

**Joint Orthopaedic
Initiative for
National Trials of
the Shoulder**

OFF THE CUFF

The Official Publication of JOINTS Canada

Volume 3, Issue 2

December, 2005

INSIDE THIS ISSUE:

| | |
|-------------------------------|----------|
| Photo Gallery | 2 |
| Members | 2 |
| Profiles on Members | 3 |
| Did you Know? | 3 |
| Website Info | 4 |
| The London Data Centre | 4 |
| Shoulder Fellowship | 4 |
| Recent Publications | 5 |

Another Successful Workshop!

Sharon Griffin CSS

The JOINTS group met October 27-30 at the beautiful Hockley Valley Resort and Spa in Orangeville, Ontario –see page 2 for photos– for Collaborative Research Discussions. Many research studies were discussed and some important points finalized.



Those who arrived on Thursday night met in Season's Bar and Lounge for dinner/drinks and lots of interesting conversation. The official meeting began on Friday morning and continued to 2 PM Saturday and Sunday till 11:00 AM. Quite a few of the delegates took in the beautiful and challenging 18 hole golf course on Saturday afternoon. Others spent time at the Spa and the other wonderful facilities the resort had to offer. The fall colors were in full bloom for our weekend!

The objectives for the weekend were to finalize the Mini-vs Open study for submission to CIHR, to reach consensus on how we evaluate the shoulder for physical exam and outcomes assessment and to tie up other loose ends.

The minutes have been distributed. If you did not receive a copy, please email joints canada@joints canada.com.

Thanks to all who attended. We accomplished a great deal and we look forward to having everyone at the business meeting in Toronto in June.



ABOUT THE GROUP...

JOINTS Canada is an organization of Canadian Orthopaedic surgeons dedicated to raising the standards of education assessment and care through multi-centre clinical trials, to improve the quality of life for patients with shoulder disorders.

NEXT MEETING

June 2-4, 2006



Editor's Note:

My hasty departure on Friday afternoon was worth every effort I had to make to arrive in time for the birth of my first Grandchild. Ben Harlen Buttner was born at 1:30 AM on Saturday, Oct.29 with his new Nana present. He weighed in at 7 lbs.13 oz -not bad for being 2 weeks early!. Thanks to everyone for their support, cards and good wishes for Kellie and Ben.



Photo Gallery

Scenes from the Hockley Valley Meeting

JOINT ORTHOPAEDIC INITIATIVE FOR NATIONAL TRIALS OF THE SHOULDER

- John Antoniou— Montreal, QC
- Robert Balyk— Edmonton, AB
- Richard Boorman—Calgary, AB
- Erin Boynton— Toronto, ON
- Darren Drosdowech— London, ON
- Jamie Dubberly—Winnipeg, MB
- Ken Faber— London, ON
- Stephen Gallay—Ajax, On
- Robert Hawkins—Vancouver, BC
- Bob Hollinshead— Calgary, AB
- Richard Holtby— Toronto, ON
- Jordan Leith— Vancouver, BC
- Bob Litchfield— London, ON
- Peter MacDonald— Winnipeg, MN
- Scott Mandel— Hamilton, ON
- Bob McCormack— New Westminster, BC
- Mike McKee— Toronto, ON
- Jaydeep Moro— Hamilton, ON
- Nick Mohtadi— Calgary, AB
- Bill Reagan— Vancouver, BC
- Eric Renaud— Montreal, QC
- Danny Whelan—Toronto,ON



The Golf Course



The spectacular colours of the Valley



The Chair (and Nick!)



Good food, great conversation!

ASSOCIATE MEMBERS 2004

- Trevor Birmingham, - London, ON
- Dianne Bryant—Hamilton, ON
- Denise Chan—Calgary AB
- Anna Dion, - Winnipeg, MB
- Beth Goudie—Toronto, ON
- Sharon Griffin—London, ON
- Heather Hannaford— Calgary, AB
- Joy McDermid— London ON
- Helen Razmajou—Toronto, ON
- Elizabeth Wambolt—London ON
- Lisa Wild—Tronto, ON
- Mauri Zomar—New Westminster BC



Lots of fun at Ping Pong. I wonder who won?

NEW MEMBERS

- George Athwal—London, ON
- Peter Lapner—Toronto, ON
- Ian Lo— Calgary, AB
- Moreno Morelli— Cambridge, ON
- Kristie Plestch—Calgary AB



Gathering round the good stuff!

There are two ways to live your life - one is as though nothing is a miracle, the other is as though everything is a miracle.

Albert Einstein

Questions, comments, compliments and correspondence regarding this publication should be addressed to:

Sharon Griffin at
canshoulderresearch@uwo.ca

Did you Know?

If you're looking for a low-impact way to condition your body, the Pilates method may be a good choice. Pronounced "pah-LAH-tees," this movement-based exercise technique incorporates aspects of martial arts, yoga, dance, and gymnastics. It was originally developed for dancers after World War I by Joseph Pilates, a German boxer and gymnast, but just about anyone can benefit from it

Focus on:

Dr. Dianne Bryant

Dianne started her career in research as a volunteer at the Fowler Kennedy Sport Medicine Clinic in 1998 working very closely with Dr. Sandy Kirkley on several research projects. Sandy encouraged her to pursue research as a career, which led to a Master's degree (2001) in Epidemiology under the supervision of Dr. Mark Speechley at the University of Western Ontario. She earned her PhD in Clinical Epidemiology (2005) at McMaster University under the supervision of Dr. Gordon Guyatt. Dianne is recognized as an outstanding emerging researcher, demonstrating leadership and creativity in the development of study methodology to facilitate research in surgery and rehabilitation. She is a highly skilled methodologist and an expert in conducting systematic reviews, RCTs, surveys and cohort studies. She is the primary investigator on \$1M of funding from national granting agencies including CFI and CIHR. Dianne has made important contributions to clinical trial methodology, particularly in the area of quality of life measurement and clinical trial efficiency. She has 20 peer-reviewed publications and has been invited to present the results of her research at various local, national and international orthopaedic and methodology conferences. Dianne was recently appointed to a tenure-track position in the Faculty of Health Sciences, School of Physical Therapy, and holds a cross appointment in the Faculty of Medicine and Dentistry, Division of Orthopaedic Surgery, at the University of Western Ontario, in London. She holds a Part-time appointment in the Faculty of Health Sciences, Department of Clinical Epidemiology & Biostatistics at McMaster University in Hamilton, Ontario and the Gweneth Rorabeck Scientist Professorship as part of the Kirkley Research Centre. At home, Dianne is Mom to 2 year old daughter Nicole and wife to Steve Bryant, a golf professional at Sunningdale Golf and Country Club in London.



Helen Razmjou



Helen is a Physical Therapist working at the Orthopaedic and Arthritic Institute. Her areas of interest are the validity and reliability of clinical tests and outcome measurement. She completed her Master's degree at UWO and presently is completing her PhD degree at the University of Toronto. She has published 13 peer-reviewed abstracts/articles since completing her master degree. Most recently, in March of 2005, she and Dr. Holtby won the Silver Quill Award, an award that signifies outstanding publication in the Journal of Physiotherapy Canada for original research in the field of Rehabilitation. In 2004, she was profiled in an article published in the Canadian Orthopaedic Physical Therapy Newsletter in which she talked about the importance of mentorship and role models and noted: "A researcher who inspired me significantly is Dr. Alexandra Kirkley, an Orthopaedic Surgeon whose contribution to the field of outcome measures is invaluable. Her legacy will always be with me and with many of the people she touched during her short but fruitful life."

The London Data Centre

At the University of Western Ontario, Dianne Bryant is leading the initiative to develop the Facility for the Advancement of Musculoskeletal Health. This state-of-the-art methods centre includes an online data capture and management system capable of real-time data quality checks. It employs privacy compliant software to meet PHIPA and PIPEDA guidelines. A web-based and telephone randomization system to implement the highest methodological practices for studies in clinical settings is also available. This Facility represents an \$800,000 investment and includes support from the Canada Foundation for Innovation, the Ontario Research Fund and the Fowler Kennedy Sport Medicine Clinic. This Facility will provide methodological, biostatistical and data management services for studies investigating the effectiveness of new surgical and rehabilitative treatments for musculoskeletal disorders, as well as novel methodological designs for conducting applied research more efficiently. Emphasis will be placed on large-scale studies conducted in clinical settings, including multi-centre randomized controlled trials (RCTs) but will also include data surveillance opportunities.



Website Info :

jointsCanada.ca

Email: jointsCanada@jointsCanada.ca

Lots of info on the group and other information.

Sponsored by:



We are very sad that Anna Dion is leaving us. She is heading to Ottawa to pursue another career! Good Luck Anna from all the JOINTS Members.

The University of Western Ontario Shoulder Fellowship

The UWO Shoulder Fellowship will provide the surgeon with an intensive one-year clinical and research experience designed to focus on all aspects of shoulder pathology. The candidate will benefit from the combined practices of two major clinical teaching units currently training both residents and fellows, and from exposure to a wide range of shoulder problems and their surgical solutions.

COORDINATORS: Darren Drosdowech, MD, FRCSC and Robert Litchfield, MD, FRCSC

PARTICIPATING SURGEONS : George Athwal, MD, FRCSC , Ken Faber, MD, FRCSC, Graham King, MD, FRCSC, and Kevin Willits, MD, FRCSC

LOCATIONS: Fowler Kennedy Sport Medicine Clinic (FKSMC) and University Hospital at the London Health Sciences Centre and The Hand and Upper Limb Clinic (HULC) and St. Joseph's Health Care

PARTICIPATING LABORATORY FACILITIES :HULC Biomechanics Lab at Lawson Research Institute, Wolf Orthopedic Biomechanics lab at FKSMC, Clinical Outcomes Labs at HULC and FKSMC

SALARY \$ 40,000/yr **DURATION** One year

ROTATIONS 4.5 month clinical at the HULC; 4.5 month clinical at FKSMC ; 3-month research

POSITIONS | North American , | Australian

FELLOWSHIP DESCRIPTION

Candidates will spend 4.5 months at each site assisting in the care of patients in the clinic, operating room and inpatient ward.

Three months of protected research time will be allocated with a project of publishable quality expected at the completion of the fellowship. Decisions regarding a research topic will be made at the beginning of the year using the resources of the participating labs.

Fellows will be expected to participate in a variety of related academic activities, such as medical student and resident teaching, preparation of rounds/conferences and manuscript review preparation etc.

Contacts: Anna Hales ahales@uwo.ca, ph 519-661-2011 (ext 87504)

Carol Butcher carol.butcher@sjhc.london.on.ca , ph 519-646-6047



Recent Relevant Publications By Members of The Group

- Kirkley A, Alvarez C, Griffin S, Herbert S, Litchfield R.** A Double-blind Randomized Clinical Trial of Subacromial Injection of Betamethasone and Xylocaine versus Xylocaine Alone for Rotator Cuff Tendinosis. *Am J Sports Med.* 33(2): 255-262, 2005.
- Kirkley A, Lo IKY, Faber K, Litchfield R, Patterson S, Griffin S.** Hemi versus Totals Shoulder Arthroplasty for Osteoarthritis of the Shoulder. *JBS* 87(A): 2178-2185, 2005
- R.Balyk V.** J. Raso, M Moreau, K. Bagnall Atypical Shoulder Muscle Activation In Multidirectional Instability *JM.* Braden, *Clinical Neurophysiology* 116 (2005) 1846-1857
- R.Balyk, Otto et al.** Functional Outcome and Health-Related Quality of Life After Surgical Repair of Full-Thickness Rotator Cuff Tear Using a Mini-Open Technique *The American Journal Of Sports Medicine.* Vol.33 No. 9 (2005)
- John Barden, **R Balyk**, James Raso, Marc Moreau, and Keith Bagnall Repetitive pointing to remembered proprioceptive targets improves 3D hand positioning accuracy. *Human Movement Science* 24 (2005) 184-205.
- Bryant D,** Norman G, Stratford P, Marx R, Walter S, Guyatt GH: Patient who undergo knee surgery can accurately recall their pre-operative quality of life at two weeks post-operatively (Submitted to *Journal of Clinical Epidemiology*, September 2005 – preliminary acceptance (2005)
- Montori VM, Devereaux PJ, Adhikari NK, Burns KE, Eggert CH, Darling L, Lacchetti C, **Bryant DM**, Mead M, Erwin PJ, Leung TW, Lo B, Thompson CA, Ray JG, Briel M, Bucher HC, Schünemann HJ, Guyatt GH. Randomized trials stopped early for benefit: a systematic survey of the literature, *JAMA.* (In press).
- Bryant D,** Havey T, Roberts R, Guyatt GH. How many Patients? How many Limbs? Analysis of Patients or Limbs in the Orthopaedic Literature: A Systematic Review. *JBS* (In press – January issue).
- Bryant D,** Bednarski E, Gafni A Incorporating Patient Preferences into Orthopaedic Practice: Should the Orthopaedic Encounter Change? *Injury* (In press).
- Bryant DM,** Litchfield R, Sandow M, Gartsman G, Guyatt GHA Comparison of Pain, Strength, Range of Motion and Functional Outcomes for Hemi- versus Total Shoulder Arthroplasty in Patients with Osteoarthritis of the Shoulder: A Systematic Review and Meta-Analysis. *JBS-Am,* 87; 1947-1956, 2005.
- Razmjou H, Holtby R,** Myhr T. Gender Differences in Functional Status and Extent of Pathology in Patients Undergoing Rotator Cuff Surgery. In Press, *Journal of Arthroscopic and Related Surgery, Arthroscopy.*
- Razmjou H.** Hains T, **Holtby R.** Diagnostic and Therapeutic Decision Making: Exploring the Role of Pre-Test Probability in Patients With Rotator Cuff Pathology. In Press, *Physiotherapy Canada*
- Holtby R. Razmjou H.** Measurement Properties of The Western Ontario Rotator Cuff Outcome Measure: A Preliminary Report. *The Journal of Shoulder and Elbow Surgery,* Sept/Oct 2005: 14/5, 506-510
- Wessel J, **Razmjou H,** Mewa Y, **Holtby R.** The Factor Validity of the Western Ontario Rotator Cuff Index. *BMC Musculoskeletal Disorders* 2005, 6:22
- Razmjou H.** Kramer J, Yamada R, Inter-tester reliability of the McKenzie Evaluation in Patients with Mechanical Low Back Pain. Reprinted as a Feature Article in the *Orthopaedic Division Review Journal (CPA),* March/April 2005, 11-29.
- Razmjou H, Holtby R.** Myhr T. Pain Provocative Shoulder Tests: Reliability and Validity of The Impingement Tests. *Physiotherapy Canada* 2004, 56 (4), 229-236
- Holtby R. Razmjou H.** Accuracy of The Speed's And Yergason's Tests In Detecting Biceps Pathology And SLAP Lesions, *Journal of Arthroscopic and Related Surgery, Arthroscopy.* 2004 Mar; 20(3): 231-6.
- Holtby R. Razmjou H.** Validity of The Supraspinatus Test As A Single Clinical test In Diagnosing patients With Rotator Cuff Pathology, *Journal of Orthopaedic & Sports Physical Therapy,* April 2004: 34 (4) 194-200.
- Mohtadi NG,** Jager FL, Sasyniuk TM, **Hollinshead RM,** Fick GH. The reliability between surgeons comparing arthroscopic and video evaluation of patients with shoulder impingement syndrome. *Arthroscopy.* 2004 Dec;20(10):1055-62. PMID: 15592235 [PubMed - indexed for MEDLINE]
- Mohtadi NG,** Vellet AD, Clark ML, **Hollinshead RM,** Sasyniuk TM, Fick GH, Burton PJ. A prospective, double-blind comparison of magnetic resonance imaging and arthroscopy in the evaluation of patients presenting with shoulder pain. *J Shoulder Elbow Surg.* 2004 May-Jun;13(3):258-65. PMID: 15111894 [PubMed - indexed for MEDLINE]
- Drosdowech D,** Bicknell R, Ferriera L, King G, **Faber K,** Johnson J Cyclic loading of Rotator Cuff Repairs:an in vitro biomechanical comparison of bioabsorbable tacks with transosseous sutures, in *Arthroscopy.* 2005 Jul;21(7): 875-80.
- Viskontas DG, **MacDermid JC, Drosdowech DS,** Garvin G, Romano WM, **Faber KJ:** Reliability and comparison of acromion assessment techniques on X-ray and magnetic resonance imaging. *Canadian Association of Radiologists Journal* 56(4): 2005.
- MacDermid JC,** Solomon P, Prkachin K: The Shoulder Pain and Disability Index demonstrates factor, construct and longitudinal validity. *BMC Musculoskeletal Disorders,* 2005

Next Issue: Spring 2006!!!

Send me your facts, funny stories, interesting tidbits, photos and news for the next issue!