Patients' Postoperative 1-year SANE Score Following Rotator Cuff Repair Surgery.** [Poster]. International Society for Quality of Life Research Annual Conference. Cologne, DE.

Harris, S. (2025, January 22). **Surgeons Underestimate and Patients Overestimate 1-year SANE Score Following Rotator Cuff Repair Surgery.** [Plenary Abstract Presentation Session]. University of Manitoba's Department of Surgery Research Month. Winnipeg, MB.

Hart, D. (2025, February 7). **Tibial Side Backup Fixation in Anterior Cruciate Ligament Reconstruction: A Cadaveric Biomechanical Study of Three Graft Types.** [Poster Presentation]. Orthopedic Research Society 2025 Annual Meeting. Phoenix, AZ.

Hemstock, R. (2024, June 13). **Reduction in Dispensed Opioids and Chronic Postoperative Opioid Use in Outpatient Orthopedic Patients: A Population Based Study of the Implementation of an Institution Protocol.** [Paper Session]. Canadian Orthopedic Association. Halifax, NS.

Hemstock, R. (2024, July 12). **Opioid Restriction Protocol Implemented at a Canadian Sports Orthopaedic Surgery Institution.** [Poster]. American Orthopaedic Society for Sports Medicine. Denver, CO.

Leiter, J. (2025, January 22). **Comparing Re-Rupture, Quality of Life, and Function Between Three Graft Types in ACL Reconstruction.** [Plenary Abstract Session]. University of Manitoba's Department of Surgery Research Month, Winnipeg, MB.

MacDonald, P. (2024, June 15). **Approach to Shoulder Instability: A Randomized, Controlled Trial.** [Paper Session]. Canadian Orthopedic Association. Halifax, NS.

MacDonald, P. (2024, May 2). **Instability; What I do in failed initial surgery.** Shoulder 360. Miami, FL.

MacDonald, P. (2024, May 2). **When Do Scopes Fail in My House & How I Manage.** Shoulder 360. Miami, FL.

MacDonald, P. (2024, May 3). **My Top Nerve Transfers. When and Why?** Shoulder 360. Miami, FL.

MacDonald, P. (2024, May 4). **Topic Will Be Revealed to The Audience at Session!** Shoulder 360. Miami, FL.

MacDonald, P. (2024, June). **Ankle Fracture in an NHL Player Treated with Fibular Nail.** [Case Presentation]. NHL Medical Meeting.

Macdonald, P. (2024, June). **Shoulder Instability.** [Panel]. NHL Medical Meeting.

MacDonald, P. (2024, June 14). **Sports Confession Session Round II - 'I Won't Be Making This Mistake Twice'.** [Symposium]. Canadian Orthopedic Association. Halifax, NS.

MacDonald, P. (2024, June 22). **ACL Graft Tear in Hockey Players.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 22). **Airway Obstructions Sustained by Hockey Players.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 22). **Course of Action for Chest Pain and Shortness of Breath in a Goalie.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 22). **Course of Action for Recurrent Posterior Labral Tear in Hockey Players.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 22). **General Abdominal Injuries.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

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## Presentations

MacDonald, P. (2024, June 22). **Generalized Groin Pain in Hockey Players.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 22). **In-Flight Emergency Situations.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 22). **Treatment and Course of Action Following Post-Operative Ankle Infections.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 23). **Advances in ACL Surgery.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 23). **Common Wrist Injuries in Hockey Players.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, June 23). **Management of Anterior Shoulder Instability in Elite Athletes.** Society of Professional Hockey Equipment Managers/Professional Hockey Athletic Trainers Society 2024 Hockey Summit. Orlando, FL.

MacDonald, P. (2024, July 8). **Arthroscopic Bankart Repair with Remplissage in Anterior Shoulder Instability Results in Fewer Re-dislocations Than Bankart Repair Alone at Medium-Term Follow-up of a Randomized Controlled Trial.** [Lecture]. Herodicus Society 50th Annual Meeting. Tabernash, CO.

MacDonald, P. (2024, August 16). **Shoulder Instability.** [Guest Lecture]. Birmingham Orthopaedic Training Programme, hosted by The Royal Orthopaedic Hospital. Virtual.

MacDonald, P. (2024, October 4). **Failed Instability Debate (13.5% Bone Loss).** [Skills Course]. AOSSM Shoulder Surgical Skills Course. Rosemont, IL.

MacDonald, P. (2024, October 4). **When Do I Add Remplissage and How?** [Skills Course]. AOSSM Shoulder Surgical Skills Course. Rosemont, IL.

MacDonald, P. (2024, October 5). **OLC Live Demo—Tuberoplasty/Biceps Smash.** [Skills Course]. AOSSM Shoulder Surgical Skills Course. Rosemont, IL.

MacDonald, P. (2024, October 17). **Shoulder Instability.** [Education Session]. ASES Annual Meeting 2024. San Antonio, TX.

MacDonald, P. (2024, October 17). **Value-Based Shoulder Care.** [Symposium]. ASES Annual Meeting 2024, San Antonio, TX.

MacDonald, P. (2024, October 19). **Surgeons Underestimate and Patients Overestimate 1-year SANE Score Following Rotator Cuff Repair Surgery.** [Education Session]. ASES Annual Meeting 2024. San Antonio, TX.

MacDonald, P. (2024, November 16). **Chondral Injuries of the Knee in Football.** CASEM Football Medicine Symposium. Virtual.

MacDonald, P. (2025, January 18). **27-year-old female semi-professional volleyball player with recurrent anterior shoulder instability and 13% glenoid bone loss: Remplissage and Bankart repair is my first choice.** Fujairah International Orthopedic Congress. Dubai, UAE.

MacDonald, P. (2025, January 18). **56-year-old female with chronic painful partial thickness tear of supraspinatus tendon: Should we proceed with tear repair without augmentation?** Fujairah International Orthopedic Congress. Dubai, UAE.

MacDonald, P. (2025, January 18). **Massive Cuff Tear Treatment Options.** Fujairah International Orthopedic Congress. Dubai, UAE.

MacDonald, P. (2025, February 14). **Team Physician Controversies IX.** [Surgeon course/lab]. Arthrex - Team Physician Controversies 2025. Naples, FL.

Ogborn, D. (2025, January 22). **Angle-Specific Analysis of Isokinetic Knee Muscle Strength at Six Months Following Anterior Cruciate Ligament Reconstruction.** [Plenary Abstract Session]. University of Manitoba's Department of Surgery Research Month. Winnipeg, MB.

Ogborn, D. (2024, April 25). **Defining the Relationship Between Physical Function and Readiness to Return to Sport at Six Months Following ACL Reconstruction.** [Podium]. Canadian Physiotherapy Association 2024 Annual Congress. Vancouver, BC.

Ogborn, D. (2024, April 25). **Determining the Contribution of Quadriceps Strength to Vertical Ground Reaction Force Asymmetries During the Drop Vertical Jump Following ACL Reconstruction.** [Poster]. Canadian Physiotherapy Association 2024 Annual Congress. Vancouver, BC.

Ogborn, D. (2024, June 14). **Defining the Relationship Between Isokinetic Quadriceps Strength and Ground Reaction Force Asymmetries in the Drop Vertical Jump at Six Months Following Primary Anterior Cruciate Ligament Reconstruction?** [Paper Session]. Canadian Orthopedic Association. Halifax, NS.

Ogborn, D. (2024, June 20). **Effectiveness of Group-Based Training for Patients Following ACL Reconstruction.** [Rounds Presentation]. Pan Am Clinic Orthopaedic Rounds. Winnipeg, MB.

Ogborn, D. (2024, October 26). **Lower Extremity Strength Training After ACL Reconstruction.** [Workshop]. Sport Physiotherapy ACL Workshop. Winnipeg, MB.

Ogborn, D. (2024, October 26). **Managing ACL Injury and Reinjury Risk.** [Workshop]. Sport Physiotherapy ACL Workshop. Winnipeg, MB.

Ogborn, D. (2024, October 26). **Objective Testing in Rehabilitation After ACL Reconstruction.** [Workshop]. Sport Physiotherapy ACL Workshop. Winnipeg, MB.

Ogborn, D. (2024, October 26). **Practical Aspects of Strength and Dynamic Performance Assessment After ACL Reconstruction.** [Workshop]. Sport Physiotherapy ACL Workshop. Winnipeg, MB.

Ogborn, D. (2024, October 26). **Strength and Conditioning Principles for Rehabilitation After ACL Reconstruction.** [Workshop]. Sport Physiotherapy ACL Workshop. Winnipeg, MB.

Ogborn, D., & Athayde, A. (2024, November 1). **The Effectiveness of Group Rehabilitation Following ACL Reconstruction.** Manitoba Orthopedic Symposium. Winnipeg, MB.

Ogborn, D. (2025, February 15). **Greater Knee Flexor Strength Deficits during Eccentric Nordic Curls Following Hamstring Harvest for ACL Reconstruction.** [Poster]. APTA 2025 Combined Sections Meeting. Houston, TX.

Ogborn, D. (2025, February 14). **Angle-Specific Analysis of Isokinetic Knee Muscle Strength at Six Months Following Anterior Cruciate Ligament Reconstruction.** [Platform]. APTA 2025 Combined Sections Meeting. Houston, TX.

Singh, J. (2024, October 18). **Non-operative Costs Associated with the Management of Thumb Basal Joint Arthritis.** Combined University of Manitoba and Saskatchewan Resident Research Day. Winnipeg, MB.

Van Essen, D. (2024, October 18). **Improving Postoperative Pain Management in Pediatric Orthopedic Surgery: A Quality Improvement Initiative Using Patient and Parent Education.** Combined University of Manitoba and Saskatchewan Resident Research Day. Winnipeg, MB.

Wagner, E. (2024, July 10). **Lower Trapezius Tendon Transfer Improves Range of Motion, Function, and Restores External Rotation in Patients with a Massive, Irreparable, Posterosuperior Rotator Cuff Tear.** [Poster]. American Orthopaedic Society for Sports Medicine Annual Meeting 2024. Denver, CO.

Wang, S. (2024, November 21). **Stand-up Dumbbell Curls Induce Uniform Hypertrophy of the Elbow Flexors in Untrained Individuals.** [Poster]. Canadian Society of Exercise Physiology Annual Conference. Montreal, QC.

Woodmass, J. (2024, May 9). **Lower Trapezius Tendon Transfer for Massive, Irreparable Rotator Cuff Tears.** Arthroscopy Association of North America. Boston, MA.

Woodmass, J. (2024, June 12). **Management of Labral Tears in the Hip.** [Virtual Posters]. Canadian Orthopaedic Association. Halifax, NS.

Woodmass, J. (2024, June 14). **I Won't Make This Mistake Twice.** [Symposium]. Canadian Orthopedic Association. Halifax, NS.

Woodmass, J. (2024, June 15). **Approach to the Repairable Cuff Tear- Classification, Techniques, Outcomes.** [Symposium]. Canadian Orthopedic Association 2024, Halifax, NS.

Zhang, Y. (2024, November 1). **Open vs Endoscopic Carpal Tunnel Surgical Technique.** Manitoba Orthopedic Symposium. Winnipeg, MB.

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## Research Awards

### **Canadian Orthopaedic Research Legacy Award**

Awarded to Dr. Jarret Woodmass for the project "Comparing the Efficacy of a Subacromial Balloon Spacer (SBS) versus Rotator Cuff Repair (RCR) in Older Adults: a multi-centre pilot randomized control trial"

### **University of Manitoba Department of Surgery Surgeon's Den Award**

Awarded to Dr. Jarret Woodmass for presentation on "Lower Trapezius Tendon Transfer (LTTT) Improves Range of Motion, Function, and Restores External Rotation in Patients with Massive, Irreparable, Posterosuperior Rotator Cuff Tears"

Contributors: Jarret Woodmass, Sheila McRae, Hayden Cooke, Anthony Karzon, Peter MacDonald, Michael Gottschalk, Eric Wagner

### **University of Manitoba's Department of Surgery Thorlakson Paper of the Year Award**

Awarded to Dr. Jarret Woodmass for "Arthroscopic Rotator Cuff Repair with and without Acromioplasty in the Treatment of Full-Thickness Rotator Cuff Tears: Long-Term Outcomes of a Multicenter, Randomized Controlled Trial"

Authors: Jarret Woodmass, Loiy Al Khatib, Sheila McRae, Peter Lapner, Randy Mascarenhas, Devdatt Neogi, Peter MacDonald

## Publications

Caron, J., Walsh, K., Zhang, T., AlAhmed, R., MacDonald, P. B., Bassi, C., Pollock, J. W., McIlquham, K., & Lapner, P. (2025). **Approach to Shoulder Instability: A Randomized, Controlled Trial.** *JSES International*, 9(1), 290–295. <https://doi.org/10.1016/j.jseint.2024.09.015>

Cordingley, D. M., Anderson, J. E., & Cornish, S. M. (2024). **Resting Systemic Irisin Concentrations Are Lower in Older versus Younger Males after 12 Weeks of Resistance-Exercise Training While Apelin and IL-15 Concentrations Were Increased in the Whole Cohort.** *Muscles*, 3(3), 202–211. <https://doi.org/10.3390/muscles3030018>

Cordingley, D. M., Marquez, I., Buchwald, S. C. L., & Zeiler, F. A. (2024). **Response of Central Nervous System Biomolecules and Systemic Biomarkers to Aerobic Exercise Following Concussion: A Scoping Review of Human and Animal Research.** *Neurotrauma Reports*, 5(1), 708–720. <https://doi.org/10.1089/neur.2024.0062>

Cordingley, D. M., Taheri, M., Fasihiyan, M., Woodmass, J. M., & Cornish, S. M. (2025). **Selected Nutrients to Oppose Muscle Disuse Following Arthroscopic Orthopedic Surgery: A Narrative Review.** *Nutrients*, 17(7), 1273. <https://doi.org/10.3390/nu17071273>

Cornish, S. M., & Cordingley, D. M. (2024). **Inflammatory Pathway Communication with Skeletal Muscle—Does Aging Play a Role? A Topical Review of the Current Evidence.** *Physiological Reports*, 12(11), e16098. <https://doi.org/10.14814/phy2.16098>

Doucet, V. M., Clark, T. A., & Giuffre, J. L. (2024). **Upper Extremity Nerve Transfers for Treatment of Nerve Injury After Cervical Spine Surgery: A Single-Center Retrospective Review.** *Annals of Plastic Surgery*, 93(1), 85–88. <https://doi.org/10.1097/SAP.0000000000003877>

Fedorcka, C. J., Beck da Silva Etges, A. P., Best, M. J., Liu, H. H., Zhang, X., Sanders, B., Abboud, J. A., Fares, M. Y., Kirsch, J. M., Simon, J. E., Woodmass, J., Jones, P., Haas, D. A., Armstrong, A. D., Srikumar, U., Wagner, E. R., Gottschalk, M. B.,

Khan, A. Z., Costouros, J. G., ... Avant-Garde Health and Codman Shoulder Society Value-Based Care Group. (2025). **Defining the Cost of Arthroscopic Rotator Cuff Repair: A Multicenter, Time-Driven Activity-Based Costing and Cost Optimization Investigation.** *The Journal of Bone and Joint Surgery. American Volume*, 107(1), 9–15. <https://doi.org/10.2106/JBJS.23.01351>

Fedorcka, C. J., Zhang, X., Liu, H. H., Gottschalk, M. B., Abboud, J. A., Warner, J. J. P., MacDonald, P., Khan, A. Z., Costouros, J. G., Best, M. J., Fares, M. Y., Kirsch, J. M., Simon, J. E., Sanders, B., O'Donnell, E. A., Armstrong, A. D., Da Silva Etges, A. P. B., Jones, P., Haas, D. A., & Woodmass, J. (2024). **Racial and Gender Disparities in Utilization of Outpatient Total Shoulder Arthroplasties.** *Journal of Shoulder and Elbow Surgery*, 33(12), 2637–2645. <https://doi.org/10.1016/j.jse.2024.04.020>

Gulzar, M., Welp, K. M., Chang, M. J., Woodmass, J. M., Worden, J. A., Cooke, H. L., Chopra, K. N., Gottschalk, M. B., & Wagner, E. R. (2024). **Is Revision to Anatomic Shoulder Arthroplasty Still an Option? A Systematic Review.** *Shoulder & Elbow*, 17585732241284512. <https://doi.org/10.1177/17585732241284512>

Gusnowski, E., Wagner, E., McRae, S., Cooke, H., Karzon, A., Gottschalk, M., MacDonald, P., & Woodmass, J. (2025). **Lower Trapezius Tendon Transfer for Massive Irreparable Rotator Cuff Tears Improves Outcomes in Patients with High Grade Fatty Infiltration of Teres Minor.** *JSES International*, 9(1), 296–300. <https://doi.org/10.1016/j.jseint.2024.11.014>

Jäger, R., Heilesen, J. L., Abou Sawan, S., Dickerson, B. L., Leonard, M., Kreider, R. B., Kerksick, C. M., Cornish, S. M., Candow, D. G., Cordingley, D. M., Forbes, S. C., Tinsley, G. M., Bongiovanni, T., Cannataro, R., Campbell, B. I., Arent, S. M., Stout, J. R., Kalman, D. S., & Antonio, J. (2025). **International Society of Sports Nutrition Position Stand: Long-Chain Omega-3 Polyunsaturated Fatty Acids.** *Journal of the International Society of Sports Nutrition*, 22(1), 2441775. <https://doi.org/10.1080/15502783.2024.2441775>

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## Publications

Jordan, R. W., Ahmed, I., D'Alessandro, P., Woodmass, J. M., MacDonald, P. B., & Malik, S. S. (2025). **Shoulder Arthroplasty in the Management of Native Shoulder Joint Infections has a High Complication Rate and Poor Functional Outcome—A Systematic Review.** *Shoulder & Elbow*, 17(1), 22–35. <https://doi.org/10.1177/17585732241231758>

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Khan, A. Z., Liu, H. H., Costouros, J. G., Best, M. J., Fedorka, C. J., Sanders, B., Abboud, J. A., Warner, J. J. P., Fares, M. Y., Kirsch, J. M., Simon, J. E., O'Donnell, E. A., Woodmass, J., Armstrong, A. D., Zhang, X., Beck Da Silva Etges, A. P., Jones, P., Haas, D. A., & Gottschalk, M. B. (2025). **Revision Shoulder Arthroplasty: Predictors of Subsequent Revision Surgery and Economic Burden Amongst Medicare Beneficiaries.** *Journal of Shoulder and Elbow Surgery*, 34(4), 1120–1129. <https://doi.org/10.1016/j.jse.2024.07.033>

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Malik, S. S., Hart, D., Gustafson, S., Peeler, J., McRae, S., & MacDonald, P. (2024). **Assessment of Formalin Preserved and Fresh Frozen Quadriceps Tendon Graft-Suture Constructs for Load to Failure Testing: A Biomechanical Cadaveric Study.** *European Journal of Orthopaedic Surgery & Traumatology*, 34(6), 3089–3095. <https://doi.org/10.1007/s00590-024-03976-w>

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# Summary Statement of Financial Position

YEARS ENDED MARCH 31

2025  
\$

2024  
\$

## REVENUES

Contributions	2,338,261	1,766,959
Contributions - Medical Careers Exploration Program	212,200	349,450
Fundraising events	502,889	398,262
Investments	103,995	129,732
Management fee - Foundation Rehabilitation Services Inc.	26,400	26,400
Other revenue	37,344	38,407
Centre fees	2,120	2,000
	<b>3,223,209</b>	<b>2,711,210</b>

## EXPENSES

Acknowledgements, grants and donations	90,274	93,075
Advertising and promotion	17,881	16,656
Amortization	126,483	126,415
Bank charges and interest	32,620	19,456
Consulting fees	246,645	185,382
Continuing development	134,655	87,099
Fundraising events	24,627	51,929
Insurance	33,398	30,584
Medical Careers Exploration Program expense	333,795	263,823
Professional fees	195,167	184,794
Research program salaries	811,860	620,417
Rent	6,765	6,767
Repairs and maintenance	8,551	-
Salaries and benefits	420,139	375,903
Supplies and equipment	131,927	99,392
Travel	27,472	9,443
	<b>2,642,259</b>	<b>2,171,135</b>

2024

2025

2025  
\$2024  
\$**OTHER ITEMS**

Equity earnings of Pan Am Rehabilitation Services Inc.	99,042	147,779
Unrealized gain on investments	54,241	21,695
Gain on disposal of investments	37,081	-1,223
Foreign exchange gain	-	-
	<b>190,364</b>	<b>168,251</b>
Increase in net assets	771,314	708,326
Net assets at beginning of year	4,877,268	4,168,942
<b>Net assets at end of year</b>	<b>5,648,582</b>	<b>4,877,268</b>

**ASSETS**

Cash and equivalents	1,257,728	1,193,110
Accounts receivable	242,225	83,332
Prepaid expenses	48,080	51,532
Capital assets	541,647	387,636
Long-term investments	3,803,712	3,124,861
Investment in Pan Am Rehabilitation Services Inc.	254,222	345,141
	<b>6,147,614</b>	<b>5,185,612</b>

**LIABILITIES AND NET ASSETS**

Accounts payable and accruals	-379,162	-188,474
Canada Emergency Business Account loan	-	-
Net assets	-5,768,452	-4,997,139
	<b>-6,147,614</b>	<b>-5,185,613</b>

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