



defining motion





# motion

\m̄o-SH(ə)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

### Chair

George Vis

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### Executive Director

Kevin Hunter



"People are living longer than ever, but what's even more important than years of life is quality of life."

## Message from the Chair

Although the role of Chair with the Pan Am Clinic Foundation may be new to me, the impressive achievements of this organization are not. I've had the privilege of serving on the Board of the Foundation for more than ten years now, and as I step into the role as Chair, there are two things that have always stood out to me that make Pan Am unique.

Like every successful organization, first and foremost it's the people. If you look at the history of the Pan Am Clinic and the Pan Am Clinic Foundation, they were built, nurtured and grown through the efforts of visionary individuals who don't believe in the status quo. Pan Am is a place of innovation, where everyone is constantly looking for ways to improve patient outcomes through research, education, outreach and care. I have had personal experience with outstanding outcomes at the Clinic and this is what initially drew me to volunteer with the Pan Am Clinic Foundation. Seeing the incredible work and dedication of the staff still inspires me to this day.

The second thing that has always stood out for me about Pan Am is the impact the organization has on people's lives. People are living longer than ever but what's even more important than years of life is quality of life. That's what Pan Am delivers for so many Manitobans each and every day. It's an organization dedicated to maximizing quality of life for people of all ages, backgrounds and abilities, and the Pan Am Clinic Foundation plays a major part in those efforts.

Pan Am Clinic Foundation has always found ways to make the lives of Manitobans better. Whether it's helping the clinical team with innovative research, furthering surgical skills through fellowships and our surgical skills lab, or inspiring the health care workers of tomorrow through the Medical Careers Exploration Program for Indigenous Youth, we strive to innovate.

It's that vision and determination that make Pan Am a very special place, and I'm looking forward to being part of the many great things the Foundation will achieve in the years to come.

**George Vis**  
Chair



## Message from the Executive Director



I'm a firm believer in the notion that growth is key to long-term success and if an organization is content to stay the same, it will inevitably decline. That's a big part of why I'm so proud of the team we've built at the Pan Am Clinic Foundation and all they've achieved this past year.

Despite numerous challenges experienced since the start of the pandemic, the Foundation's research team is more productive than ever with expanded studies and publications across our core research areas of orthopaedic surgery, return to sport, concussion, sport science engineering and orthopaedic epidemiology.

Our fundraising has also grown, with our best-ever results from both our gala and golf events, made possible by the most loyal and dedicated supporters a foundation could ever hope for. Plus, we've put the final touches on the **Propel Healthcare Innovation Campaign** designed to provide much-needed research support for years to come.

The incredible team at Pan Am Rehabilitation Services, which operates as a social enterprise initiative in support of the Foundation, had one of their most successful years to date despite COVID remaining an ongoing challenge

throughout the healthcare landscape. And our Medical Careers Exploration Program for Indigenous Youth launched an ambitious expansion plan that saw eligibility for the program grow across the entire Winnipeg School Division.

This is just a sample of the incredible achievements made by the staff of the Pan Am Clinic Foundation this past year – with each individual making an equal contribution to the success of the whole. It's that same talent and dedication that will help us achieve even greater things to come as we look to secure the resources necessary to generate further growth across all the Foundation's research, education and outreach programs.

We look forward to sharing our vision for the future with all our supporters who have gotten the Pan Am Clinic Foundation this far. And we're equally excited to introduce ourselves to an even broader community as we chart our path towards future growth in the years ahead.

As always, thank you for your past and continued support. It makes everything we do at the Pan Am Clinic Foundation possible.

**Kevin Hunter**  
Executive Director



## Message from the Chief Research & Innovation Officer



The impact of COVID-19 on the medical community continues to be overwhelming at times, which makes the accomplishments of the Pan Am Clinic Foundation's research team even more impressive.

The productivity of the group is unparalleled, as Pan Am's clinicians and researchers work hand in hand to explore countless ways in which we can further enhance orthopaedic care for the benefit of our patients. I also want to acknowledge the incredible efforts of Pan Am Clinic's entire healthcare and support teams who continue to weather extraordinary conditions to deliver the very best patient care possible.

All of this work is only made possible through the generosity of our donors, who we can't thank enough for continuing to support our initiatives through our golf tournament, gala dinner, sponsorships and general donations. We're always amazed and humbled by the generous support we receive and this past year was no exception.

Thank you once again to all those who supported us this past year and we look forward to continuing our work as we strive to deliver the highest quality of life for the people of Manitoba.

**Dr. Peter MacDonald**

Chief Research & Innovation Officer

# statistical highlights

2021/2022

## CLINICAL



**299,193**  
TOTAL PATIENT VISITS



**25,807**  
Minor Injury  
Clinic Visits



**116,954**  
Sport Medicine  
Visits



**8,359**  
Pain  
Clinic



**3,167**  
Concussion  
Clinic Visits



**51,291**  
X Rays  
Performed



**27,690**  
Orthopaedic  
Clinic Visits



**7,615**  
Minor Injury  
Kids Visits



**8,316**  
MRI  
Performed



**22,859**  
Rehabilitation  
Services



**4,978**  
Surgeries  
Performed



**18,367**  
Casting  
Clinic



**3,790**  
Primary  
Care MSK

## EDUCATION



**3**  
Orthopaedic Fellows  
63 total, wait list until 2024



**1**  
Primary Care Fellow  
15 total



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



MUSCULOSKELETAL  
CONDITIONS



#1 contributor  
to disability  
worldwide



Results in chronic  
pain or disability for  
1 in 8 Canadians

## RESEARCH



**43**  
Current  
Studies



**39**  
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)

**1**  
Full Time  
Registry Staff



**169**  
Patients Enrolled  
in Studies

## COMMUNITY OUTREACH

MEDICAL CAREERS EXPLORATION PROGRAM FOR INDIGENOUS YOUTH



**14**  
Years  
Running



**400+**  
Participants



"If you live an active life and you have a barrier that's keeping you from the activities that you enjoy, you should see the Pan Am Clinic."



## patient testimonial

# John Sauder

## CBC News Meteorologist

Manitobans are very familiar with the name John Sauder, a trusted face in the media, keeping us informed about the weather and helping to keep us prepared for all kinds of weather conditions.

However, many would be surprised to learn that while always poised and professional on screen, our trusted meteorologist was dealing with significant ongoing pain for many of those years. For twenty years, he navigated life with a chronic injury before he discovered the relief available through the expert care at the Pan Am Clinic.

John and his wife Kim are an active couple who thrive in the outdoors. Their favourite activities include camping, kayaking, golf, tennis, hiking and skiing. It was during one of these outings that John suffered a dislocated shoulder while downhill skiing.

Over time, the recurring dislocation caused him frustration and pain while taking part in the activities that he enjoyed as he increasingly favoured the shoulder. He eventually reached a stage where the shoulder was dislocating multiple times per day.

While most medical advice focused on resistance exercises to strengthen the muscles and inhibit recurring incidents, they did little to relieve the pain or remedy the issue. It wasn't until he was referred to Dr. Peter MacDonald at the Pan Am Clinic, that he was quickly diagnosed and set on a surgical path to recovery.

"The recovery process took several months, but on a daily basis I was now living without pain," says John. "And the shoulder wasn't dislocating anymore."

"If you live an active life and you have a barrier that's keeping you from the activities that you enjoy, you should see the Pan Am Clinic," John says. "It will give you your life back. An active lifestyle is a healthy lifestyle. I have a lot of trust in the Pan Am Clinic."

A return to pre-injury shape has allowed John to return to his active lifestyle and get back to the hobbies that he enjoys, which also includes active participation with numerous local charities with which he is involved.





## patient testimonial

# Chris Del Bosco

## Ski-Cross Olympian

Chris Del Bosco had been a member of the Canadian National freestyle skiing team for ten years when he was first introduced to the Pan Am Clinic. Growing up in Vail, Colorado, he was living in Montreal when he suffered a posterior lateral meniscus tear in his knee, which created stability issues. He reached out to his surgeon in Colorado, Dr. William Sterett, who referred Chris to Dr. Peter MacDonald at the Pan Am Clinic. Though long practicing in the United States, Dr. Sterett identified the Pan Am Clinic as the best place to seek care for a top tier athlete. Chris shares that within six months of the 2017 surgery, he was back on the race roster in competition.

"It's a whole effort between the doctor and the physiotherapists – it's a whole team," says Chris. "It makes a world of difference when the doctor is going above and beyond at every engagement. It takes a lot of work to get back to even 90% because of the nature of the injury and the demands of training and competition."

While he would experience no further pain or uncertainty with his knee, he found himself back at the Pan Am Clinic again in August 2020 after suffering a torn achilles tendon during training camp. He was delighted to learn that the remedy was not a typical surgery. Instead, it was minimally invasive, left a much smaller scar, and it allowed him to return to racing within four months. He attributes this, in part, to the mechanics of the ski boot, which is as supportive as a cast and allows for little movement of the ankle.

"I like to do my research and know what's going on. I always question why this procedure vs. another," says Chris. "I read up on procedures and rehabilitation protocols. I'm sure that I annoy him, but Dr. MacDonald has always been patient with me and taken the time to answer all of my questions and discuss my treatment plan."

Del Bosco's faith in the Pan Am Clinic may be well evidenced by his repeated consultations and treatment from the Winnipeg clinic, though as an Olympian, he has access to a wide array of medical and performance specialists. And for this competitive athlete that has won six medals at the Winter X games and a gold medal at the 2011 World Freestyle ski championships, ensuring injury care that will keep him in line with the best in the sport is key.

"I have had such a good experience with Dr. MacDonald, that the Pan Am is my first 'go to' whenever something major comes up."

Chris visited the clinic again this year when a collision on the ski course caused a dislocated shoulder and a torn labrum. Surgical correction also required a reattachment of the bicep. Through the care provided, Chris reports that he didn't miss any time in the gym, though he was on a modified training program immediately following surgery. However, after only three months, he had joined his teammates for training camp in Europe as he prepares for the start of the season.





“It makes a world of difference when the doctor is going above and beyond at every engagement. It takes a lot of work to get back to even 90% because of the nature of the injury and the demands of training and competition.”





“It was very detailed and somewhat intimate, but it really helped me to see how pain was affecting my life. This first step was a really important one in my journey.”



patient testimonial

# Barbara (Barb) Engel

After enduring three years of hip pain, Barb Engel did not realize how limiting her ailment was in fully enjoying life. When physiotherapy and massage failed to alleviate her pain, she began to explore a surgical approach.

“At first, I stumped them,” Barb says of the physician’s review of her x-rays. “But I wasn’t ready to say ‘I guess this is how my body is, I’ll live with the pain.’ That’s when I was first referred to the Pan Am Clinic by two separate practitioners.”

Once she connected with the team at the Pan Am Clinic, Engel says she gained confidence that a remedy could be found even from the extensive intake questionnaire before seeing a doctor.

“It was very detailed and somewhat intimate, but it really helped me to see how pain was affecting my life. This first step was a really important one in my journey.”

Initial treatment with cortisone injections relieved the daily pain, but only for short periods and it was determined that surgery may offer the best opportunity for long-term relief from pain.

“He was really honest with me,” says Barb of orthopaedic surgeon Dr. Devin Lemmex. “He painted a pretty sobering picture of what surgery and recovery would look like. So I was well prepared and also able to advocate for myself.”

Part of that self-advocacy was having a say in when the procedure would be performed to best allow her to commit to recovery. As an educator, moving her procedure from December to June ensured that she could focus on her recovery without worrying about being away from work.

She admits that the recovery period was a shock to the system for someone accustomed to walking an average of fifteen to twenty kilometers daily. But with support from family, coordinated post-surgical care from the Pan Am Clinic and her own steadfastness in her daily exercises, she was able to see steady progress.

“There was constant communication between the surgeon and my physiotherapist during recovery. They worked so closely together and their messaging was consistent – I felt like we were working as a single team, with each of us doing our part. I now consider myself pain-free for the first time in nearly six years.”





## Sport & Exercise Medicine Enhanced Skills Program

# Dr. Hein Peters

**There is no mistaking the pride in his voice when Dr. Hein Peters talks about the Pan Am Clinic's Sport & Exercise Medicine residency program. After all, he's been on the team since the program was first developed and has served as the head of the program since 2014.**

Born in South Africa, Dr. Peters was a multi-sport athlete in his youth. He saw his pursuit of a career in sport medicine as simply combining his own passion for sport and medicine. He came to Canada in 2000 and joined the Pan Am Clinic sport medicine team in 2004.

"When I first considered sport medicine, I realized that I was not dealing with patients who were really sick," says Dr. Peters. "I saw the opportunity to make a difference because these were patients that were motivated to get better, and they would apply the effort required to recover."

From the program's inception through support of the Pan Am Clinic Foundation in 2008, it evolved in 2013 when the University of Manitoba adopted it as part of its Family Medicine residency program, adding University credentials to successful completion of the one year placement.

"Of fifteen fellows and residents who have completed the program, nine are still employed at the Pan Am Clinic," shares Dr. Peters. "And two of those nine have ascended to leadership roles."

Each year, the program receives between five and nine applications for the coveted residency. With applicants from across the country, their resumes and references reflect top tier candidates. The selection is tough every year, but Dr. Peters recognizes why the opportunity is so sought after.

"Our training gets done 80% at the Pan Am Clinic – all at one place, under one roof. With nineteen primary care sport medicine practitioners, students are exposed to a variety of expertise and approaches. When you add to that pediatricians, pain specialists, radiologists, surgeons, physiotherapists and the musculoskeletal acute care program, it creates one of the most complete training environments in Canada."

Dr. Peters identifies that when considering candidates for the program, they are looking not only for applicants who have communicated an interest in sport medicine, but also those whose previous experience may identify that they stand to get the most out of the residency. "After all," Dr. Peters reminds us, "it's only a one year term – and that's not a lot of time considering all that they have to learn."

The focus of the training and its application in patient care is focused on athletes; those trying to still be athletes and those just wanting to stay mobile. Dr. Peters says that they have seen graduates of the program continue a practice in family medicine, and the Pan Am curriculum becomes a valuable skillset for that practitioner's repertoire.

"Because our focus is on musculoskeletal medicine, which is unfortunately not a priority area in family medicine training, our work not only supports general practitioners, but it provides local expertise to Manitoba doctors who are working with a large case load. Our residents have benefitted from this added element of knowledge to pursue their own family medical practice in Manitoba and other provinces after they have studied with us, although most have pursued a full-time career in Sport & Exercise Medicine."



## fellow testimonial

# Dr. Eva Gusnowski

Fellowship Program (09/2021-08/2022)  
Orthopaedic Sports Medicine and Upper Extremity Reconstruction  
Orthopaedic Training: Calgary, Alberta, Canada

In preparation to launch her own medical career, Dr. Eva Gusnowski had heard from her peers that the Pan Am Clinic offered a tremendous environment to pursue her fellowship in sports medicine and upper extremity surgery. In preparation, she had completed a BSc and MSc in molecular biology and genetics at the University of Alberta, medical school at the University of British Columbia and completed her orthopaedic residency at the University of Calgary. After completing a fellowship in shoulder surgery at London, Ontario's, Western University, she arrived in Winnipeg to complete her fellowship with the Pan Am Clinic.

"Sports medicine and shoulder surgery has always been the most interesting field of orthopaedics for me," says Eva. "I found the clinics, surgeries and patient population to be interesting areas for both doing the work itself as well as performing research around such a rapidly evolving field."

Dr. Gusnowski was pleasantly surprised to discover that while the clinic is well known as the treatment center of choice for high-level athletes, that as a practitioner, she was able to meet and treat a wide spectrum of patients.

"Through the Pan Am Clinic, I was able to work with patients of all ages and needs. Everything from chronic pain and mobility or performance issues suffered by everyday people right up to working with professional athletes."

Without hesitation, Dr. Gusnowski is enthusiastic in her endorsement of the Pan Am Clinic as a venue to sharpen the skills of any emerging sports medicine practitioner striving for excellence.

"There is such a wide breadth and depth of training across a wide scope of diverse training and different skills. It's one of the best sports fellowships in the country. The calibre of people I worked with was beyond what you'll find anywhere else," says Dr. Gusnowski. "If anything, it over prepared me for going into independent practice."

Since completing her Pan Am fellowship, Dr. Gusnowski is presently setting up her own practice in shoulder reconstruction and sports medicine in Saint John, New Brunswick.



## Medical Careers Exploration Program (MCEP) 2021/22

The 2021/22 program year brought many new opportunities and experiences for the students in the 14th cohort of the Medical Careers Exploration Program from the Children of the Earth School.

With the pandemic still taking its toll on our medical system the decision was made to keep the program's practicum virtual again this year. However, that didn't stop the students from getting immersive and hands-on experiences and learning more about loads of different healthcare careers. Our partners were ready to take on the challenge, like the Women's Health Clinic took on this challenge by delivering a package full of supplies to the students before they met with them virtually. With this they were able to use practice arm kits to do blood draws, as well as meet with a newborn parent, medical assistants and physicians, do virtual tours and demos and so much more.

Even our Discovery Day for the program took on a new look this year. Grade 9 students from across the Winnipeg School Division got to watch an ulnar shortening osteotomy (surgery) via livestream and were able to interact with the staff involved. After the surgery, students were given a presentation about the program. This gave students the chance to learn more about the program and give them

an insider look into the types of experiences the program offers. Afterward the students were encouraged to apply to join the program next year.

The Discovery Day was a successful launch of the expansion of the program, as the 2022/23 program evolves from having students from Children of the Earth School to having students from across the entire Winnipeg School Division. The goal of this expansion is to increase our impact by reaching more students. We are already well on our way, as we have seen a record high number of students apply and be accepted into next year's program, nearly doubling our previous record.

We are so grateful to the staff and students at the Children of the Earth School, and all of our partners in the healthcare system, for their hard work and dedication to the program. We know that this year came with its challenges, but together we did it. We are looking forward to next year and all of the growth and changes the expansion of the program will bring.

# Diamond in the Rough

On Tuesday, June 28th, the Pan Am Clinic Foundation hosted its 10th annual Diamond In The Rough Golf Fundraising Event at Glendale Golf & Country Club. We're thankful to have hosted another amazing tournament and for the generous support of this sold out event, raising \$45,000 towards the Foundation's research, education and outreach programs.

We would like to take this opportunity to send out a huge thank you to our committee members, Jerry Acheson, Barry Bembridge, Charwin Dahl, Keith East, Kevin Hunter, Mike Gilmour, Dr. Peter MacDonald, Andrew Parkes, Kelly Pickard, and Brent Stevenson for taking time out of their busy schedules to help plan and organize the tournament. We could not have hosted this event without their continued efforts!

The Pan Am Clinic Foundation and the Organizing Committee would like to give a heartfelt THANK YOU to our presenting sponsor, Diamond Athletic Medical Supplies Inc., and all those who participated and offered sponsorship support to ensure the continued success of The Diamond In The Rough event.

***Here's to another un-FORE-gettable year!***



## SUPPORTERS

Arthur J. Gallagher Canada	Glendale Golf & Country Club	Quintex
Birchwood	GFL Environmental Inc.	Santa Lucia Pizza
Boston Pizza	Golf Town	Shindico
Boyd Autobody & Glass	Hill Sokalski Walsh	Simeon Rusnak Photography
Brock & Sophie Bulbuck	Joe Aiello	St. Norbert Hotel
CG Canaccord Genuity	Joe Moskal	Sunshine Greenhouse
Chinos Bistro	Jones & Company Wine Merchants	Tetreault Financial
CIBC	Klassen Wealth Advisors	The Free Press
Dairy Queen	Luxe BBQ Company	The Keg Steakhouse & Bar
Dale & Kathy Kaemingh	National Bank Financial Wealth Management	Truly Hard Seltzer
Edward Carriere Salon	Northern Lights Petroleum	Vertical Adventures
EPH Apparel	Oakley Optical	Wett Sales & Distribution
Forty Creek	OnTimeGroup	Winnipeg Goldeyes
Fradkin Wealth Management		WOW Hospitality



Presents

# FIRE & ICE

2022 GALA

An Evening in Honour of

## THE HONOURABLE MURRAY SINCLAIR

This past year the Pan Am Clinic Foundation had the privilege of paying tribute to the Honourable Murray Sinclair as the 2022 Fire & Ice Gala Honouree.

The Honourable Murray Sinclair was selected as the 2022 honouree for his tireless efforts towards reconciliation as Chief Commissioner of the Truth & Reconciliation Commission, as well as his lifelong pursuit of justice and equality for Indigenous peoples.

The evening was held as a hybrid event with just over 100 people in attendance in person at the RBC Convention Centre, and hundreds more tuning in from home. The Gala was an overwhelming success, **raising over \$162,000 in support of the Pan Am Clinic Foundation's research, education and community outreach programs**, with a specific portion raised for the Foundation's Medical Careers Exploration Program for Indigenous Youth.

Our heartfelt thanks goes out to all those who supported the 2022 event, with a special thank you to The Asper Foundation for their continued support as our Presenting Sponsor.

Thank you again to all who joined and supported us in person and from the comfort of their homes for a remarkable evening, and we look forward to seeing you all again in person in 2023.

### SUPPORTERS

Baizley Family	Maple Leaf Construction LTD
Banville Family	Meagher Family
Bill & Theresa Parrish	MLT Aikins
Bob Sokalski	Oliver & Gennie Plett
Brock & Sophie Bulbuck Family	Radiology Consultants of Winnipeg
Cochrane Saxberg	RBC Convention Centre
Dave Hill Law Corporation	RBC Foundation
Diamond Athletic Medical Supplies	Shelagh Rogers
DigiPix Media	Sigurdson Financial Group
Encore	Simon Imports
Elder Carl Stone	Sprague & Sydney Richardson
Endless Events Group	The Free Press
Enns Brothers	The Lodge at Little Duck
Gerald & Kristine Diamond	The Silver Family
Gerry & Barb Price	Tina & Mike Jones
Grace Anne II Yacht & Lodge	Tom Powell Design
Hartley & Heather Richardson	True North Sports & Entertainment
Jim & Leney Richardson	Volvo
John Sauder	Western Canadian Aerial Ltd.
Johnston Group Inc.	Michelle & George Vis
Jones & Company Wine Merchants	Winnipeg Building & Decorating
MacAngus Team	WOW Hospitality
Royal Lepage	

# surgeons & areas of specialty



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



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



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



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



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



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



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



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



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



**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. Yiyang Zhang**  
Hand, Wrist and Elbow Surgery

# research grants

1 APRIL 2021 – 31 MARCH 2022

## ALEXANDER GIBSON FUND

**\$15,000**

Achilles tendon rupture: an examination of function, strength and tendon length in patients treated with operative and non-operative management

**\$20,000**

The impact of varying weightbearing restrictions on postoperative outcomes following arthroscopic surgery for femoroacetabular impingement: a randomized trial

**\$25,000**

Reverse total shoulder arthroplasty with and without subscapularis repair: a randomized controlled trial

**\$20,000**

Investigating the effects of socioeconomic status on orthopaedic arthroscopic surgery: a retrospective population-based cohort study

**\$20,000**

Backup tibial fixation in anterior cruciate ligament reconstruction: a cadaveric biomechanical study of three graft types

## DEPARTMENT OF SURGERY

**\$15,000**

The impact of varying weightbearing restrictions on postoperative outcomes following arthroscopic surgery for femoroacetabular impingement: a randomized pilot

**\$15,000**

Randomized controlled trial comparing reverse total shoulder arthroplasty (RTSA) with and without subscapularis repair

**\$15,000**

The potential ability of creatine supplementation to aid in recovery following acute sport related concussion

## COF RESEARCH GRANT – 2020 CY FRANK AWARD

**\$20,000**

The impact of varying weightbearing restrictions on postoperative outcomes following arthroscopic surgery for femoroacetabular impingement: a randomized pilot

## COF RESEARCH GRANT – 2021 CSES

**\$20,000**

Randomized controlled trial comparing reverse total shoulder arthroplasty (RTSA) with and without subscapularis repair

## MANITOBA MEDICAL SERVICE FOUNDATION

**\$30,000**

Randomized clinical trial comparing reverse total shoulder arthroplasty with and without subscapularis repair

## WINNIPEG FOUNDATION

**\$64,200**

Researching healthcare equality

# education & community outreach grants

1 APRIL 2021 – 31 MARCH 2022

## RESIDENT ACADEMIC SUPPORT

- Alexander Gibson Fund

## ORTHOPAEDIC SPORTS MEDICINE AND UPPER EXTREMITY RECONSTRUCTION FELLOWSHIP

- Arthrex, Inc.
- ConMed Linvatec Canada
- Ossur Canada Inc.
- Zimmer Biomet

## PRIMARY CARE SPORT & EXERCISE MEDICINE PROGRAM

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

## MEDICAL CAREERS EXPLORATION PROGRAM

- Manitoba Education
- Anonymous
- Kinsmen Club of Winnipeg

# Pan Am Clinic Foundation presentations

1 APRIL 2021 – 31 MARCH 2022

Bruinooge B, Woodmass J, Lemmex D, Stranges G, Longstaffe R, McRae S, MacDonald P, Ogborn D (2021, October 13) **Task-specific confidence, performance, and injury-specific confidence at 6-month post ACL reconstruction.** 2021 Canadian Athletic Therapists' Association Webinar Series' Writing and Research Presentations. (Virtual)

Bruinooge B, Woodmass J, Lemmex D, Stranges G, Longstaffe R, McRae S, MacDonald P, Ogborn D (2021, May 1) **Confidence during a change-of-direction task varies more than time in patients following ACL reconstruction.** Canadian Physiotherapy Association Orthopedic Division Annual Conference. (Virtual)

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

Bruinooge B, MacDonald P, McRae S, Ogborn D (2022, May 31) **Confidence and performance asymmetries are related to psychological readiness following ACL reconstruction.** American College of Sports Medicine Annual Meeting and World Congress. (Virtual)

Cordingley D (2021, October 7) **Exercise is Medicine: Concussion.** UofW KIN - 3301 Applied Anatomy. (Virtual)

Cordingley D, Avery BJ, Ogborn D, McRae SM (2021, October 13) **Ability of pre-season fitness to predict in-season on-ice performance for male adolescent ice-hockey athletes.** CSEP 2021 Zooming into the future: Exercise science in the virtual age. (Virtual)

Cordingley D, Turnbull CN, Duncan C, Henderson Z, Anderson J, Cornish S (2022, March 24) **Blood-flow restricted resistance exercise induced myokine secretion is correlated with changes in muscle strength but not fat free mass.** Collaborating for Health and Wellness Conference – Rehabilitation Research Including the Impacts of COVID – 19. Poster Presentation. (Virtual)

Cordingley DM, McRae SM (2021, May 13) **Fitness adaptations do not occur equally during the 'in-season' and 'off-season' phases for adolescent ice-hockey players.** Canadian Academy of Sport and Exercise Medicine Conference. (Virtual)

Cordingley DM, Turnbull CN, Duncan C, Henderson Z, Anderson J, Cornish S (2021, June 1) **Higher Concentration of Irisin in Younger Versus Older Adults Before And Following Blood-flow Restricted Resistance-exercise.** American College of Sports Medicine Annual Meeting. (Virtual)

Cordingley DM, Turnbull CN, Duncan C, Henderson Z, Anderson J, Cornish S (2021, May 13) **Effects of a 12-week resistance training program on anthropometry, strength and muscle quality in younger and older untrained males.** Canadian Academy of Sport and Exercise Sport Medicine Conference. (Virtual)

Ellis M (2021, May 13) **Virtual Concussion Care.** CASEM/OMA Virtual Conference 2021. (Virtual)

Garofalo J, Zhu S, Longstaffe R, McRae S, MacDonald P, Ogborn D (2021, November 19) **An Examination of Function, Strength and Muscle and Tendon Morphology in Patients Following Operative or Non-operative Management for Achilles Tendon Rupture.** University of Manitoba/Saskatchewan Combined Resident Research Day. Virtual Presentation, Winnipeg, Manitoba. (Virtual)

Hemstock R, Mulhall D, Ogborn D, Lemmex D (2021, November 19) **Postoperative Weight Bearing Restrictions and Rehabilitation Protocols after Hip Arthroscopy: A Systematic Review Proposal.** University of Manitoba/Saskatchewan Combined Resident Research Day. Virtual Presentation, Winnipeg, Manitoba. (Virtual)

Kwapisz A, McRae S, Smyczynska U, Koenig J, Matthewson G, Woodmass J, Verhulst F, Zhang Y, Old J, MacDonald P (2021, September 15) **Goutallier classification reliability may be impacted by the size of the rotator cuff tear.** SECEC-ESSSE Congress 2021. Poznan, Poland.

Kwapisz A, McRae S, Smyczynska U, Koenig J, Matthewson G, Woodmass J, Verhulst F, Zhang Y, Old J, MacDonald P (2021, June 17) **Goutallier Classification Reliability May be Impacted by the Size of the Rotator Cuff Tear.** 2021 Virtual COA/CORS/CORA Annual Meeting. (Virtual)

Kwapisz A, McRae S, Smyczynska U, Koenig J, Matthewson G, Woodmass J, Verhulst F, Zhang Y, Stillwater L, Old J, MacDonald P (2021, November) **Goutallier Classification Reliability May Be Impacted By The Size Of The Rotators Cuff Tear.** 2021 ISAKOS Biennial Congress. Paper Presentation. (Virtual)

Larrivée S, Beaudoin A, McRae SM, Leiter J, Stranges G (2021, October 30) **Validation of knee arthroscopy simulator scoring system against subjective video analysis scoring.** 2021 Canadian Conference for the Advancement of Surgical Education (C-CASE) Virtual Conference. (Virtual)

Laxdal I, Hemstock R, Tufescu T, Ogborn D (2021, November 19) **The Effectiveness of a Resident-based Teaching Program for Orthopedic Technologists.** University of Manitoba/Saskatchewan Combined Resident Research Day. Virtual Presentation, Winnipeg, Manitoba. (Virtual)

# Pan Am Clinic Foundation presentations

Levesque J, McRae S, Woodmass J, Stranges G, Lemmex D, Longstaffe R, Macdonald P (2021, May 15) **Comparison of Pain Score and Analgesic Usage Between Bone-Patellar Tendon-Bone, Hamstring and Quadriceps Tendon Autografts for Anterior Cruciate Ligament Reconstruction.** 2021 CASEM-AQMS Sport Medicine Conference. (Virtual)

Levesque J, McRae S, Woodmass J, Stranges G, Lemmex D, Longstaffe R, Macdonald P (2021, November 27) **Comparison of Pain Score and Analgesic Usage Between Bone-Patellar Tendon-Bone, Hamstring and Quadriceps Tendon Autografts for Anterior Cruciate Ligament Reconstruction.** 2021 ISAKOS Biennial Congress. ePoster. (Virtual)

Levesque J, McRae SM, Woodmass J, Stranges G, Lemmex D, Longstaffe R, MacDonald P (2021, June 18) **Comparison of Pain Score and Analgesic Usage Between Bone-Patellar Tendon-Bone, Hamstring and Quadriceps Tendon Autografts for Anterior Cruciate Ligament Reconstruction.** 2021 Virtual COA/CORS/CORA Annual Meeting. (Virtual)

Littman J, Dubberley J, Marsh J, Stranges G, Woodmass J, Old R, McRae S, MacDonald P, Ogborn D (2021, November 19) **Return to Sport and Functional Performance Following Surgical Intervention for Anterior Glenohumeral Instability (AGHI).** University of Manitoba/Saskatchewan Combined Resident Research Day. Virtual Presentation, Winnipeg, Manitoba. (Virtual)

Lyng J, Morissette M, Ogborn D, Leiter J, Longstaffe R (2021, November 19) **The Impact of COVID-19 on National Hockey League Players' Return-To-Play.** University of Manitoba/Saskatchewan Combined Resident Research Day. Virtual Presentation, Winnipeg, Manitoba. (Virtual)

MacDonald P (2022, March 23) **PCL Injuries: surgical indications and techniques.** 2022 AAOS Annual Meeting. Instructional Course Lecture, Chicago, Illinois.

MacDonald P (2022, March 23) **ITB Tenodesis: When is it indicated?** 2022 AAOS Annual Meeting. Didactic - Case Based, Chicago, Illinois.

MacDonald P (2021, December 14) **Worst Complications Of My Career: What I Have Learned & Can Teach You.** Orthopaedic Summit 2021: Evolving Techniques. Clinical Case Presentations, Las Vegas, NV.

MacDonald P (2021, December 14) **Honored Professors & Distinguished Professor + Kids - Back To The Future: The Rotator Cuff 2050 (Generic Rotator Cuff Anchors, Scaffolds, Patches, Revision Rotator Cuff Failures).** Orthopaedic Summit 2021: Evolving Techniques. Clinical Case Presentations, Las Vegas, NV.

MacDonald P (2021, December 13) **The Future & Evolution Of Total Shoulder Arthroplasty: A Potpourri & The Role Of The Subscapularis.** Orthopaedic Summit 2021: Evolving Techniques. Clinical Case Presentations, Las Vegas, NV.

Macdonald P (2021, December 12) **The Middle-Aged Athlete: Chronic Achilles Tear, Rehab Programs To Avoid Complications In Hip, Knee, Uni, Shoulder Arthroplasty.** Orthopaedic Summit 2021: Evolving Techniques. Clinical Case Presentations, Las Vegas, NV.

MacDonald P (2021, December 12) **The Irreparable Rotator Cuff Tear: So Many Choices, What I Do In Canada, What I Have Learned Over The Years.** Orthopaedic Summit 2021: Evolving Techniques. Commentary, Las Vegas, NV.

MacDonald P (2021, December 12) **Shoulder Arthroplasty In The Aging Athlete: Setting Expectations & Optimizing Success.** Orthopaedic Summit 2021: Evolving Techniques. Feature Lecture, Las Vegas, NV.

MacDonald P (2021, December 12) **I Have Tried It All, My Thoughts.** Orthopaedic Summit 2021: Evolving Techniques. Commentary, Las Vegas, NV.

MacDonald P (2021, September 3) **Posterior Cruciate Ligament Surgery: The Step-by-Step Road to Success.** AAOS 2021 Annual Meeting. San Diego, CA.

MacDonald P (2021, September 1) **Anterior Cruciate Ligament Revision Reconstruction Technical Issues: A Case-Based Approach.** AAOS 2021 Annual Meeting. San Diego, CA.

MacDonald P (2021, July 30) **Does the posterior glenoid osteotomy reduce the rate of recurrence in patients with posterior shoulder instability – a systematic review.** Virtual EFORT Congress - VEC hybrid. (Virtual)

MacDonald P (2021, July 17) **Canadian Case Perspective: When to do ALL/LET?** AAOS World Opinion Forum Webinar: Challenges and controversies in the treatment of anterior cruciate ligament tears. (Virtual)

MacDonald P (2021, July) **My graft is too long?! Session: Staying Out of Trouble and Handling Complications in Knee Surgery.** AOSSM-AANA Combined 2021 Annual Meeting. (Virtual)

MacDonald P (2021, July) **Effect of age, gender, and BMI on the incidence and satisfaction of a Popeye deformity following biceps tenotomy or tenodesis: outcomes of a multicenter randomized controlled trial.** AOSSM-AANA Combined 2021 Annual Meeting. (Virtual)

MacDonald P (2021, July) **Case Panel Presentation: "My worst complications." Session: Staying Out of Trouble and Handling Complications in Knee Surgery.** AOSSM-AANA Combined 2021 Annual Meeting. (Virtual)

MacDonald P (2021, June 19) **COA Presidents' Panel: Looking Back, Looking Forward.** 2021 Virtual COA/CORS/CORA Annual Meeting. (Virtual)

MacDonald P (2021, June 17) **Arthroscopic Management of Large/Global Rotator Cuff Tears.** 2021 Virtual COA/CORS/CORA Annual Meeting. (Virtual)

MacDonald P, McRae S, Lapner P, Sasyniuk T, Old J, Stranges G, Dubberley J, Verhulst F, Woodmass J (2021, November) **Effect Of Age, Gender, and BMI On Incidence And Satisfaction Of A Popeye Deformity Following Biceps Tenotomy Or Tenodesis: Secondary Analysis Of A Randomized Clinical Trial.** 2021 ISAKOS Biennial Congress. Paper Presentation. (Virtual)

Malik SS, Hart D, Parashin SL, McRae SM, Peeler J, MacDonald P (2021, June 15) **Is the Nice knot comparable to the modified Prusik knot for soft tissue fixation in anterior cruciate ligament reconstruction? A biomechanical analysis using human quadriceps tendon grafts (Poster Presentation).** Canadian Orthopaedic Association Annual Meeting. (Virtual)

Malik SS, Hart D, Parashin SL, Malik S, McRae SM, Peeler J, MacDonald P (2021, June 15) **Biomechanical analysis of three suturing techniques for soft-tissue fixation: a human cadaveric study with quadriceps tendon graft (Poster Presentation).** Canadian Orthopaedic Association Annual Meeting. (Virtual)

Mulhall D, McRae S, Koenig J, Matthewson G, Nemeth P, MacDonald P (2021, June 18) **The Presence of Additional Pathology in Grade I and II Acromioclavicular Joint Injuries.** 2021 Virtual COA/CORS/CORA Annual Meeting. (Virtual)

Mulhall D, McRae S, Koenig J, Matthewson G, Nemeth P, MacDonald P (2021, May 14) **The Presence of Additional Pathology in Grade I and II Acromioclavicular Joint Injuries.** 2021 CASEM-AQMS Sport Medicine Conference. (Virtual)

Ogborn D, Bruinooge B, Woodmass J, Lemmex D, Stranges G, Longstaffe R, McRae S, MacDonald P, (2021, July 7) **Confidence varies more than time during a change-of-direction task in patients following unilateral ACL reconstruction.** AOSSM-AANA 2021 Combined Annual Meeting. Nashville, TN, USA.

Ogborn D (2021, June 2) **Roundtable discussion: return to sport assessment and post-operative care.** Pan Am Rehabilitation Services B-Sides Course. (Virtual)

Ogborn D (2021, June 2) **Concepts in upper extremity return to sports evaluation.** Pan Am Rehabilitation Services B-Sides Course. (Virtual)

Ogborn D (2021, May 30) **A principle-driven approach to return to sport assessment following orthopedic surgery: performance vs prediction.** Canadian Physiotherapy Association Orthopedic Division Annual Conference. Winnipeg, MB.

Ogborn D, Bruinooge B, Larose G, McRae SM, MacDonald P (2021, May 30) **Eccentric knee flexor strength deficits persist following anterior cruciate ligament reconstruction with hamstring grafts.** Canadian Physiotherapy Association Orthopedic Division Annual Conference. Canadian Physiotherapy Association Orthopedic Division Annual Conference. (Virtual)

Ogborn DI (2021, May 30) **Establishing the test-retest reliability of a battery of upper extremity functional performance tests in healthy control participants.** Canadian Physiotherapy Association Orthopedic Division Annual Conference. (Virtual)

Sommer M, Hemstock R, Garofalo J, McRae S, MacDonald P, Woodmass J, Ogborn D (2021, November 19) **Does Clinical Approach in the Management of Anterior Glenohumeral Instability Vary with Clinical Experience, Surgical Volumes and Use of the ISIS Scale? A Survey of Canadian Orthopedic Surgeons.** University of Manitoba/Saskatchewan Combined Resident Research Day. Virtual Presentation, Winnipeg, Manitoba. (Virtual)

Sommer M, McRae S, Ogborn D, MacDonald P (2021, May 15) **Shifts in Management of Anterior Cruciate Ligament Injury in Canada from 2009 to 2020.** 2021 CASEM-AQMS Sport Medicine Conference. (Virtual)

Tahir, Muaaz, Malik, Shahbaz, Jordan, Robert, MacDonald, Peter (2021, June 30) **Does the posterior glenoid osteotomy reduce the rate of recurrence in patients with posterior shoulder instability - a systematic review.** Virtual EFORT Congress - VEC hybrid. (Virtual)

Woodmass J, McRae S, Dubberley J, Marsh J, Old J, Stranges G, Malik S, Leiter J, MacDonald P (2021, November 27) **Effectiveness Of In-Office Ultrasound For The Management Of Suspected Rotator Cuff And Biceps Pathology: An Institutional Evaluation of Surgeons With No Formal Training.** 2021 ISAKOS Biennial Congress. ePoster. (Virtual)

# Pan Am Clinic Foundation publications

1 APRIL 2021 – 31 MARCH 2022

Ballinger K, McGuinity D, Girardin R, Zerkee L, Ellis M, Russell K (2022) **Clinical Outcomes of Pediatric Acute Sport- and Non-Sport-Related Concussions.** *Can J Neurol Sci* 49:263–269.

Batty LM, Firth A, Moatshe G, Bryant DM, Heard M, McCormack RG, Rezanoff A, Peterson DC, Bardana D, MacDonald PB, et al. (2021) **Association of Ligamentous Laxity, Male Sex, Chronicity, Meniscal Injury, and Posterior Tibial Slope With a High-Grade Preoperative Pivot Shift: A Post Hoc Analysis of the STABILITY Study.** *Orthopaedic Journal of Sports Medicine* 9:232596712110000.

Beaudoin A, Larrivée S, McRae S, Leiter J, Stranges G (2021) **Module-Based Arthroscopic Knee Simulator Training Improves Technical Skills in Naive Learners: A Randomized Trial.** *Arthrosc Sports Med Rehabil* 3:e757–e764.

Broida SE, Sweeney AP, Gottschalk MB, Woodmass JM, Wagner ER (2021) **Clinical outcomes of latissimus dorsi tendon transfer and superior capsular reconstruction for irreparable rotator cuff tears: a systematic review.** *Eur J Orthop Surg Traumatol.*

Bulow A, Anderson JE, Leiter JRS, MacDonald PB, Peeler JD (2021) **Safety and Effectiveness of a Perturbation-based Neuromuscular Training Program on Dynamic Balance in Adolescent Females: A Randomized Controlled Trial.** *Int J Sports Phys Ther* 16:1001–1015.

Bulow A, Bellemare A, Anderson JE, Leiter JRS, MacDonald PB, Peeler JD (2021) **Lower Extremity Kinematics of the Y-Balance Test in Healthy and ACL Injured Adolescent Females.** *International Journal of Sports Physical Therapy.* 16:381-392.

Chung KC, Kim HM, Malay S, Shauver MJ, Clark T, McRae S, WRIST Group (2021) **Comparison of 24-Month Outcomes After Treatment for Distal Radius Fracture: The WRIST Randomized Clinical Trial.** *JAMA Netw Open* 4:e2112710.

Cordingley DM, Cornish SM, Candow DG (2022) **Anti-Inflammatory and Anti-Catabolic Effects of Creatine Supplementation: A Brief Review.** *Nutrients* 14:544.

Cornish S, Peeler J (2021) **The Effect of a Lower Body Positive Pressure Supported Treadmill Exercise Regime on Systemic Biomarkers of Inflammation and Cartilage Degradation in Individuals with Knee Osteoarthritis: A Pilot Study.** *IJKSS* 9:18.

Degen RM, Hiemstra LA, Lobo J, Woodmass JM, et al. (2022) **Arthroscopy Association of Canada Position Statement on Intra-articular Injections for Hip Osteoarthritis.** *Orthop J Sports Med* 10:23259671211066970.

Ellis M, Normand H, Gargaro J, Bayley M, Russell K (2022) **Current use and future considerations for concussion telemedicine healthcare in Canada.** *Can J Neurol Sci.* 11: 1-17.

Firth AD, Bryant DM, Litchfield R, McCormack RG, Heard M, MacDonald PB, STABILITY Study Group. (2022) **Predictors of Graft Failure in Young Active Patients Undergoing Hamstring Autograft Anterior Cruciate Ligament Reconstruction With or Without a Lateral Extra-articular Tenodesis: The Stability Experience.** *Am J Sports Med* 50:384–395.

Forbes S, Cordingley D, Cornish S, Gualano B, Roschel H, Ostojic S, Rawson E, Roy B, Prokupidis K, Giannos P, Candow D (2022) **Effects of Creatine Supplementation on Brain Function and Health.** *Nutrients* 14:921.

Frankle MA, Duralde XA, MacDonald P, Levine WN, Cordasco FA, Mallon WJ, Mansat P, Calvo E (2021) **Editorial-We want you vaccinated.** *J Shoulder Elbow Surg* 30:2207–2208.

Hooper RC, Zhou N, Wang L, Shauver MJ, Chung KC, Clark T, McRae S, WRIST Group (2021) **An Analysis of the Impact of Timing and Technique on Outcomes after Surgery for Distal Radius Fractures: The Wrist and Radius Injury Surgical Trial Collaborative Study.** *Plast Reconstr Surg* 148:1053–1062.

Hurley ET, Matache BA, Wong I, Itoi E, Strauss EJ, Delaney RA, Neyton L, Athwal GS, Pauzenberger L, Mullett H, Jazrawi LM, MacDonald PB, Anterior Shoulder Instability International Consensus Group (2022) **Anterior Shoulder Instability Part II-Latarjet, Remplissage, and Glenoid Bone-Grafting-An International Consensus Statement.** *Arthroscopy* 38:224-233.e6.

Khan M, Bedi A, Degen R, Warner J, Bhandari M, MacDonald PB, Woodmass, J, STABLE Investigators (2022) **A pilot multicenter randomized controlled trial comparing Bankart repair and remplissage with the Latarjet procedure in patients with subcritical bone loss (STABLE): study protocol.** *Pilot Feasibility Stud* 8:20.

Kwapisz A, Xu M, Koenig J, MacDonald P, McRae S, Marsh J (2021) **Uncommon Bilateral Absence of Long Heads of the Biceps Tendons in Twin Sisters: A Report of 2 Cases.** *JBJS Case Connect* 11.

Lapner P, Alfonso A, Hebert-Davies J, Pollock JW, Marsh J, King GJW, MacDonald P, Canadian Shoulder and Elbow Society (CSES) (2022) **Nonoperative treatment of lateral epicondylitis: a systematic review and meta-analysis.** *JSES Int* 6:321–330.

Lapner P, Henry P, Athwal GS, Moktar J, McNeil D, MacDonald P, Canadian Shoulder and Elbow Society (2022) **Treatment of rotator cuff tears: a systematic review and meta-analysis.** *J Shoulder Elbow Surg* 31:e120–e129.

Lapner P, Li A, Pollock JW, Zhang T, McIlquham K, McRae S, MacDonald P (2021) **A Multicenter Randomized Controlled Trial Comparing Single-Row With Double-Row Fixation in Arthroscopic Rotator Cuff Repair: Long-Term Follow-up.** Am J Sports Med 49:3021–3029.

MacDermid JC, Bryant D, Holtby R, Razmjou H, Faber K, MacDonald P, JOINTS Canada (2021) **Arthroscopic Versus Mini-open Rotator Cuff Repair: A Randomized Trial and Meta-analysis.** Am J Sports Med 49:3184–3195.

MacDonald P, McRae S, Old J, Marsh J, Dubberley J, Stranges G, Koenig J, Leiter J, Mascarenhas R, Prabhakar S, Sasyniuk T, Lapner P (2021) **Arthroscopic Bankart repair with and without arthroscopic infraspinatus remplissage in anterior shoulder instability with a Hill-Sachs defect: a randomized controlled trial.** J Shoulder Elbow Surg 30:1288–1298.

Malik SS, Hart D, Parashin S, Peeler J, McRae S, MacDonald P (2022) **Does the Nice Knot Offer Less Elongation Than the Modified Prusik Knot? An In Vitro Study in Cadaver Quadriceps Tendons.** Clin Orthop Relat Res.

Masud S, Sheehan B, Rousseau-Saine A, Tucker A, Sandman E, Wong I, Woodmass J, Chalal J, Lobo J, Grant J, LeBel M-E, Sommerfeldt M, Kopka M, Urquhart N, Carsen S, Pauyo T, Khan M (2021) **Arthroscopy Association of Canada Position Statement on Exercise for Knee Osteoarthritis: A Systematic Review of Guidelines.** Orthop J Sports Med 9:23259671211016900.

Matache BA, Hurley ET, Wong I, Itoi E, Strauss EJ, Delaney RA, Neyton L, Athwal GS, Pauzenberger L, Mullett H, Jazrawi LM, MacDonald P, Anterior Shoulder Instability International Consensus Group (2022) **Anterior Shoulder Instability Part III-Revision Surgery, Rehabilitation and Return to Play, and Clinical Follow-Up-An International Consensus Statement.** Arthroscopy 38:234–242.e6.

Matthewson G, Kooner S, Rabbani R, Gottschalk T, Old J, Abou-Setta AM, Zarychanski R, Leiter J, MacDonald P (2021) **Does a Delay in Anterior Cruciate Ligament Reconstruction Increase the Incidence of Secondary Pathology in the Knee? A Systematic Review and Meta-Analysis.** Clin J Sport Med 31:313–320.

McCammon J, Zhang Y, Prior HJ, Leiter J, MacDonald PB (2021) **Incidence of Total Knee Replacement in Patients With Previous Anterior Cruciate Ligament Reconstruction.** Clin J Sport Med 31:e442–e446.

Ogborn D, McRae S, Larose G, Leiter J, Brown H, MacDonald P (2021) **Knee flexor strength and symmetry vary by device, body position and angle of assessment following ACL reconstruction with hamstring grafts at long-term follow-up.** Knee Surg Sports Traumatol Arthrosc doi: 10.1007/s00167-021-06712-7. Online ahead of print.

Ogborn DI, Bellemare A, Bruinooge B, Brown H, McRae S, Leiter J (2021) **Comparison of Common Methodologies for the Determination of Knee Flexor Muscle Strength.** Int J Sports Phys Ther 16:350–359.

Peeler J (2022) **Efficacy of an intensive 2-week musculoskeletal anatomy course in a medical education setting.** Annals of Anatomy - Anatomischer Anzeiger 239:151802.

Rodrigues D, Amadeo RJJ, Wolfe S, Girling L, Funk F, Fidler K, Brown H, Leiter J, Old J, MacDonald P, Dufault B, Mutter TC (2021) **Analgesic duration of interscalene block after outpatient arthroscopic shoulder surgery with intravenous dexamethasone, intravenous dexmedetomidine, or their combination: a randomized-controlled trial.** Can J Anaesth 68:835–845.

Sabah Y, Decroocq L, Gauci MO, Bonneville N, Lemmex DB, Chelli M, Valenti P, Boileau P (2021) **Clinical and radiological outcomes of reverse shoulder arthroplasty for acute fracture in the elderly.** Int Orthop 45:1775–1781.

Sommer MC, Wagner E, Zhu S, McRae S, McDonald PB, Ogborn D, Woodmass JM (2021) **Complications of Superior Capsule Reconstruction for the Treatment of Functionally Irreparable Rotator Cuff Tears (FIRCTs): A Systematic Review.** Arthroscopy S0749-8063(21)00342-X.

Toccalino D, Lin Haag H, Estrella M, Cowle S, Fuselli P, Ellis M, Gargaro J, Colantonio A, COVIT TBI-IPV Consortium (2022) **The Intersection of Intimate Partner Violence and Traumatic Brain Injury: Findings From an Emergency Summit Addressing System-Level Changes to Better Support Women Survivors.** J Head Trauma Rehabil 37:E20–E29.

Wagner ER, Woodmass JM, Zimmer ZR, Welp KM, Chang MJ, Prete AM, Farley KX, Warner JJP (2021) **Needle Diagnostic Arthroscopy and Magnetic Resonance Imaging of the Shoulder Have Comparable Accuracy With Surgical Arthroscopy: A Prospective Clinical Trial.** Arthroscopy 37:2090–2098.

Winter J, Zhang Y, Clark TA, Giuffre JL (2021) **The Addition of a Nerve Transfer to the Treatment of Peroneal Neuropathy Secondary to Intraneural Ganglion: Case Series.** Ann Plast Surg 86:674–677.

Woodmass JM, McRae SMB, Lapner PL, Sasyniuk T, Old J, Stranges G, Dubberley J, Verhulst FV, MacDonald PB (2021) **Effect of age, gender, and body mass index on incidence and satisfaction of a Popeye deformity following biceps tenotomy or tenodesis: secondary analysis of a randomized clinical trial.** J Shoulder Elbow Surg 30:1733–1740.

Yoon AP, Wang Y, Wang L, Chung KC, WRIST Group (2021) **What Are the Tradeoffs in Outcomes after Casting Versus Surgery for Closed Extraarticular Distal Radius Fractures in Older Patients? A Statistical Learning Model.** Clin Orthop Relat Res 479:2691–2700.

# summary statement of operations

YEAR END



	2022 \$	2021 \$
<b>REVENUES</b>		
Contributions	1,565,619	1,386,239
Contributions - Medical Careers Exploration Program	189,637	182,625
Fundraising events	328,684	219,400
Investments	29,156	25,885
Management fee - Foundation Rehabilitation Services Inc.	26,400	26,400
Other revenue	96,117	197,446
Centre fees	5,375	-
	<b>2,240,988</b>	<b>2,037,995</b>
<b>EXPENSES</b>		
Acknowledgements, grants and donations	37,174	92,098
Advertising and promotion	10,252	10,371
Amortization	148,171	141,714
Bank charges and interest	14,763	6,971
Consulting fees	81,610	69,292
Continuing development	67,483	7,168
Fundraising events	35,314	56,608
Insurance	25,671	21,122
Medical Careers Exploration Program expense	153,712	152,321
Professional fees	179,834	158,360
Research program salaries	604,087	496,910
Rent	6,627	6,191
Repairs and maintenance	10,240	351
Salaries and benefits	328,841	268,245
Supplies and equipment	73,284	43,000
Travel	2,166	-
	<b>1,779,229</b>	<b>1,530,722</b>



**2022**  
\$

**2021**  
\$

### OTHER ITEMS

Equity earnings of Pan Am Rehabilitation Services Inc.	24,202	128,061
Unrealized gain on investments	26,788	33,535
Gain on disposal of investments	30,373	15,549
Loss on disposal of capital assets	(9,267)	-
	<b>72,096</b>	<b>177,145</b>

Increase in net assets	533,855	684,418
Net assets at beginning of year	3,635,087	2,950,669
<b>Net assets at end of year</b>	<b>4,168,942</b>	<b>3,635,087</b>

### ASSETS

Cash and equivalents	1,044,563	1,194,797
Accounts receivable	360,257	53,986
Prepaid expenses	35,490	29,670
Capital assets	585,329	621,488
Long-term investments	2,046,740	1,471,617
Investment in Foundation Rehabilitation Services Inc.	345,994	421,792
	<b>4,418,373</b>	<b>3,793,350</b>

### LIABILITIES AND NET ASSETS

Accounts payable and accruals	219,431	128,263
Canada Emergency Business Account loan	30,000	30,000
Net assets	4,168,942	3,635,087
	<b>4,418,373</b>	<b>3,793,350</b>

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# Pan Am Clinic donors

\*\*\*note donations \$5,000 and above

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The services offered and the innovative approaches to healthcare at the Pan Am Clinic have helped to establish our organization as a community and national leader in healthcare.

Your financial support for education, research and community outreach initiatives will assist in advancing the treatment of muscle, bone and joint conditions and ultimately play a key role in helping people live healthy, active lives.

If you would like to make a donation to the Pan Am Clinic Foundation, please contact us at **204.232.8271** or visit **[www.panamclinic.org/donate](http://www.panamclinic.org/donate)**



### Pan Am Clinic Foundation Inc.

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