



**Banff Sport Medicine**  
**FOUNDATION**

# **ANNUAL REPORT**

## **2022 - 2023**

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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

# 2022 - 2023 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.



## 12

Journal Articles  
Published



## 377

Participants in  
Community  
Education  
Events

## 28

More Healthcare  
Professionals &  
Students  
Trained

## 9

Presentations to  
Healthcare  
Professionals &  
the Community

## 35K+

Website  
Visitors

## 23

New Evidence-  
Based Articles  
Published  
on Website

**Most Popular  
YouTube Video**



16,472 views

Started  
Recruitment  
of Patients to  
**STABLE**  
Shoulder  
Clinical Trial

**Most Popular  
Health Library  
Article**



EDUCATION | HEALTH LIBRARY | RECOVERY  
PREVENTION  
Menopause: A Pain in the  
Butt

# Thank you

To All of Our  
Supporters!





## MESSAGE FROM THE CHAIR

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

***“Raising the Bar”*** ~ When I sat down to write the message from the chair, my initial plan was to echo all the achievements, publications, presentations and reach of the three pillars that the Foundation supports: research, education, and clinical care. These are clearly appreciated by reading this annual report, and it is truly outstanding what this small powerhouse of a team has achieved in a year. It is not necessary for me to repeat them here.

Instead, I want to reflect on the standard of work and the “Bar” that has been set at Banff Sport Medicine Foundation (BSMF). It is all fair and well to rattle off the number of publications, educational sessions, students being taught, and clinical studies we participate in. However, one must look deeper to appreciate the excellent standards and the high “Bar” that exists in all aspects of our Foundation’s work. I am so proud of the whole team when I reflect on this. I will provide a couple of examples for the reader to gain some insight. Firstly, not only are our research papers being published, but they are appearing in some of the highest-impact peer-reviewed journals, and we have garnered a reputation for the quality of our work. Secondly, when we participate in multi-center trials, we frequently recruit more than our share of participants, and often have one of the highest levels of completed follow-up data compared to other centers.

The high “Bar” does not happen by accident. It happens through leadership and a culture of excellence that permeates the Foundation. In this regard, I will point out the outstanding leadership that Sarah Kerslake brings to the whole team. Whether it is through innovative research to improve patient outcomes, or bringing critical analysis to our BSM journal club for the team to better understand the quality of a paper, she “raises the Bar”. Julie-Anne Fritz also works at the highest level. Examples are the quality of this report, educational outreach to our community through articles and videos, and the success of grant applications. She consistently “raises the Bar”.

Through these two leaders in our Foundation, the quality and standard of work are infectious among the multiple part-time, summertime, and research assistant employees, and our team of volunteers.

Thank you also to the vision of the Foundation Board. Our Board members continue to “raise the Bar” with their wisdom and guidance in planning for the future, sustainability, and our ongoing world-class work.

## MESSAGE FROM THE DIRECTOR OF RESEARCH

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



It has been another strong year for BSMF's research program. Through our ongoing commitment to data collection and our patients' willingness to help those who follow them, we have continued to build our research productivity.

While our research continues to focus on ACL tears and patellar (kneecap) instability, we are also expanding into value-based healthcare delivery and non-surgical management of sport injuries.

Our participation in the STABILITY II ACL reconstruction randomised clinical trial is in full swing, with regular recruitment of patients. This trial has 31 sites worldwide, including Canada, USA, Norway, Sweden, Germany, Ireland, and the UK. The STABILITY II trial follows the very successful STABILITY I trial and is looking to decrease the failure rate of ACL reconstruction in young individuals who participate in pivoting sports. The STABILITY I trial won several research awards and has changed orthopaedic practice around the world. The STABILITY II trial will be equally influential.

In collaboration with researchers at McMaster University, BSMF is now participating in the STABLE trial. This study aims to improve surgical outcomes for patients with recurrent shoulder dislocations. Our team enjoys collaborating with leading Canadian institutions on studies such as STABLE that will ultimately improve patient care.

In line with our core value of Innovation, our surgeons participated in the implantation of a new synthetic ligament called BioBrace®. This was the first time Biobrace® had been implanted outside the USA. We are now collaborating with industry on this cutting-edge technology. This research will investigate the effectiveness of the BioBrace® implant to change the natural history of first-time patellofemoral (kneecap) dislocation.

We have been fortunate to have students spending time with us to learn and participate in our research program. These young people are bright and enthusiastic contributors to our team. They bring so much to the clinic and the research program, and we are grateful for every one of them.

As always, we are indebted to those who support our research program. This includes those who donate through the foundation, granting agencies, our collaborating partners, our Fellows, Residents, Medical Students, and university students who work with us. Most of all, we thank our patients who are willing participants in our efforts to improve orthopaedic and sport medicine care to keep people active.



## MESSAGE FROM THE DIRECTOR OF EDUCATION

Michaela Kopka, MD, FRCSC, DipSportMed  
Orthopaedic Surgeon

We started the year by welcoming another orthopaedic sport medicine fellow, Dr. Jennifer Hunter. While perfecting her arthroscopy skills with our BSMF surgeons, she has also been a great asset to patient care by running weekly fracture clinics and caring for our trauma patients. Upon completion of her year in Banff, Dr. Hunter plans to move to lovely Comox, where she will join former BSMF fellow, Dr. Michael Lowen, to start her orthopaedic surgery practice.

Our surgeons and sport medicine physicians have also been busy instructing medical students and residents from across the country. It seems that the word is out, and BSMF has become one of the most desirable places to complete a medical elective placement! Our group has also hosted several visiting surgeons from abroad. It was a great honour to host the International Society of Arthroscopy and Orthopaedic Sport Medicine (ISAKOS) Travelling Fellows, who chose Banff as one of four stops on their North American tour. What a privilege to share knowledge and engage with international colleagues in our own hometown!

The BSMF team was hard at work this spring/summer instructing on the national and international stage with presentations and invited lectures at various medical meetings. As past president of the Canadian Orthopaedic Association (COA), Dr. Hiemstra took part in the prestigious orthopaedic carousel in which leaders of orthopaedic associations across the Commonwealth and USA travel and teach at their respective annual meetings. Dr. Kopka joined her as faculty at the ISAKOS annual meeting in Boston, and also presented on patellar instability at the Canadian Academy of Sport and Exercise Medicine meeting in Banff. Dr. Heard was invited to share his pearls at the Masters Course on Osteotomies around the Knee held in Chicago. Finally, BSMF was well-represented at the annual COA meeting, with presentations by a number of team members, including Dr. Hiemstra, Dr. Kopka, Dr. Michaud, Sarah Kerslake, and Julie-Anne Fritz.

BSMF's community outreach presentations continue to be popular. Our team covers a broad range of topics, providing the community with free education sessions to learn about injury prevention and management topics.

When not presenting at international conferences or hosting community education events, the BSMF team makes a point to stay current on the latest research and knowledge by hosting regular journal clubs and case rounds. This is a great opportunity to share interesting clinical scenarios and novel research, and discuss different perspectives by engaging our multidisciplinary team. As the BSMF team continues to grow, so does the discussion and learning potential. We are fortunate to be part of a group where education is a major priority, and we can't wait to see what 2024/25 has in store!



## RESEARCH SPOTLIGHT

### We're recruiting to improve clinical practice

#### S.T.A.B.L.E. – A Shoulder Instability Research Trial

In collaboration with researchers at McMaster University, BSMF is recruiting patients for the STABLE shoulder trial.

#### *Why is this research being done?*

Repeated shoulder dislocations can damage some of the essential parts of the shoulder that keep the joint stable. This can lead to instability or “giving way,” pain, poor shoulder function, an increased risk of developing arthritis, and an overall decrease in quality of life.

Surgery to stabilize the shoulder can improve joint function and may also reduce the risk of developing arthritis.

Two surgeries are commonly used in patients with repeated dislocations: the “Laterjet” and the “Bankart + Remplissage” procedures..

At this time, surgeons don't know which is the best procedure.

The Laterjet is more invasive (uses a larger incision), but some research suggests it may be more effective at treating instability.

The Bankart + Remplissage procedure is less invasive (uses a smaller incision), but it may result in higher rates of shoulder instability after surgery.



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*The results of this research study will provide surgeons with new information regarding the best treatment for repeated shoulder dislocation.*

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## SportVis™ S.A.F.E. Research Study – Finding Better Ways to Treat Acute Ankle Sprains

An ankle sprain is a common injury, especially among athletes and active individuals.

### Hyaluronic Acid

~ a sugar molecule found naturally in joint cartilage. It plays an important role in lubrication and proper functioning of the joint.




SportVis™ is a type of Soft Tissue Adapted Biocompatible **Hyaluronic Acid** (STABHA™) that has demonstrated some usefulness in treating patients with common injuries such as ankle sprains, lateral elbow tendinopathy (tennis elbow), and rotator cuff tendinopathies

(shoulder pain). However, it is not yet clear which patients will have the greatest benefit from SportVis™.

### *Why is this research being done?*

The main purpose of this research is to identify conditions or characteristics of the people who take part in the study that can be used to estimate the chance of recovery from an injury, or the likelihood of the injury returning (recurring).

Another purpose of the study is to find out if study participants who are given SportVis™ to treat a recent ankle sprain have improvements in pain and quality of life from the time of their injury to three months after treatment.



## SportVis™ S.A.F.E. Study

### Recruiting for a SportVis injection study for the treatment of acute ankle sprains

You are invited to participate in this research study because your Sport Medicine Doctor has diagnosed you with an acute ankle sprain.

This study involves 2 x SportVis injections into your injured ankle.

SportVis is a Soft Tissue Adapted Biocompatible Hyaluronic Acid (STABHA) which has been shown to relieve pain and restore function in damaged tendons and ligaments.

The aim of this study is to find out if there are any characteristics of the people in the study that can be used to estimate the chance of recovery from an ankle sprain, or the chance of the injury coming back.

#### Who?

##### Are you eligible?

You are 18 years or older

You are having a SportVis injection for an acute ankle sprain



#### Why?

##### Why this study?

SportVis is a STABHA that has shown some usefulness in treating common injuries

Factors associated with outcomes following treatment are largely unknown



#### What?

##### We will do the following:

Two SportVis injections, 2-3 days apart

Gather questionnaires about your pain, medication use, and quality of life

##### How long is it?

Study duration is a total of 12 months with 4 visits to the clinic

This study has been approved by the University of Calgary Research Ethics Board - REB22-1734

Sponsor: Global Research Solutions Inc.

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

# CREATING LASTING IMPACT

## Elective Student Placement

Dr. Jarrett Moore joined our team for a 4-week orthopaedic surgery elective placement. Here is what he had to say about his experience

*"I was fortunate to complete a Banff Sport Medicine (BSM) Elective during my fourth year of orthopaedic surgery residency. My decision to pursue an elective with the BSM team was rooted in my passion for the field and a desire to further explore orthopaedic sport medicine. The elective was appealing due to the high volume of cases, coupled with the opportunity to collaborate with surgeons beyond my home program. Another interest was the chance to gain hands-on experience in high tibial osteotomies and the management of patellar instability. Living in and exploring the Bow Valley, and experiencing work in a smaller centre, added to the appeal.*



*The BSM placement exceeded my expectations and learning goals. I was fortunate to participate in live allograft osteochondral transplants and meniscal transplants, which sparked a particular interest in meniscal transplant surgery. This exposure solidified my commitment to pursuing a sport medicine fellowship and helped clarify and refine my career goals. My future goals include completing a fellowship in sport medicine, with a specific focus on treating alternative sport athletes once in practice.*

*The supportive and collaborative environment, combined with exposure to cutting-edge procedures, made for a highly valuable elective. Beyond the operating room, exploring the local mountain bike trail systems added to my positive experience. Overall, my orthopaedic surgery elective with BSM was an enriching experience that went beyond the surgical suite. From the allure of high case volumes to the unique opportunity to work in a smaller centre, this opportunity contributed heavily to my growth and aspirations to pursue a career in sport medicine."*



# 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 2022/2023 year, BSMF welcomed Dr. Laura Michaud. Dr. Michaud completed her 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's 12 month fellowship started with a trip to South America, where she served as team physician for the Canadian Alpine Ski Team during their fall training camp. She then spent the remainder of the year training with the four orthopaedic surgeons at the Banff Sport Medicine Clinic and was involved in trauma coverage and running the fracture clinics.

In support of BSMF's ongoing community education initiatives, Dr. Michaud delivered an online webinar on shoulder instability to over 40 local healthcare professionals. Her research paper on Revision ACL Reconstruction Outcomes was also awarded the Arthroscopy Association of Canada (AAC) Best Fellow's Paper at the Canadian Orthopaedic Association's Annual Meeting in June.

Thank you to **Smith & Nephew** for supporting our Fellowship program!



Orthopaedic Surgeon, Dr. Ryan Martin (L) and Fellow, Dr. Laura Michaud, practicing surgical techniques using the tactile knee model.

## RECOGNIZING A LEADER IN INNOVATION



Dr. Hiemstra was awarded the **2023 YWCA Women of Distinction Award for Innovation**.

Laurie was recognized by her peers and patients as a leader and advocate for women in sports and the medical field, locally, nationally, and internationally. The nomination described her as *“an immensely dedicated and outgoing Orthopedic surgeon who strives to continuously excel in her specialty of Arthroscopic Surgery and Sport Medicine.”*

Dr. Hiemstra is recognized as a world leader in patellar (kneecap) injuries and is the key referral surgeon for Western Canada. Her unwavering support for young women through job shadowing, working with the BSMF research team, and observing clinic and surgery work has inspired many to progress into the medical field.

The Mineral Springs Hospital team wrote that *“Dr. Hiemstra’s desire to continuously improve has led to better techniques, equipment, and patient outcomes. She excels at teaching and leading others.”*

Laurie is collaborating with a medical virtual reality company to create software for ocular goggles that will be used to teach trainees and surgeons how to perform knee surgeries remotely. This will be an exciting and innovative way to gain experience and learn.

Dr. Hiemstra recently introduced a new product into her knee surgeries, a synthetic biologic implant called BioBrace®. She has received a research grant to conduct a study using BioBrace®. In January 2023, with special approval from Health Canada, she was the first Canadian surgeon outside of the U.S. to use this product at Mineral Springs Hospital.



# 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, Engineered Air – Resman Community Services Fund, private donors, local healthcare professionals, and volunteers for supporting this initiative!*



## Summer Research Placements

BSMF welcomes applications from medical, allied health, and other tertiary students to complete supervised research placements on an ongoing basis. This summer, BSMF welcomed back George Reed and Victoria Greene. Also joining the team were Annika Hicks, Desmond Young, and Maria Mohorea.

In addition to working on research projects, these students observed functional testing clinics, new patient assessments, and some orthopaedic surgeries!

## Student Placements

This year, the orthopaedic and sport medicine programs welcomed five residents, medical students, and an elective student 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 also contribute patient education articles to BSMF's online [Health Library](#).



Summer research students L to R: George Reed, Victoria Greene, Desmond Young



Orthopaedic Resident, Emily Chan, practising surgical techniques on the Tactile Knee Model.

### PGY Residents

Matthew Getzlaf

Chris Hewison

Matt Machan

Will Rioux

Jarrett Moore

### Medical Students

Stephen Andrews

### Elective Students

Jessica Chow – Sport Med

## Community Education and Outreach

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

BSMF's free community educational presentations through our **Expert Education Series** continue to be popular. This year, community presentations included:

- Women's Pelvic Floor Health
- Climbing Injuries and How to Prevent Them
- Improving & Maintaining Back and Core Health
- Ski Injury Prevention Workshops for Mt. Norquay Staff
- Bike Ready: Expert Tips on Performance & Injury Prevention
- Shoulder Instability
- Management & Treatment of Ankle Sprains and Tendinopathy

In addition, the **Ski Fit Ready Exercise Program** continues to be in demand with over 200 participants (the largest number yet!). This 8-week email-based program is designed to reduce the risk of knee injury.

*"I have found your Ski Fit resources rather life-changing..."*

~ Ski Fit Ready Exercise Program Participant

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, the number of followers and subscribers to these platforms is steadily increasing. BSMF now has over 900 newsletter subscribers across Canada!





## Research Meetings

Each year, members of our research team travel locally, nationally, and internationally to share our research.

In addition to travelling to South Africa, New Zealand, Australia, the UK, and the USA, members of our team participated in the Annual Meetings for the Canadian Academy of Sport and Exercise Medicine (CASEM) held in Banff and the Canadian Orthopaedic Association (COA) held in Calgary.

## ISAKOS Travelling Fellows

Alongside the Banff Sport Medicine Clinic in June, BSMF was honoured to host the ISAKOS Travelling Fellows: Dr. Joseph Ruzbarsky (US), Dr. Saroj Rai (Nepal), Dr. Wybren van der Wal (Netherlands), Dr. Oyoo Were (Kenya), Dr. Pamela Castro (Peru), and Dr. Ponky Firer as their mentor (South Africa).

The Fellows also had the opportunity to tour around our beautiful Bow Valley while learning about patellar instability and our research program!



*Presenting our research on revision ACL reconstruction outcomes, digital exercise programs, and burnout in female orthopaedic surgeons at the COA Annual Meeting.*



*ISAKOS Travelling Fellows learning about patellar instability surgery at the Banff Mineral Springs Hospital.*

## SPORT COVERAGE

Each year, BSMF physicians and surgeons provide coverage for events. In February 2023, Dr. Kopka travelled to Bakuriani, Georgia, for the Freestyle Ski and Snowboard Championships.



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, and Dr. Kopka for Canada Snowboard.

*LEFT: Dr. Michaela Kopka and team physiotherapist Jian Soares, at the Freestyle Ski and Snowboard Championships in Georgia.*

## BSMF PUBLICATIONS 2022 – 2023

Tarchala, M., Kerslake, S., & Hiemstra, L. A. (2023). **Sulcus-Deepening Trochleoplasty for High-Grade Trochlear Dysplasia: Demystifying the Procedure-a Review of the Current Literature**. Current reviews in musculoskeletal medicine, 10.1007/s12178-023-09868-6. Advance online publication.

Nazzal, E.M., Zsidai, B., Hiemstra, L.A., Lustig, S., Samuelsson, K., Musahl, V. (2023) **Applications of Extended Reality in Orthopaedic Surgery**. The Journal of Bone and Joint Surgery:10.2106/JBJS.22.00805, September 15, 2023.

Morrison, L. J., Abbott, A. G., Mack, Z., Schneider, P., & Hiemstra, L. A. (2023). **What Are the Challenges Related to Family Planning, Pregnancy, and Parenthood Faced by Women in Orthopaedic Surgery? A Systematic Review**. Clinical orthopaedics and related research, 481(7), 1307–1318.

Rezansoff, A., Firth, A. D., Bryant, D. M., Litchfield, R., McCormack, R. G., Heard, M., MacDonald, P. B., Spalding, T., Verdonk, P. C. M., Peterson, D., Bardana, D., STABILITY Study Group, & Getgood, A. M. J. (2023). **Anterior Cruciate Ligament Reconstruction Plus Lateral Extra-articular Tenodesis Has a Similar Return to Sports Rate as ACLR Alone, But Lower Failure Rate**. Arthroscopy. S0749-8063(23)00422-X.

Hiemstra, LA., Kerslake, S., Fritz, J., Clark, M., Temple-Oberle, C., Boynton, EB., Lafave, M. **Rates of Burnout in Female Orthopaedic Surgeons Correlate with Barriers to Gender Equity**. The Journal of Bone and Joint Surgery. 2023 Apr 21. Epub ahead of print.

Morrison LJ., Abbott AG., Mack Z., Schneider P., Hiemstra, LA. **What Are the Challenges Related to Family Planning, Pregnancy, and Parenthood Faced by Women in Orthopaedic Surgery? A Systematic Review**. Clinical Orthopaedics and Related Research (>):10.1097/CORR.0000000000002564, February 27, 2023. |

Vivacqua T, Thomassen S, Winkler PW, Lucidi GA, Rousseau-Saine A, Firth AD, Heard M, Musahl V, Getgood AMJ. **Closing-Wedge Posterior Tibial Slope-Reducing Osteotomy in Complex Revision ACL Reconstruction**. Orthop J Sports Med. 2023 Jan 11;11(1):23259671221144786.

Heard M, Marmura H, Bryant D, Litchfield R, McCormack R, MacDonald P, Spalding T, Verdonk P, Peterson D, Bardana D, Rezansoff A, STABILITY Study Group, Getgood A. (2023). **No Increase in Adverse Events with Lateral Extra-articular Tenodesis Augmentation of Anterior Cruciate Ligament Reconstruction – Results from the Stability Randomized Trial**. Journal of ISAKOS. Jan 13:S2059-7754(22)00114-6. Online ahead of print.

Hiemstra, L. (2022). **Editorial Commentary: Has Gender On The Agenda Really Made A Difference? In Sport and Athletics, Women Are Not Just Smaller Men**. Journal of Women's Sports Medicine, 2(3), 125–126.

Rousseau-Saine, A., Nault, M-L., Hiemstra, L.A. (2022). **What is the J-sign and why is it important?**. Current Opinion in Pediatrics: November 08, 2022 – Volume – Issue – 10.1097/MOP.0000000000001193

Lodhia, P., Nazari, G., Bryant, D., Getgood, A., McCormack, R., STABILITY Group (2022). **Performance of 5-Strand Hamstring Autograft Anterior Cruciate Ligament Reconstruction in the STABILITY Study: A Subgroup Analysis**. Am J Sports Med. Oct 19:3635465221128581.



## GRANTS



### BACK & CORE HEALTH



**CHELSEA DESCHAMPS**  
Omnia Movement & Performance  
Exercise Physiologist  
Strength & Conditioning Specialist



MORE INFO:  
[bit.ly/3E4AmVI](https://bit.ly/3E4AmVI)  
or  
Scan QR Code

**THURSDAY  
OCTOBER  
27TH  
7 - 8 PM**

**WHERE**  
In-person at the Banff Sport Medicine Clinic, OR  
Virtual via ZOOM

Thank you to the Town of Canmore for a Community Grant in support of this event!

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

Smith & Nephew Educational Grant

### Youth Injury Prevention Initiative

The Banff Canmore Community Foundation Community Grant

Rotary Club of Canmore Community Grant

The Town of Banff Community Grant

### Expert Education Series

The Town of Canmore Community Grant

Improvement District No. 9 Grant-In-Aid

Rotary Club of Canmore Community Grant

### Enhancing the Accessibility of Digital Patient Education Resources

The Calgary Foundation Strategic Opportunity Grant

### Strategic Thinking, Execution, and Planning Sessions with a Business Coach

The Calgary Foundation Strategic Opportunity Grant

# FINANCIAL STATEMENTS

## Banff Sport Medicine Foundation Statement of Financial Position

As of September 30, 2023

### ASSETS

#### CURRENT ASSETS

Cash and cash equivalents

Accounts receivable

Sales tax receivable

Prepaid Expenses

Inventory

#### TOTAL CURRENT ASSETS

#### Non-Current Assets

#### TOTAL FUND

	2023	2022
	\$ 129,190	\$ 201,620
	105,790	13,520
	346	1,214
	11,377	11,769
	-	14,037
	246,703	242,160
	15,530	-
	262,233	242,160

### LIABILITIES

#### LIABILITIES

Accounts payable and accrued liabilities

Wages payable

Deferred revenue

#### TOTAL CURRENT LIABILITIES

#### Accumulated Surplus

#### TOTAL LIABILITIES AND ACCUMULATED SURPLUS

	2023	2022
	\$ 5,139	\$ 14,535
	19	6,486
	39,790	-
	44,948	21,021
	217,285	221,139
	262,233	242,160

**SALES**

Equipment and injection sales

Cost of goods sold

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

Fellowship

Donations

Non-government grants

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****Changes in Fund Balances****ACCUMULATED SURPLUS, BEGINNING****ACCUMULATED SURPLUS, ENDING**

<b>Unrestricted</b>	<b>Restricted</b>	<b>Total</b>
\$ 31,117	\$ -	\$ 31,117
12,970	-	12,970
18,147	-	18,147
\$ 135,247	\$ -	\$ 135,247
125,074	-	125,074
8,341	29,107	37,448
600	-	600
269,262	29,107	298,369
\$ 7,297	-	7,297
910	-	910
15,705	-	15,705
1,271	-	1,271
8,980	-	8,980
378	-	378
2,923	-	2,923
10,968	-	10,968
-	-	-
-	-	-
4,729	-	4,729
425	-	425
2,909	-	2,909
224,712	39,163	263,875
281,207	39,163	320,370
6,202	(10,056)	(3,854)
184,313	36,826	221,139
190,515	26,770	217,285



# 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.

During BSMF's recent strategic planning process, the Board and Staff determined to *eliminate recurrent musculoskeletal injuries*. This will be done through a coordinated clinical and community multimedia education and research program to be developed and implemented over the next 5 years. BSMF's 2023 – 2024 priorities are outlined in the Strategic Framework below.



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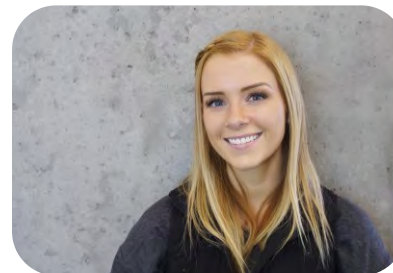
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## SUPPORT BSMF

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  
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*Tax receipts will be provided for donations.*

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Sign up for our quarterly newsletter ([www.bsmfoundation.ca](http://www.bsmfoundation.ca)) to receive expert injury prevention and musculoskeletal health tips, a sneak preview of our latest research, and inspiring patient stories direct to your inbox.