



Canadian MSK Rehab Research Network Newsletter

Winter 2022

Sponsor:



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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:

- Ryan Power
rehabnet@uwo.ca

Network Member News

Network members recognized in 'Top 10 Arthritis Research Advances of 2021'

Congratulations to Network trainee Darren Mazzei of the University of Calgary (supervisor Dr. Deborah Marshall) for recently being recognized by The Arthritis Society for his work to advance arthritis research.

Darren's research has the honour of being selected as one of the 'Top 10 Arthritis Research Advances of 2021' on "Investing in exercise for osteoarthritis".

Researchers reviewed the current evidence on strategies to manage osteoarthritis (OA) with education, exercise and weight management. They found that supervised exercise programs for people with hip and knee OA provide health benefits and are cost-effective.

In contrast, education on self-management strategies, exercise, or diet did not appear to be as cost-effective on their own and may be more helpful when used in combination with a structured exercise program.

You can view the full Top 10 list here: <https://arthritis.ca/about-us/what-we-do/research/top-10-research-advances-of-2021>

Read all of the latest news on our website: <https://mskrehabnet.com/news/>

Funding Success: Canadian MSK Rehab Research Network Team Development Grant Competition

We are thrilled to share the results of the Canadian MSK Rehab Research Network's 2021 grant competition.

Congratulations to Dr. Tara Packham from McMaster University for her successful application! We look forward to supporting Dr. Packham and her research team on their project, titled "Co-designing accessible osteoarthritis resources to support delivery of virtual care for persons with low health literacy and low English proficiency"

Team: Dr. Tara Packham (PI), Dr. Lisa Carlesso, Dr. Luciana Macedo, Dr. Jasmin Ma (NI), Dr. Geoff Bostick, Dr. Allyson Jones, Dr. Bruce Dick, Derick Luu School (Trainee), Tarin Moni (Trainee), Jasdeep Dhir, Zachary

Hollingham, Jessica Blackwood, Janice Sumpton (Patient Partner), Louise Crane (Patient Partner), Donna Richards

New Research: Novel Tendinopathy Telerehabilitation Intervention

We are pleased to share a new project with funding from the Michael Smith Foundation for Health Research, titled “Co-design of a novel tendinopathy rehabilitation intervention.”

This project is co-led by Dr. Alex Scott of the University of British Columbia and Chris Napier of Sport Physiotherapy Canada. More details are available here: <https://www.msfhr.org/1/award/co-design-of-a-novel-tendinopathy-telerehabilitation-intervention>

New Research: “Time to Stop Routinely Prescribing Opiates after Carpal Tunnel Release”

Congratulations to Network NPI Dr. Joy MacDermid (Western) and team for their recent publication that addresses the prescription of opioids after carpal tunnel surgery.

You can read the full publication here:

<https://pubmed.ncbi.nlm.nih.gov/35041636/>

New publications: Dr. Joanna Sale & Team

Congratulations to Dr. Joanna Sale (St. Michael’s Hospital, Toronto) and her teams for several recent publications:

Sale JEM, Frankel L, Yu W, Paiva J, Saini J, Hui S, Bogoch E, Meadows L. Patients experience a need for informal care after a fragility fracture. Osteoporosis International, in press.

Sale JEM, Gignac M, Frankel L, Thielke S, Bogoch E, Elliot-Gibson V, Hawker G, Funnell L. Perspectives of patients with depression and chronic pain about bone health after a fragility fracture: A qualitative study. Health Expectations 2021;1-14.

Sale JEM, Yang A, Elliot-Gibson V, Jain R, Sujic R, Linton D, Weldon J, Frankel L, Bogoch E. Patients 80+ have similar medication initiation rates to those 50-79 in Ontario FLS. Osteoporosis International 2021;32:1405-1411.

Saunders H, Sujic R, Bogoch E, Jain R, Jinah A, Elliot-Gibson V, Mendlowitz AB, Linton D, Inrig T, Isaranuwatthai W, Sale JEM. Cost-utility of the Ontario Fracture Screening and Prevention Program. Journal of Bone & Joint Surgery 2021;103(13):1175-1183.

Funding Success: Dr. Ranita Manocha & Team

Congratulations to Dr. Ranita Manocha (University of Calgary) and her team for the recent funding success of their project, “**Implementation of an app-based crutch skills training program following sport-related injury**”

Funding Source: Canadian Academy of Sport and Exercise Medicine
Program Name: Research Grant

Principal Investigator: Dr. Ranita Harpreet Manocha
Role: Principal Investigator
Total Amount: \$15,000.00
Support Period: 2/22 to 8/22
Co-Investigators: Drs. Krista L. Best, Larry Katz, Victor Lun, Steven Macaluso, William C. Miller, François Routhier

We are always happy to share recent successes of our Network members! If you have any news you would like to share, please reach out to rehabnet@uwo.ca with details

Current Funding Opportunities

On behalf of the Canadian MSK Rehab Research Network and our Executive Committee, we are pleased to launch the call for our next grant funding opportunity.

Over our first five years of operations the MSK Rehab Research Network has supported a total of 24 projects; an investment of nearly \$300,000 in high impact, early stage pilot projects and innovative research teams.

This round of funding will be focused on multi-centre feasibility pilot studies, including randomized controlled trials (RCT) and prospective cohort studies.

Available funding:

Up to \$150,000 total available funds for up to six (6) grants of up to \$25,000 each

Application Deadline: April 1, 2022

Anticipated Notice of Decision: May 27, 2022

Funding Start Date: June 1, 2022

Please see application form below for full details and application instructions.

Full details and application info here: <https://mskrehabnet.com/grant-2022/>

Partnership with Rehab+

Get Involved & Gain Early Access to Pre-Appraised Research

The MSK Rehab Research Network has partnered with REHAB+ to provide our members free access to the site for the latest pre-appraised research publications.

As part of McMaster University's McMasterPLUS suite of services, REHAB+ provides "one-stop" access to pre-appraised evidence to support clinical decisions. REHAB+ provides a new path to address the key question in this era of evidence-based health care: *what is the current best evidence available to support clinical decisions?*

You can learn more and get involved here:

<https://mskrehabnet.com/partnership-with-rehab/>

Upcoming Events

Save the Date: Canadian Bone and Joint Conference April 21 & 22 2022

In partnership with Western's Bone and Joint Institute and the Canadian Network for Mobility Research (CaNMoR), we are pleased to announce the Save the Date for the 2022 Canadian Bone and Joint Conference (CBJC) to be held **April 21 & 22 2022**.

This event will once again be preceded on April 20th by the Canadian Bone and Joint Young Investigator's Forum (CBJYIF), a forum organized by trainees for trainees, which will include trainee-focused workshop offerings and presentations.

At this time, we are planning to deliver workshop components of the event in a hybrid manner, but for this year all Keynote, Plenary and Poster presentations will be continued to be delivered virtually.

Confirmed speakers for this year's events include:

Carl Blobel, Cornell University
Natoshia Cunningham, Michigan State University
Irene Davis, Harvard University
Natasha Gakhal, University of Toronto
Danielle McCormak, The Arthritis Society
Dana Orange, Rockefeller University
Christopher Overall, University of British Columbia
Brian Pietrosimone, University of North Carolina
Angelo Ravelli, University of Genoa, Italy
Evelyn Rozenblyum, University of Toronto & Hospital for SickKids

The conference website is being updated as details are confirmed. The abstract submission details will be distributed in the near future with the submission portal opening soon. Check back often for updates:

<http://cbjc.ca>

Event Recap: GaitNET – OA Canada Seminar Series #2

Thank you to everyone who joined us for the second event in the GaitNET-OA Canada Seminar Series.

Building on the Biomechanics and Osteoarthritis Symposium in May, this session was focused on clinical biomechanics research as it relates to the interplay between pain and gait biomechanics. Over 60 attendees joined virtually from across Canada, the United States and Europe for this informative and engaging seminar.

The recorded session is now available for those who could not attend the session: https://mskrehabnet.com/gaitnet_seminar2/

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://mskrehabnet.com/patients/>

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)

Opportunities & Availability

THE DEPARTMENT OF PHYSICAL THERAPY AND ATHLETIC TRAINING AT THE UNIVERSITY OF UTAH is seeking faculty candidates to augment its strong rehabilitation research presence. The positions will be full-time tenure line or career line at ranks commensurate with academic and scholarly experience. Click [HERE](#) for full details

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

New Members

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, 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
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Jean-Sebastien Roy
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