



Canadian MSK Rehab Research Network Newsletter

Summer/Fall 2020

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Co-PIs:

- Dr. Joy MacDermid (NPI)
- Dr. Catherin Backman
- Dr. Trevor Birmingham
- Dr. Laurent Bouyer
- Dr. Deborah Marshall
- Dr. Rebecca Moyer
- Dr. Janet Ronsky
- Dr. Jean Sebastien Roy
- Dr. Aliko Thomas

Network Coordinator:

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2020 Canadian Bone & Joint Conference

In partnership with the Canadian MSK Rehab Research Network, Western's Bone & Joint Institute and the Canadian Network for Mobility Research (CaNMOR), the 2020 Canadian Bone & Joint Conference was an overwhelming success. Conference speakers, attendees and planning members successfully adapted to moving the conference to an online platform for a unique and engaging multi-day conference experience right at home.

In total, 227 researchers, patients, trainees and partners attended the conference to take part in over 100 presentations in oral and virtual poster formats. Invited speakers joined from Halifax, Vancouver, San Francisco, Liverpool, UK and Sydney, Australia. The conference was also preceded by trainee-organized Canadian Bone and Joint Young Investigators Forum.

Some conference highlights include:

- Three sessions hosted by the Canadian MSK Rehab Research Network including: MSK Rehab - Wearables & Biomechanics, MSK Rehab Strategies for Now & the Future, and Remote Virtual Technologies & Care
- Panel discussion led by Andre Picard from the Globe and Mail, related to the future of "virtual healthcare"
- Over \$9,000 in presentation awards to 30 attendees, including 11 MSK Network members
- Over 1,900 poster views with nearly 200 interactions in the Vimeo platform
- In-session polls indicated over 85% satisfaction across all sessions, with many sessions well over 90%

While virtual conferences cannot entirely replace the value of collaboration from in-person meetings, the success of this conference was a testament to the dynamic and forward-thinking nature of our research community. On behalf of the conference planning committee and all of our partners, thank you to everyone for making the Canadian Bone & Joint Conference 2020 a success.

Thank you to our valued partners and sponsors across Canada who provided over \$7,000 in support. And of course, thank you to our speakers and attendees for three days of quality content and valuable discussion. We look forward to returning in 2022!

Addressing Mobility Challenges During COVID-19

In partnership with Western's Bone & Joint Institute, the Canadian MSK Rehab Research Network has co-created an online resource database to support researchers, clinicians, patients and community members who are isolated and living with mobility challenges.

With the help of our research members and partners, we have compiled a collection of trusted resources, current research efforts and published research studies that are focused on at-home exercise programs, remote rehab or self-management of MSK disorders and their related pain or mobility restrictions.

The current list of resources is available here:

<https://boneandjoint.uwo.ca/public/index.html>

Since creating this list of resources, it has been shared nationally by CIHR and by the Federal Government through the Canadian Pain Task Force.

If you are interested in learning more, contributing to our resources, or getting involved in any current ongoing research, please contact Ryan Power (rehabnet@uwo.ca)

2020 Pilot Grant Awardees

Congratulations to the recipients of the MSK Network's 2020 Pilot Grant Competition!

This competition was the final round of funding from the Network's initial grant funds. To address the challenges faced through COVID-19, this round of pilot grants was open to projects utilizing remote data collection/interventions, and projects specifically targeting MSK mobility challenges related to COVID-19.

A total of six grants of \$10,000 each were awarded to support innovative, transdisciplinary pilot projects across the country. Here are the awardees for 2020:

- Lora Giangregorio. *Remote Education and Training On Safe Movement, Pain, Nutrition and Exercise After Osteoporotic Vertebral Fracture (Support Your Spine Fracture)*. University of Waterloo
- Kristen Barton. *Joint Management: Application of an Online Web-Based Platform to Support Individuals with Mild to Moderate Hip and Knee Osteoarthritis in Ontario*. Western University
- Guillaume Leonard. *The stressful impact of COVID-19 on the trajectories of workers suffering from chronic low back pain*. Université de Sherbrooke

- Jackie Whittaker. *Feasibility of the TeleRehab Stop OsteoARthritis (SOAR) Program*. University of British Columbia
 - Anne Hudon. *A hands-off approach? Exploring injured workers' experiences with physiotherapy provided by telerehabilitation in Québec*. Université de Montréal
 - Peter Stillwell. *Advancing the conceptualization and assessment of pain-related suffering*. McGill University
-

Network Committees & National Platforms

Despite the many challenges faced in 2020, this year marks the first year of the MSK Network's new CIHR funding period. Therefore, it has been a top priority of the Network Executive Team to establish key committees to guide our research efforts and ensure maximum impact over the next five years.

The first committee that was launched earlier this year was the **Knowledge Translation Committee**, led by Dr. Linda Li, Dr. Alike Thomas and the Network's Principal Knowledge User, Catherine Hofstetter. The KT Committee has been hard at work progressing the Network's KT strategies and increase patient engagement to help bridge gap between research and practice. As part of this effort, the Network is actively recruiting new consumers to take part in any capacity they feel comfortable with. A consumer profile form is attached below, please feel free to share with your colleagues or those who may be interested.

The Network is also in the process of launching the **Remote Technologies Committee**. The committee is currently seeking co-leads to join Dr. Laurent Bouyer from Université Laval. Further information is attached below – if you are interested please contact Ryan Power (rehabnet@uwo.ca) by Friday, October 16th.

Finally, the Network is excited to re-launch **GaitNET**: a linked consortium of biomechanics labs across Canada with common procedures and data-sharing. GaitNET was supported by the Network's Pilot Grant program in 2017 and will be expanded under the leadership of Dr. Cheryl Kozey, Dr. Michael Hunt and Dr. Trevor Birmingham. Check back soon for updates and ways to get involved soon!

Network News

Congratulations to the following Network members on their recent awards and grant success:

- **Dr. Ranita Manocha**, University of Calgary - Cumming School of Medicine and Alberta Health Services Clinical Research Fund – Seed Grant
 - Title: Crutch type influences on assisted gait following knee surgery
 - Total Amount: \$25,000.00

- Support Period: 09/21 to 08/23
- Co-Investigators: Drs. Kelly Johnston, Gregor Kuntze, Artur Luczak, Gerlinde Metz, Nicholas Mohtadi, Janet L. Ronsky, Jason Werle
- **Dr. Dylan Kobsar**, McMaster University
 - Title: Stepping out of the Lab: New methods to translate movement analyses into the real-world with wearable sensors.
 - Funding Agency: The Banting Research Foundation Discovery Award, in collaboration with the Canadian Statistical Sciences Institute (CANSSI)
 - Amount: \$25,000
 - Date: 2020-2022

Dr. Jackie Whittaker recently received a 2020 Michael Smith Foundation for Health Research Scholar Award for her research on reducing OA risk after knee injury through the SOAR (Stop OsteoARthritis) program. Learn more about the SOAR program here:

<https://www.msfr.org/preventing-osteoarthritis-after-sport-related-knee-injury>

Dr. Deborah Marshall was recently inducted into the Canadian Academy of Health Sciences in recognition of her evidence-informed, patient-centred approach to health-care research, decision-making, and policy-making. Dr. Marshall was also awarded the 2020 University of Calgary Killam Annual Professorship Award.

Congratulations to new Network member **Darren Mazzei** for being awarded Top Presenter in MSK Rehab Research Award (sponsored by the Canadian MSK Rehab Research Network) at the Canadian Bone and Joint Conference! Darren also assisted greatly prior to, and throughout, the conference including co-chairing a plenary session during the conference.

Opportunities & Availability

We are happy to circulate any job postings, collaboration opportunities (e.g. seeking additional researchers for a project), or strong candidates seeking a position. Please share your opportunities or availability to rehabnet@uwo.ca

- **Dr. Ranita Manocha of the University of Calgary** is currently seeking a Masters Student with an **interest in clinical biomechanics**. Interested candidates may contact Dr. Manocha directly at: ranita.manocha@ucalgary.ca

New Members

Since launching in late 2016, the Canadian MSK Rehab Research Network has grown by more than 40%. We are always accepting new memberships

from researchers, partners, patients and trainees who are involved in MSK health research. See the link below for details and the application form:

www.mskrehabnet.com/people/membership.html

We encourage our current Network Members to invite colleagues, partners or Pilot Grant team members who may be interested in joining the Network.

Membership is open to researchers, collaborators, partners, students/trainees, or anyone with an interest in MSK rehab research.

Inquiries or applications can be forwarded to Ryan Power (rehabnet@uwo.ca)

Network Members

Co-Principal Investigators

Joy MacDermid (NPI)
Catherine Backman
Trevor Birmingham
Laurent Bouyer
Deborah Marshall

Rebecca Moyer
Janet Ronsky
Jean-Sebastien Roy
Aliko Thomas

Co-Investigators

Janie Astephen Wilson
Talia Alenabi
Cathy Arnold
Maureen Ashe
Brenna Bath
Dorcas Beaton
Shawn Beaudette
Lauren Beaupreau
Mickael Begon
Daniel Benoit
Lauren Benson
Krista Best
Jason Bouffard
Steve Boyd
Dianne Bryant
Nathalie Bureau
Alexandre Campeau-Lecours
Carolina Cancelliere
Lisa Carlesso
Manon Choinière
Eda Cinar
Daniel Cote
Julie Cote
Alex Crizzle
Noémi Dahan-Oliel
Kevin Deluzio
François Desmeules

Emily Lalone
Guillaume Léonard
Kathrine Lippel
Stacey Lovo
Ellen MacEachen
Luciana Macedo
Monica Maly
Ranita Manocha
Jackie Marsh
Deborah Marshall
Hugo Masse Alarie
Nancy Mayo
Linda McLean
Carlo Menon
Catherine Mercier
Jordan Miller
Suzanne Morin
Gabrielle Page
Isabelle Page
Steven Passmore
Eric Parent
Rajni Patel
Kadija Perreault
Rob Petrella
Mathieu Piché
Carla Prado
Julie Richardson

Clermont Dionne
Carolyn Emery
Debbie Feldman
Reed Ferber
Louis Ferreira
Deborah Fitzimmons
Carol Fortin
Maryse Fortin
Simon French
Martha Funabashi
Dany Gagnon
Nathaly Gaudreault
Lora Giangregorio
Jenna Gibbs
Monique Gignac
Kristine Godziuk
Anita Gross
Douglas Gross
Christine Guptill
Jill Hayden
Liz Harrison
Jeffrey Hebert
Wendy Hill
Michael Anthony Hunt
Tara Kajaks
Graham King
Dylan Kobsar
Cheryl Kozey
Marie Laberge

Knowledge Users

Catherine Hofstetter (Principal
Knowledge User)
Corrie Billedeau
Lynn Cooper

Collaborators

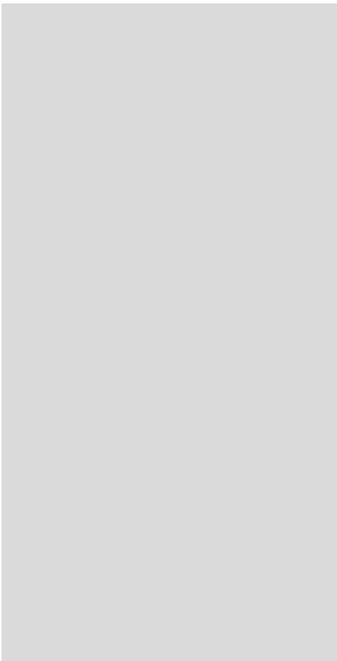
Jacque Gibson
Joe Godges
Genevieve Hladysz
Paul Hodges
Daniel Imbeau
Jacques Laliberté
Charissa Levy

Trainees

Stephen Robinovitch
Shawn Robbins
Dominique Rouleau
Derek Rutherford
Joanna Sale
Paulo Sanzo
Cyril Schneider
Alex Scott
Martin Simoneau
Kathryn Sinden
Stephane Sobczak
Mark Sommerfeldt
Peter Stillwell
Susan Stock
Mike Szekeres
Matthew Teeter
Jane Thornton
Yannick Tousignant-Laflamme
Ana Luisa Trejos
Katia Turcot
Nathan Urquhart
David Walton
Hope Weiler
Marie Westby
Jackie Whittaker
Timothy Wideman
Ryan Willing
Gregory Wohl
Linda Woodhouse
Audrey Zucker Levin

Fabio Feldman
Anne Lyddiatt
Linda Wilhelm
Hazel Wilson

Sue Mawson
Erinn McQueen
Jann Paquette-Warren
Jean Francois Esculier
Cathie Sherrington
Linda Wilhelm



Talia Alenabi
Lauren Benson
Aleks Budarick
Eda Cinar
Jesse Charlton
Elysia Davis
Simon Decary
Simon Deslauriers
Andreas Ejupi
Jean Francois Esculier
Maryam Farzad
Antoine Frasier
Tokiko Hamasaki
Renauld Jeffrey-Gauthier
Tara Kajaks
Mathieu Lalumiere
Christina Le
Christian Longtin

Fabio Carlos Lucas De Oliviera
Michael Lukacs
Marylie Martel
Stephanie Nathaniel
Florian Naye
Steven Pretty
Codie Primeau
Sydney Robinson
Cathie Sherrington
Linda Truong
Zakir Uddin
Kyle Vader
Roua Walha
Maryam Ghodrati
Maxime Mireault
Marianne Gagnon
Humberto Omana
Michaela Khan



Canadian MSK Rehab Research Network

Thank you for your interest in participating as a patient research partner in the Canadian MSK Rehab Research Network!

Launched in 2016 and based at Western University in London, Ontario, the MSK Rehab Research Network is comprised of clinicians, researchers, academics and patients. We are all actively engaged in doing research in novel ways for improving the mobility of Canadians who are living with musculoskeletal issues as a result of injury or disease. The Network encompasses academic institutions from Memorial University in St. John's Newfoundland to the University of British Columbia, as well as numerous hospitals, research institutes and industry partners across Canada. The Network is currently funded by a five year grant from the Canadian Institutes of Health Research (CIHR).

At the MSK Rehab Research Network, we strongly believe patients must be at the front and center of this research. Each patient perspective is entirely unique and of value, and adds relevance to the work of the Network. Our goal is to be inclusive, transparent and respectful of the patient's role in our work and aim to involve patients ultimately in all aspects of the Network's decision making.

Currently we include patients as collaborators on all our funded research and in our grant review processes. We encourage all our patient partners to be as involved as they are comfortable with, and we recognize that discussing these topics will have a greater emotional impact on some individuals. There is no minimum contribution expected, and we strive to ensure our patients never feel pressured to share more than they are willing to. We hope over time to be able to offer some specific training to facilitate your involvement, as well as some online tools and resources.

We would ask that you fill out the attached Patient Partner Profile Form so that we can better assess the types of activities that you are well suited to participate in. You are under no obligation to answer all the questions; this is for our information only and will not be shared outside of the Network Coordinator and Patient Engagement Lead. Furthermore, there will be no scoring or ranking of individuals; it is only to help identify the right fit for you in any particular activity of the Network.

Thank you again for your interest in participating in the MSK Rehab Research Network as a patient research partner, we appreciate your time completing the Patient Partner Profile Form. Please return the completed form to rehabnet@uwo.ca

Sincerely,

Ryan Power, Network Coordinator

rehabnet@uwo.ca

Catherine Hofstetter, Patient Representative

Please note that this information is not being gathered to rank or score any individual. Rather, this is to gather information about your experience and interests so that we may better match MSK Rehab Network activities to you as a patient. Feel free to answer the questions if you are comfortable doing so. Leave them blank if you don't care to answer. Your information will not be shared outside of the administration of the Network, without your permission.

Contact information:

Name:

Address:

Phone (home):

Cell:

Email:

Tell us a bit about yourself:

Do you have arthritis? Yes No

If yes, what type? (Choose all that apply)

Osteoarthritis (OA)

Rheumatoid arthritis (RA)

Psoriatic arthritis (PsA)

Ankylosing Spondylitis (AS)

Fibromyalgia (FM)

Juvenile Ideopathic arthritis (JIA)

Other: (Please Specify)

Have you experienced a trauma that has impacted your mobility? Yes No

If yes, please briefly describe:

Do you work? Yes No

If yes: full time part time

Nature of your work:

Do you have any volunteer activities? Yes No

If yes, please describe, including how long you have been involved:

Do you have any hobbies? Yes No

If yes, please describe:

Have you ever been involved in a research project? Yes No

If yes, was it as a subject of the research? (the research team gathered information about you)

Yes No

Or as a collaborator (you helped in the design, collection of data or manuscript writing etc.)

Yes No

Do you feel that you have some free time that you can devote to the activities of the MSK Rehab Network? I.e. Reviewing grant applications, reviewing abstracts for a conference, speaking to an audience of researchers, including trainees, and any other activity that the Network would like the perspective of a patient.

Yes No

Hello Network members,

On behalf of the Canadian MSK Rehab Research Network and our Principal Investigators, we are seeking co-leads to complete our Remote Technologies Committee.

The purpose of the Network's working committees is to facilitate an environment of collaboration and resource sharing among experts in specific areas of MSK health research across Canada. With administrative support from the Network Coordinator, these committees will advise the Principal Investigators on important and emerging themes to steer the Network's research priorities.

Remote technologies in rehabilitation research has been a priority of the Network since consulting our membership in 2017, but is more important than ever in the new health research landscape. Therefore, this is one of the first committees that we aim to operationalize.

Alongside current co-lead Dr. Laurent Bouyer of Université Laval, we are seeking to add an engineering researcher who has expertise in addition to, or outside of, inertial measurements to ensure that the expertise of the committee leaders is well-rounded in this diverse research discipline. Preference may also be given to researchers who reside outside of Quebec or Ontario to maintain geographic diversity to represent our national Network.

Committee members will meet virtually approximately once per month for the first six months to establish framework and priorities, then on an ad hoc basis thereafter. Key committee tasks include:

- Identify key research questions and priorities in the Remote Technologies research communities
- Creation of a national network for information and expertise sharing to reduce the learning curve and share innovative ideas. An interest group on inertial sensors that gathers rehabilitation professionals, engineers and clinicians has already been formed in the province of Quebec (REPAR and INTER) to see how the use of inertial sensors could be extended in research and clinics.
- Pilot studies using these technologies will be submitted by network members based on different applications developed
- Cross collaboration between biomechanics labs and investigators using remote technologies and or personal virtual reality devices will result in validation of devices and applications; define limits and opportunities of the technology
- Co-Leads may be asked to attend the Annual Meeting and present their collaborative research efforts and deliverable outcomes from the previous year

If you are interested in co-leading the Remote Technologies Committee, please respond to myself (rehabnet@uwo.ca) or Dr. Bouyer (Laurent.Bouyer@rea.ulaval.ca). Please feel free to reach out with any questions or concerns.