



# ANNUAL REPORT

## 2021 - 2022

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## OUR MISSION

To advance research, prevention, treatment, and rehabilitation of musculoskeletal and sport injuries among people of all ages and abilities. We work to achieve this through the synergistic interaction of three core components: Research, Education, and Clinical care.



## OUR VISION

World-class sport medicine and arthroscopy clinical care, research, and education.



# 3 Pillars to Support our Mission

## Research

Design and implement evidence-based medicine to enhance patient care and improve quality of life

## Education

Provide research-informed training to healthcare professionals, and educational programming to the community

## Clinical Care

Enhance clinical care through the rapid implementation of evidence-based medicine and patient education

# 2021 - 2022 Year in Review

Committed to advancing research, prevention, treatment, and rehabilitation of musculoskeletal and sport injuries among people of all ages and abilities.

Visit us at [www.bsmfoundation.ca](http://www.bsmfoundation.ca) or follow us on social media to learn more.





## MESSAGE FROM THE CHAIR

Dr. S. Mark Heard, MD, FRCSC, Dip Sport Med.  
Orthopaedic Surgeon, Clinical Associate Professor

Wow, what a year for the Banff Sport Medicine Foundation (BSMF)! One of the year's highlights was the Foundation moving into its new location with the Banff Sport Medicine Clinic at the Shops of Canmore. We now have a sunny space for brainstorming and collaborative work. There is also plenty of office space to get focused work done.

The new space offers more opportunities for the Foundation's work in research, education, and clinical data collection. In addition, there is now the opportunity for our research team members to be onsite for study intake patients, acute injury clinics, and post-operative follow-ups of study patients ~ raising the bar in good data collection.

The new space also provides the opportunity for onsite education with events such as our injury prevention classes, #knees4skis, case rounds, and journal club, to name a few.

The human factor of having all the surgeons, sport medicine doctors, physiotherapists, and research staff under one roof will allow better integration and awareness of the Foundation's activities. Also, having radiology services next door provides opportunities for collaboration in imaging for research, education, and clinical services such as fluoroscopically guided injections.

The 2022 productivity numbers speak for themselves, with 11 published journal articles, 36 evidenced-based articles published on the website, 732 participants in community education, and 14 more healthcare professionals trained.

With so many opportunities, we also recognise the need for some focus and control of the amount of work we can tackle. At our recent Board Retreat, we worked on our Big Hairy Audacious Goal (BHAG) and are refining some of the focus of our research and education toward the prevention of secondary injuries.

On a personal note, I am proud to see our underlying values of excellence, ethics, inclusiveness, and camaraderie continuing to thrive at BSMF. With a "can do" attitude, we will continue to flourish.

## MESSAGE FROM THE DIRECTOR OF RESEARCH

Dr. Laurie A. Hiemstra, MD, PhD, FRCSC  
Orthopaedic Surgeon, Assistant Professor



Another successful year completed for the research program at BSMF! After two years of watchful waiting and clinical research limitations during COVID, this year has felt like one of renewed growth and advancement.

The COVID restrictions on clinical research have been lifted, and we have begun recruitment for several clinical trials. The most exciting is our ability to join centres across the globe recruiting for STABILITY II. This study follows the very successful STABILITY I study, which looked at hamstring ACL reconstruction with or without lateral extra-articular tenodesis. The STABILITY I research was a Canadian-led initiative from Western University and was a terrific partnership with our colleague Dr. Alan Getgood.

STABILITY II is now looking at the same high-risk youth population using a quadriceps or patellar graft. This study is very exciting as it is an NIH-funded international collaboration. Our other studies have also moved forward, including patellar and shoulder surgery projects, and we are looking forward to generating new clinical research after a 2-year hiatus.

We have also entered into an exciting partnership with Precision OS, a virtual reality company that focuses on surgical education. Keeping up with emerging technologies through our research and education programs at BSMF is a focus of our core value of innovation.

To all our patients who have stuck with us through COVID, thank you for your ongoing willingness to participate in our research studies. To our supporters, our thanks are not enough. It is only with our patients and supporters that we can continue to support our clinical work with evidence that informs our decisions. We look forward to our research efforts returning to normal and continuing to serve our patients to the best of our abilities.





## MESSAGE FROM THE DIRECTOR OF EDUCATION

Michaela Kopka, MD, FRCSC, DipSportMed  
Orthopaedic Surgeon

This year was another eventful one for the education branch of BSMF. We welcomed orthopaedic sport medicine fellow Dr. Laura Michaud to the team. She had previously completed an orthopaedic surgery residency at Queen's University in Kingston, Ontario, followed by a fellowship in trauma surgery at Dalhousie University in Halifax, Nova Scotia. Dr. Michaud dove right into her experience at BSMF with a trip to South America to serve as team physician for the Canadian alpine ski team during their fall training camp. She

spent the year honing her arthroscopy skills in hopes of returning home to the east coast to establish her orthopaedic surgery practice.

The team at BSMF also hosted a number of medical students and residents from various institutions across the country. We even had a young orthopaedic surgeon visit all the way from Argentina! The Department of Rural Medicine from the University of Calgary paid a special visit to thank us for our contribution to medical education and request more teaching opportunities for incoming students! Few things are more gratifying than sharing knowledge with the next generation of physicians and providing them with a well-rounded sport medicine experience.

In addition to hosting medical learners from all over the globe, BSMF staff also actively participated in numerous national and international conferences and educational opportunities. Dr. Hiemstra travelled the world in her role as the President of the Canadian Orthopaedic Association and shared her research in patellofemoral pathology and diversity with thousands of medical colleagues. Dr. Heard continued to serve as invited faculty at the esteemed symposium on advanced knee pathology hosted by the Arthroscopy Association of North America, and Dr. Kopka taught family medicine physicians the principles of fracture care. These are just a few examples of how our team shared knowledge and helped to strengthen the global medical community during 2022.

BSMF's community education and outreach initiatives continue to grow in scope and popularity. Over 700 participants learnt about injury prevention and management strategies from our invited experts, with topics covering nutrition, running, skiing, and shoulder performance. Our experts also discussed the management of surgical patients with our local allied healthcare community.

Education is a key pillar in BSMF's Mission, and we will continue to strive to further knowledge of sport medicine related injuries amongst medical professionals and within our community. With the recent expansion of our team to include additional physicians and allied health care professionals, the opportunity for educational initiatives has increased exponentially. We are excited about this new growth and cannot wait to see what the "new and improved" BSMF team has in store in 2023!



## RESEARCH SPOTLIGHT

### We're recruiting to improve clinical practice

BSMF has started recruiting patients for the STABILITY II ACL reconstruction clinical trial.

So what's it all about?

Anterior Cruciate Ligament (ACL) reconstruction surgery is the gold-standard treatment for an injured or torn ACL in people with symptomatic knee instability (i.e. feeling like the knee is buckling or "giving way"). Several studies have estimated a high rate of a second ACL injury in active young individuals even after an ACL reconstruction. In addition, the rate of ACL re-injury on the same knee can affect up to 20% of patients.

#### LET

~ a surgery that uses a small slip of tissue from the iliotibial band (ITB) on the outside of the knee to add extra stability for knee rotation.

The type of ACL graft used, and an additional surgical procedure known as a Lateral Extra Articular Tenodesis (LET) might reduce re-injury rates in young, active patients after ACL reconstruction.

*Enter the STABILITY I* randomized clinical trial - the results of this study showed that combining a hamstring graft with an LET for ACL reconstruction decreased the risk of graft failure by 66%.

What about other types of ACL grafts, such as the patella and quadriceps tendons?

Research has shown that these grafts have lower re-injury rates than hamstring grafts.

*Could the patella and quadriceps tendon grafts be used with or without the LET to reduce graft failure further?*

This is the question that researchers (including our BSMF Research team) would like to answer as part of the **STABILITY II** randomized clinical trial.

The STABILITY II study will recruit 1,236 young people at research sites in Canada, the United States, Germany, Norway, the United Kingdom, and Sweden.

In collaboration with the orthopaedic surgeons at the Banff Sport Medicine Clinic (BSM), we hope to include up to 120 eligible BSM patients in this study.

The results of this study will help surgeons learn which surgery method provides the best outcomes for patients with the lowest chance of re-injury.

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*Banff Sport Medicine is "constantly looking at ways to improve our patient outcomes" Dr. Mark Heard*

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# CREATING LASTING IMPACT

## Summer Research Student Wins Prestigious Award

For the past four summers, George Reed has worked with BSMF as a Research Assistant and Summer Student. He was recently awarded the Canadian Medical Association's 150<sup>th</sup> Anniversary Award through the University of Alberta – a \$15,000 prize awarded to a student in the Faculty of Medicine based on academic standing and demonstrated leadership. George cites his experience at BSMF as instrumental to his growth and development. Here is what he had to say ....

“BSMF's emphasis on mentorship and commitment to patient-centred care made my experience an invaluable piece of my journey as a learner and member of the healthcare community. Whether partnering on research projects or teaching me in the clinic and operating room, the tight-knit collaborative team fostered an environment that allowed me to learn, make mistakes, and ultimately develop as an individual.

As part of my time with BSMF, the opportunity to integrate shadowing with my research pursuits highlighted the importance of allowing both research and clinical experience to guide evidence-based medical practice. Direct observation of patient-physician interactions re-iterated several characteristics that have drawn me to pursue healthcare: The ability of physicians to be both encouraging yet truthful, their ability to communicate scientific information accessibly, and most importantly, their commitment to their patients. As a member of the BSMF team, the opportunity to experience healthcare from both academic and clinical perspectives has provided unique insight into how practitioners impact the lives of their patients and a newfound appreciation for the value of medical professionals.

I'm excited to have started medical school at the University of Alberta in August of this year! Pursuing an MD has long been a dream of mine, and I'm extremely grateful for the opportunity to continue my education in the coming years. I would like to extend a special note of gratitude to Sarah Kerslake. Having had the opportunity to work closely with Sarah for the better part of the past 4 summers, I can honestly say she has made a lasting impact on my approach to analytical thinking and research. Her continued mentorship, knowledge, and hardworking attitude have truly impacted my summers with the BSMF team in an immensely positive manner. I would like to thank the entire team for their profound role in my journey, and I hope to continue collaborating with the team in the future!”



# TRAINING THE NEXT GENERATION OF CLINICIAN-SCIENTISTS!

## Orthopaedic Fellowship in Sport Medicine & Arthroscopic Reconstruction of the Knee & Shoulder

Each year, BSMF provides advanced training and education to a qualified surgeon in Orthopaedic Sport Medicine.

For the 2021/2022 year, BSMF welcomed Dr. Alexis Rousseau-Saine, who completed his orthopaedic surgery residency at the Université de Montréal, and a Knee Preservation and Reconstructive Surgery Fellowship at the University of Ottawa. BSMF asked Dr. Rousseau-Saine a few questions to reflect on his year with the team.



### What is the most valuable thing you learnt / achieved / gained during your Fellowship?

Learnt: To constantly strive for excellence and always continue to question ourselves about what we can do better.

Achieved: To have been involved in 12 meniscal transplantations.

Gained: Four great mentors

### What was the highlight of your Fellowship?

In all honesty, the whole year was a highlight but being introduced to ski touring by Dr. Heard was memorable.

### What advice would you give future Fellows?

Make the most out of it! In the operating room and in the mountains. This is the best sports fellowship in Canada, no doubt (ok I'm biased).

### Where are you going next?

I am going back to Montreal with my family, and I will begin my practice in knee preservation and reconstruction surgery at the Maisonneuve-Rosemont Hospital.



Thank you to **Smith & Nephew** for the support of our Fellowship program!

## A Research Review of the Gender Wage Gap in Orthopaedics

Dr. Hiemstra and BSMF's Research Director, Sarah Kerslake, have been working closely with two orthopaedic surgery residents from the University of Calgary to conduct a scoping review of the current status of the gender wage gap in orthopaedics. One of the residents, Dr. Stephanie Gibbon, provided the following feedback about this research.

### What interested you about this research?

I have a background in international and national community development and have been involved in various roles that focus on inequities faced by women. For example, I was the President of the Canadian Alliance Against Human Trafficking in Calgary. I view equity as a means of improving entire systems, not just benefitting the affected individual. I believe this research will contribute to the greater body of literature concerning the topic.

### How has this work impacted you?

Our data was nothing I had expected to find in the 21<sup>st</sup> century, particularly in North America. It can become easy to be discouraged when such statistics exist. However, I think it is important to see that over time, awareness does translate to change, as demonstrated by the increased prevalence of traditional minorities within orthopaedics and how globally, women are slowly seeing the gender-wage gap reducing.

After doing this research review, I have placed increased value on awareness as the first step to change.

Additionally, I hope to be well informed around the financial aspects of my future career within orthopaedics, as I don't believe we have a great grasp on the additional components of being a surgeon.

### What impact has working with the BSMF team had?

I am incredibly grateful for the opportunity and continued support of Dr. Laurie Hiemstra and Sarah Kerslake. They have helped inform and guide me regarding my orthopaedic surgery career in and out of the operating room.



Dr. Stephanie Gibbon, Orthopaedic  
Surgery Resident, University of  
Calgary



## OUR FIRST FUNDRAISING SUCCESS

**\$11,131 raised for injury prevention education!**

To grow awareness of BSMF and its Mission and Vision, our first online fundraising auction was launched during the new Banff Sport Medicine Clinic's Open House event.

Thank you to the following businesses and donors for their generous support of our charitable Foundation!

4296	Compass Design Co.	Omnia Movement & Performance
2meTours	David Manthei	Ossur
Alberta Alpine	Duncan Aspinall	Pendopharm
Aly Walford	Float Canmore	Rapunzels Salon & Spa
Athletic Evolution	Dr. Greg Buchko	Rice & Co.
Back At It Sports & Wellness	Intrepid Performance Training	Rocky Mountain Soap Co.
Banff Hospitality Collective	Iron Goat	Saltlik Banff
Banff Mt. Norquay	John Clarkson	Sanofi
Banff Park Lodge	Kevin Nugent	Strides Canmore
Banff Springs Hotel	Le Fournil Bakery	Switchback Coaching
Beamers, Shops of Canmore	Lodge At Kananaskis	Tank 310
Ben Lindemulder	Mark & Sue Heard	The Coast Hotel
Bow Valley CrossFit	Medlines Canada	The Sensory
Canmore Cave Tours	Mount Engadine Lodge	Wild Life Distillery
Canmore Climbing Gym	Mountain Fitness Training	Yamnuska Mountain Adventures
Canmore CrossFit	Nakiska	

## THANK YOU TO OUR SUPPORTERS

We continue to develop partnerships and projects with the funding support provided by community members, organizations, and industry. The assistance and generosity of these partnerships provide our communities of Banff, Canmore, and beyond with innovative research, education, outreach programs, and evidence-based clinical care.

The Board of Directors and BSMF staff wish to thank those that have generously supported our efforts this past year, including our **valued individual donors, the Clearwater Endowment Fund**, and the following organizations:



## RESEARCH & EDUCATION HIGHLIGHTS

### **“Keeping Youth in Play” – Multimedia Education Resources for Youth Knee Injury Prevention**

Youth participation in both competitive and recreational sports and activities is increasing. While this has important positive implications for health and well-being, it also comes with a higher risk of bone and joint injury.

Sport is the leading cause of bone and joint injury in youth, with injuries to the knee being common.

Injury is a significant concern as it can negatively impact a young person's quality of life due to reduced physical activity, missed school days, pain, anxiety or depression, social isolation, and an increased risk of obesity and early-onset osteoarthritis.

To help support injured youth, their caregivers, teachers, and coaches along the rehabilitation journey, BSMF is creating free [multimedia digital resources](#) (videos, animations, and infographics) as part of the “Keeping Youth in Play” initiative.

Resources are focused on various themes related to youth injury prevention, rehabilitation, injury management, and safe return to sport and activity.

Thank you to: the Town of Banff, Town of Canmore, Banff Canmore Community Foundation, Rotary Club of Canmore, The Calgary Foundation, Clearwater Endowment Fund, private donors, local healthcare professionals, and volunteers for supporting this initiative!



### **Summer Research Placements**



The BSMF Research Group welcomes applications on an ongoing basis from medical, allied health, and other tertiary students to complete supervised research placements. This summer, BSMF welcomed back George Reed, a recent graduate of Western University with a Bachelor of Medical Sciences (BMSc).

Also joining the team was Victoria Greene, who is completing a BSc in Biology and Psychology at the University of Victoria.

In addition to working on research projects, our students were able to observe functional testing clinics, new patient assessments, and some orthopaedic surgeries!

## Student Placements

This year, the orthopaedic and sport medicine programs welcomed five residents and seven elective students for clinical placements. Orthopaedic students had the opportunity to rotate through various subspecialties, such as trauma and reconstructive surgery, while sport medicine students had the opportunity to be involved in the assessment and treatment of bone and joint injuries and sport-related health conditions. Students are also invited to contribute patient education articles to BSMF's online [Health Library](#).

### PGY-4 Residents

Matthew Getzlaf  
Sophie Zhu  
Kristen Barton  
Annalise Abbott  
Jayd Lukenchuk

### Elective Students

Lisa Finestone – Sport Med  
Graeme Battigelli – Sport Med  
V. Jayasankar – Sport Med  
Alicia Janosz – Sport Med  
Muzammil Ahmad – Sport Med  
Breanne Kullman – Medicine  
Jenny He – Medicine



*Sport Medicine Elective Student Graeme Battigelli helping Dr. Andy Reed with an ultrasound demonstration for a group of American Medical Society for Sports Medicine (AMSSM) Travelling Fellows*



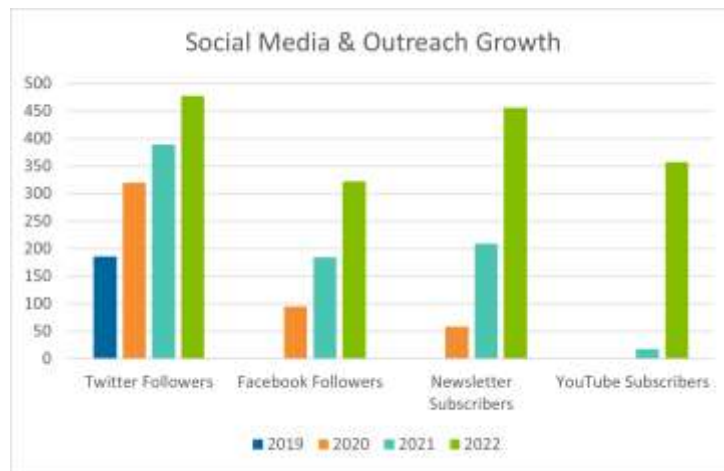
## Community Education and Outreach

Expert Education Series  
Ski Fit Ready Exercise Program  
Social Media and Newsletter

This year BSMF expanded our free community educational presentations through our **Expert Education Series** with funding provided by a Town of Canmore Community Grant. With the support of this grant, BSMF was able to deliver three additional presentations (7 in total) and collaborate with local healthcare professionals. In addition, the **Ski Fit Ready Exercise Program** was offered again this year. This program is an 8-week email based program designed to reduce the risk of knee injury.

Participation in BSMF programs continues to increase and is reaching audiences worldwide.

Our **social media** platforms (Twitter, Facebook, and YouTube), as well as our **newsletter**, are used to promote and market BSMF events, initiatives, publications, and Health Library articles. As a result, followers and subscribers to these platforms are steadily increasing.



## SPORT COVERAGE

Each year, BSMF physicians and surgeons provide coverage for events. This year, Dr. Heard and Dr. Kopka travelled to the Beijing 2022 Winter Olympics.

BSM team members also work directly as team physicians for several sports organizations: Dr. Reed for the Canadian National Biathlon, Canadian Cross-Country Ski, and Canadian Para-Nordic Ski teams; Dr. Heard for Alpine Canada, Dr. Kopka for Canada Snowboard, and Dr. Hiemstra for Canadian Pro Rodeo.



*Dr. Heard (far left) and colleagues in front of the olympic rings in Beijing*



*Dr. Kopka holding the gold medal (mascot?) won by Canadian snowboarder Max Parrot during the slopestyle final*

## BSMF PUBLICATIONS 2021 – 2022

Heard SM, Kopka M. (2022). **Sagittal Plane Correction in Revision ACL Reconstruction**. In: Alaia, M.J., Jones, K.J. (eds) Revision Anterior Cruciate Ligament Reconstruction. Springer, Cham.

Hevesi M, Credille K, Sherman SL, Parikh SN, Brady JM, Hiemstra LA, Farr J, & Yanke AB (2022). **Midterm Results After Isolated Medial Patellofemoral Ligament Reconstruction as First-Line Surgical Treatment in Skeletally Immature Patients Irrespective of Patellar Height and Trochlear Dysplasia: Letter to the Editor**. The American Journal of Sports Medicine, 50(8), NP33–NP34.

Hiemstra LA, Kerslake S, Clark M, Temple-Oberle C, Boynton E. (2022). **Experiences of Canadian Female Orthopaedic Surgeons in the Workplace**. The Journal of Bone and Joint Surgery. 104(16):1455-1461

Degen RM, Hiemstra LA, Lobo J, Woodmass JM, Sommerfeldt M, Khan M, Carsen S, Pauyo T, Chahal J, Urquhart N, Grant J, Rousseau-Saine A, Lebel ME, Sheehan B, Sandman E, Tucker A, Kopka M, Wong I. (2022). **Arthroscopy Association of Canada Position Statement on Intra-articular Injections for Hip Osteoarthritis**. Orthopaedic Journal of Sports Medicine. 10(2)

Marmura H, Firth A, Batty L, Bryant DM, Getgood AMJ, STABILITY Study Group. (2022) **Meniscal repair at the time of primary ACLR does not negatively influence short term knee stability, graft rupture rates, or patient-reported outcome measures: the STABILITY experience**. Knee Surgery, Sports Traumatology, Arthroscopy. 30:3689-3699

Firth A, Bryant DM, Johnson AM, Getgood AMJ, STABILITY 1 Study Group. (2022) **Predicting patient loss to follow-up in the STABILITY 1 Study: A multicenter, international, randomized controlled trial of young, active patients undergoing ACL reconstruction**. The Journal of Bone and Joint Surgery. 104(7): p 594-602

Hiemstra LA, Arendt E. (2022) **Hold the door open: The road to a culture of inclusion**. Editorial. Journal of ISAKOS. 7(2): p48-50

Khan M, Bedi A, Degen R, Warner J, Bhandari M, 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 And Feasibility Studies. Jan 31;8(1):20. Erratum in: Pilot And Feasibility Studies. 8(1):60

Firth AD, Bryant DM, Litchfield R, et al. (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**. The American Journal of Sports Medicine. 50(2):384-395

Hiemstra LA, Sheehan B, Sasyniuk TM, Kerslake S. (2021) **Inter-rater Reliability of the Classification of the J-Sign Is Inadequate Among Experts**. Clinical Journal of Sport Medicine. 32(5):480-485

Marien M, Lafave MR, Hiemstra LA, Heard SM, Buchko GM, Kerslake S. (2021) **Validity, Responsiveness, and Reliability of the ACL-QOL in an Adolescent Population**. Journal of Pediatric Orthopaedics. 41(10):e917-e922



## GRANTS

### **Sport Medicine / Arthroscopy of the Knee and Shoulder Fellowship**

Smith & Nephew Educational Grant

### **Gender Diversity in Orthopaedics**

University of Calgary, Equity, Diversity, and Inclusion Research & Innovation in Health & Medical Education

### **Youth Injury Prevention Initiative**

The Banff Canmore Community Foundation Community Grant  
Canmore Rotary Club Charitable Organization Community Grant  
The Town of Banff Community Grant

### **Expert Education Series**

The Town of Canmore Community Grant

### **Enhancing the Accessibility of Digital Patient Education Resources**

The Calgary Foundation Strategic Opportunity Grant



EXPERT EDUCATION SERIES

# BUILDING RESILIENCE FOR RUNNING

MONDAY, 2ND MAY

## 7 PM

ALY WALFORD  
PHYSIOTHERAPIST  
SPEAKER

Learn about:

- how hard/much to train and when
- what type of exercise
- how you run

**REGISTER FOR FREE**

[https://bit.ly/InjuryPrevention\\_Running](https://bit.ly/InjuryPrevention_Running)

Banff Sport Medicine FOUNDATION

The poster features a circular inset image of a runner's legs in motion on a grassy field. The background is a dark blue gradient with a large teal circle on the left. A stylized orange and white graphic is in the top right corner.



# FINANCIAL STATEMENTS

## Banff Sport Medicine Foundation Statement of Financial Position

As of September 30, 2022

### ASSETS

#### CURRENT ASSETS

Cash and cash equivalents  
Accounts receivable  
Sales tax receivable  
Prepaid Expenses  
Inventory

#### TOTAL CURRENT ASSETS

#### Non-Current Assets

#### TOTAL FUND

2022	2021
\$ 201,620	\$ 205,421
13,520	-
1,214	1,102
11,769	6,326
14,037	29,631
242,160	243,135
-	655
242,160	243,135

### LIABILITIES

#### LIABILITIES

Accounts payable and accrued liabilities  
Wages payable  
Deferred revenue

#### TOTAL CURRENT LIABILITIES

#### Fund Balances

#### TOTAL LIABILITIES AND FUND

2022	2021
\$ 14,535	\$ 5,948
6,467	-
-	60,000
21,002	65,948
221,158	177,187
242,160	243,135

**SALES**

Equipment and injection sales  
 Cost of goods sold

**GROSS PROFIT****OTHER INCOME**

Fellowship  
 Non-Government Grants  
 Donations  
 Grants

**TOTAL OTHER INCOME****OPERATING EXPENSES**

Advertising  
 Bank charges and Interest  
 Benefits  
 Depreciation  
 Licenses, dues and subscriptions  
 Meals and entertainment  
 Office expenses  
 Professional fees  
 Rent  
 Storage  
 Subcontractors  
 Submission fees for publication  
 Travel  
 Wages and salaries

**TOTAL OPERATING EXPENSES****EXCESS OF REVENUE OVER EXPENSES****INTERFUND TRANSFER****FUND BALANCES, BEGINNING****FUND BALANCES, ENDING**

<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>
\$ 161,668	\$ -	\$ 161,668
108,495	2,035	110,530
53,173	(2,035)	51,138
<hr/>		
\$ 166,422	\$ -	\$ 166,422
78,157	-	78,157
38,785	-	38,785
-	-	-
<hr/>		-
		283,364
<hr/>		
\$ 3,784	-	3,784
4,216	54	4,270
11,944	-	11,944
655	-	655
8,410	-	8,410
233	-	233
4,836	308	5,144
11,685	-	11,685
7,200	-	7,200
1,690	-	1,690
12,487	300	12,787
5,086	-	5,086
3,301	-	3,3301
217,057	-	217,057
292,584	662	293,246
<hr/>		
43,953	(2,697)	41,256
26,464	(41,183)	(14,720)
96,482	80,706	177,189
166,899	36,826	203,725
<hr/>		

## LOOKING FORWARD

BSMF will continue to develop new and current education initiatives and foster relationships with other organizations and partners. We will continue to spread the word about the prevention and early treatment of bone and joint injuries. In addition, we will continue to design and carry out meaningful research that can be rapidly implemented into clinical practice and seek fruitful collaborations with industry partners and academic institutions.

### Our vision for 2022 – 2023 includes:

- Provide free injury prevention and management education to people of all ages and abilities across Canada;
- Continue to develop the BSMF as an education and research hub for orthopaedics and sport medicine;
- Develop a 3-year strategic plan and BHAG to provide clarity on BSMF's Mission and Vision;
- Start recruitment for two additional surgical intervention research studies;
- Expand the number and focus of free community educational events;
- Continue to increase BSMF's reach across Canada, develop and refine hosting of hybrid events and continue to provide virtual events;
- Develop strategies to create partnerships with local, provincial, and national businesses and organizations that align with BSMF's Mission and Vision



*BSMF and BSM Staff discussing injury prevention to Mt. Norquay ski staff*

## BOARD OF DIRECTORS



**Chair**  
Dr. Mark Heard



**Secretary**  
John Clarkson



**Director**  
Dr. Laurie Hiemstra



**Director**  
Dr. Greg Buchko



**Director**  
Kevin Nugent



**Director**  
Dr. Andy Reed

## STAFF DIRECTORY



**Research Director**  
Sarah Kerslake BPhy MSc  
Sarah@banffsportmed.ca



**Research & Programs Coordinator**  
Julie-Anne Fritz PhD  
BSMresearch@banffsportmed.ca



**Research Coordinator**  
Delphine Roche  
research@banffsportmed.ca



## SUPPORT BSMF

As a registered charity, contributions from the community play a crucial role in our work.

Your financial support to carry out leading-edge research and to develop and deliver education and community outreach initiatives assists in advancing the treatment of bone and joint conditions and injury, helping people get back in motion.

Charitable Registration #793737685RR0001



## DONATE

[www.bsmfoundation.ca](http://www.bsmfoundation.ca)

Box 1300  
Banff, Alberta T1L 1B3  
Phone: (403) 760 2897 Extension 6

*Tax receipts will be provided for donations.*

## FOLLOW US

Twitter @BanffSportMed

Facebook @BanffSportMedicineFoundation

YouTube @BanffSportMedicineFoundation

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## STAY INFORMED

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