OTTAWA ORTHOPAEDICS QUARTERLY

Let us *Move* You!
Notre vie n'est que *mouvement*!

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"Every accomplishment starts with the decision to try."
-John F. Kennedy



Steven R. Papp MD MSc FRCSC
Head, Division of Orthopaedic Surgery
University of Ottawa

As you open this edition of the *Ottawa Orthopaedics Quarterly,* this quote serves as a fitting reflection of the work showcased throughout these pages. Progress in our division, whether in patient care, research, or education, begins with the willingness to explore new ideas, and take that first step forward. This spirit is clearly evident across our Division.

This edition highlights a number of remarkable achievements that reflect both individual excellence and the strength of our collective efforts. From the groundbreaking work in bacteriophage therapy led by ***Dr. Hesham Abdelbary and his team***, to the quality of work by ***Dr. Phan and his team*** (top prize at the Canadian Spine Society) and the continued academic contributions of many across our group, it is clear that our Division continues to lead and innovate. These accomplishments are not isolated. They are built on collaboration, mentorship, and a shared commitment to advancing orthopaedic care. Congratulations to all the grant winners for your efforts!

I would also like to recognize the broader impact of our work beyond research. With many educators that have developed more mature educational meetings such as ***Dr. Beaulé's Hip Symposium***, it is great to see other meetings being offered like the first ***Fracture Reconstruction: Orthopaedic Symposium in Trauma (FROST) Symposium,*** a regional trauma meeting with course moderators ***Dr. Allan Liew and Dr. Alexandra Bunting***. The recognition of leaders such as ***Dr. Kathleen Gartke*** further reminds us of the lasting influence our surgeons have not only within our institution, but across the province and country. The accomplishments highlighted in this newsletter begin as ideas, projects that required initiative and more importantly, persistence.

I would like to encourage all members of our Division, at every stage of their career, to continue striving toward these kinds of goals. I hope you find this edition will leave you feeling proud of the work being done across our Division and inspires you to continue contributing to its ongoing success.


OTTAWA ORTHO
ALUMNI UPDATE
4th Edition
SATURDAY MAY 16TH, 2026
CIVIC AMPHITHEATRE
THE OTTAWA HOSPITAL CIVIC CAMPUS: 08:00-12:00
PRELIMINARY PROGRAM
KEYNOTE: Dr. Laurie Hiemstra, MD PhD FRCSC, Banff Sports Medicine
Associate Professor, University of Calgary
TRAUMA
Supine vs Lateral Femoral Nailing- Tips and Tricks
Posterior Malleolar Fractures- Update on when to fix?
Management of Proximal Humerus Fractures in a Young Patient
RECON
Arthroplasty Update
Endoscopic Spine Surgery: bringing new techniques to your institution
Use and Follow Up of Proximal Tib/Fib Osteochondral Allograft Reconstructions
Upper Extremity Update
SPECIAL TOPICS
Optimizing OR Efficiency
COA Parental Leave Policy
Effect of Anxiety in the Treatment of Pediatric Orthopaedic Patients
JOIN US FOR OUR OTTAWA ORTHO GOLF TOURNAMENT ON SATURDAY AFTERNOON DIRECTLY FOLLOWING THE EDUCATIONAL MEETING!
REGISTRATION:
Alumni $200, Current Faculty $20, Residents/Fellows $0
To register, please email Johanne Samson at johsamson@toh.ca. Additional details re: golf registration and separate golf registration fee can be forwarded upon request.

Golf Tournament Scheduled for May 16, 2026

The Ottawa Orthopaedic Open golf tournament is returning for another year!

This year's tournament will take place at the ***Gatineau Golf & Country Club***, 160, rue du Golf, on Saturday, May 16th. Tee times will begin after the morning's Alumni Update program, starting at 1:00 pm and onwards.

To register, please contact Johanne Samson at johsamson@toh.ca.

uOttawa Orthopaedic Research Shines at CSS & CSORN Meeting

The recent ***Canadian Spine Society (CSS) meeting*** showcased a series of strong podium and poster presentations from the uOttawa Orthopaedic Surgery team.

Dr. Daniel Lobos and Dr Philippe Phan's work was recognized with the ***Debbie Scarlet Award for Best Paper***, highlighting outstanding research contributions and well-earned recognition.

Additional presentations by ***Dr. Duy Phan and Dr. Mohamad Bakhaidar*** were also well-received, contributing valuable insights to the program. Erin was acknowledged for her support in ensuring presentations ran smoothly.

The ***Canadian Spine Outcomes and Research Network (CSORN***) meeting was equally successful, with active discussion generated around a prospective enrollment study currently led by the team.

This occurred at the 26th Annual Scientific Conference of the Canadian Spine Society held from March 2-6, 2026 in Banff, Alberta.



Staff vs Residents hockey game was a success

Take two of our annual Orthopaedic surgery pick-up hockey game was a success!

Orthopaedic staff and residents faced off in a competitive game at ***TD Lansdowne*** on March 6th.





From left to right: Dr. Nicholas Nucci, Dr. Eric Locke, Dr. Nicholas Tubin, Dr. Zachary DeVries

Strong representation by Ottawa research at the Canadian Orthopaedic Foundation fundraising gala

The ***Canadian Orthopaedic Foundation (COF)*** held a memorable fundraising event at the Royal York Hotel in Toronto on April 10, highlighting impactful clinical and pre-clinical orthopaedic research across Canada.

Ottawa showed strong representation by presenting the following awards to highlight to the donors how the money from these activities is spent to progress orthopaedic care in Canada.



From left to right: Dr. Emmitt Hayes, Dr. George Grammatopoulos, Dr. Kevin Smit, Dr. Hesham Abdelbary, Dr. Paul Beaulé

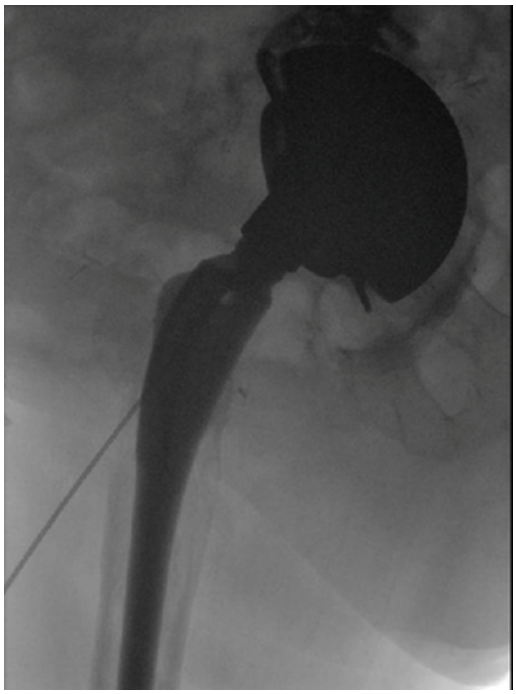
Two of the highlighted research projects included:

J. Édouard Samson Research Prize - won by Dr. Grammatopoulos and his team. This project involved the hip-spine interaction in hip arthroplasty - defining its importance and identifying how best to incorporate it into surgical practice.

Robert B. Salter - Dr. Abdelbary and his team. This project involved Investigating the feasibility of utilizing bacteriophages as a novel diagnostic platform for the rapid detection of slow growing organisms causing peri-prosthetic joint infections.

Successful treatment of the first patient in Canada suffering from MDR Pseudomonas Aeruginosa (PA) PJI using bacteriophage cocktail therapy

In a major step forward, our research team recently treated their first Open Label Individual Patient (OLIP) trial ***for a PJI patient suffering from multidrug resistant PA*** using phage therapy. The trial was supported by Qeen Biotechnologies which provided the phage product and offered in-kind support for the data analysis. Also, in collaboration with the Virtual Recovery After Surgery (VRAS) anesthesia program, it was possible to administer part of the phage therapy safely as an outpatient. This OLIP trial has shown ***promising early clinical improvement*** and no safety concerns. This OLIP trial is just one of four phage therapy treatments that were administered across Canada. Internationally, more than 20 PJI patients have been treated in countries such as France, Belgium, and Australia with promising outcomes so far.



Our PJI patient received 14 intravenous doses and 3 intraarticular doses of personalized phage therapy cocktail over a 2-week period.

This personalized phage treatment was designed to treat her MDR PA that failed all standard therapy. At 2 months after treatment, all serum inflammatory markers are close to normal levels, and the chronic draining sinus has closed.

Despite this promising response, it is still too early to determine the long-term durability of this response. Our trial protocol is available on clinical trial.gov for more details.
https://clinicaltrials.gov/study/NCT06798168

The execution of this trial took over 6 months of planning and coordination. Hence, ***a sincere thanks to all individuals*** who played a critical role in the success of getting this patient treated.

The level of collegiality, expertise, and commitment to patient care among our group truly reflect the caliber of our institution. Our research team is grateful for everyone's collaboration and look forward to advancing novel therapies for these complex PJIs together.

Research Group awarded the Horizon Grant for trial of phage therapy

The PHAGE4DAIR Consortium has been awarded a major ***Horizon Europe grant*** totaling approximately ***€14.9 million*** to support a multinational Phase I/II clinical trial evaluating bacteriophage therapy for prosthetic joint infections treated with DAIR.

The consortium is made up of leading international academic and clinical partners, with Ottawa serving as one of three lead Canadian sites alongside Calgary and Toronto.

The study will investigate a GMP-manufactured five-phage cocktail targeting Staphylococcus aureus infections in complex joint arthroplasty cases, representing one of the most ambitious clinical phage therapy programs to date. The initiative is supported through Horizon Europe funding and coordinated through an international network of clinicians and researchers dedicated to advancing treatments for antimicrobial-resistant infections.

At uOttawa, ***Dr. Hesham Abdelbary*** serves as a key lead investigator, contributing to trial design, clinical implementation, and advancement of phage therapy research within orthopaedic infection management. The award reflects the strength of the consortium's collaboration and marks an important step toward developing new therapeutic pathways for patients with challenging prosthetic joint infections.



From left to right: Dr. Kawan Rakhra, Yusra Al Mosuli PhD, Nancy Tawil PhD, Dr. Hesham Abdelbary, Mariam Taha PhD, Dr. Tom Schmidt-Bräkling

HKU awards for postgrad students

Congratulations to the 2 awardees!



Sasha Malko - PhD candidate in the Microbiology and Immunology program supervised by Drs. Angela Crawley and Hesham Abdelbary for her thesis proposal: *"Evaluating the impact of the immune landscape on periprosthetic joint infection development and phage therapy response in osteoarthritis patient."*



Veronica Sinclair - MSc candidate in the Clinical Science and Translation Medicine Program supervised by Drs. Hesham Abdelbary and Angela Crawly for her thesis proposal: *"Evaluating the immunological landscape of fracture-related infections and the impact of bacteriophage treatments in a clinically relevant animal model."*

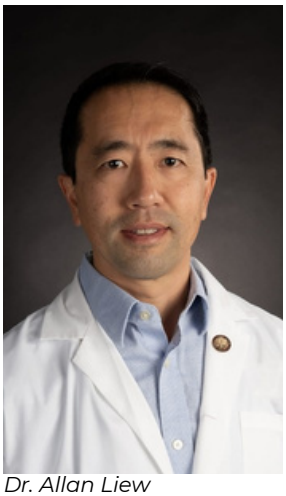
1st Fracture Reconstruction: Orthopaedic Symposium in Trauma (FROST) a success

The University of Ottawa and McGill University Orthopaedic Trauma faculty jointly hosted the first ***Fracture Reconstruction: Orthopaedic Symposium in Trauma (FROST)*** at Mont Tremblant on March 26-28, 2026.

Over three days, case-based symposia on Upper Extremity, Lower Extremity, Pelvisand Acetabulum were conducted to exchange ideas and updates on contemporary trauma treatment from our regional trauma subspecialty surgeons and our community surgeon partners.

The meeting was a great success with course moderators ***Dr. Allan Liew*** and ***Dr. Alexandra Bunting*** leading the way. They plan to make this an ongoing annual event.




Dr. Allan Liew


Dr. Alexandra Bunting



Dr. Garceau Receives Prestigious Knee Society Research Award



Congratulations to our own Dr. Garceau, who won the ***Chitranjan S. Ranawat, MD Award*** from The Knee Society for his research: "Surgeon-performed, Intraoperative Adductor Canal Blocks are Non-inferior to Anaesthesiologist-performed Adductor Canal Blocks in Total Knee Arthroplasty."

Dr. Garceau presented his award-winning work at the ***AAOS Annual Meeting*** on March 6 in New Orleans.

This prestigious award recognizes outstanding research that advances patient care and innovation in joint replacement surgery.

uOttawa Orthopaedics Researchers Awarded OHRI ELEVATE Seed Funding

The OHRI ELEVATE Seed Funding Competition has announced its 2026 recipients, supporting early-stage research projects across multiple streams aimed at generating pilot data for future large-scale funding applications. The program continues to play a key role in advancing innovative, patient-focused research across The Ottawa Hospital Research Institute.

Several orthopaedic surgery–related projects were successfully funded, including a collaborative initiative exploring the development of phage cocktails for implant-associated infections caused by Staphylococcus aureus, with contributions from ***Dr. Hesham Abdelbary and colleagues.*** These projects highlight the strength of interdisciplinary collaboration within the division and its ongoing commitment to advancing translational research in infection, oncology, trauma, and rehabilitation.

The ELEVATE program, supported by donors and institutional partners, has enabled over $400,000 in research investment this year alone, reinforcing its role in fostering early innovation that leads to larger external grants and meaningful improvements in patient care.

Dr. Kathleen Gartke awarded the Order of Ontario



Dr. Kathleen Gartke has recently been appointed to the ***Order of Ontario.*** Dr. Gartke began her outstanding career as an orthopaedic surgeon at Ottawa's Grace Hospital in 1984, as one of a handful of Canadian women in her field. For 15 years, she was the only operating female orthopaedic surgeon in Ottawa. She joined The Ottawa Hospital in 2002 and retired from her surgical practice in 2016 before joining the hospital's administration as Senior Medical Officer.

Dr. Gartke produced a large body of research during her career, including working with her Anesthesia colleagues to develop the Continuous Popliteal Block, a pain control technique for foot and ankle surgery that has since been adopted in hospitals around the world.

For over 45 years, Dr. Gartke has been a member of the Federation of Medical Women of Canada (FMWC), where she served on the National Executive team for 12 years. In 2008, as President, Dr. Gartke established and led Canada's first national pap smear campaign, which had a tangible impact in reducing Canada's high rates of cervical cancer.

Dr. Gartke will be inducted into the Order of Ontario at a ceremony in Toronto later this year. This is the province's highest honour, granted to "an Ontarian who has shown outstanding qualities of individual excellence and achievement in any field."

We offer Dr. Gartke our sincerest congratulations for this achievement and our collective thanks for her tremendous work as an excellent surgeon and for advancing patient care and women's leadership in medicine in Ottawa and across Canada.

Introducing our new research staff..

Het Vaishnav, Research technician, PJI Laboratory



Het is a research technician working in the Orthopaedic PJI Lab. She is working on establishing an animal model to study and treat peri-prosthetic joint infections using phage therapy.

Research contributions include exploring the molecular mechanisms of fibrosis in the context of BRCA mutations and early onset of ovarian cancer.

Taryn Blais, Research Assistant, Spine Group



Taryn is a clinical research assistant supporting multiple studies in spine surgery. She works on various aspects of projects, but focuses on patient enrollment, engagement, and surgical outcomes.

Previously, she has worked both leading and supporting projects in ophthalmology and emergency medicine, focusing on biopsychosocial barriers to healthcare access and surgical care.

Taryn enjoys working at the intersection of patient care and academicresearch and is dedicated to ensuring projects she contributes to enhanceequitable medical care and clinical outcomes.

Robotics Program Launched at Hawkesbury and District General Hospital (HGH)

We are launching our ***robotic-assisted total knee arthroplasty*** program at HGH. We are also welcoming two new surgeons this month in orthopaedics at HGH who specialize in adult joint reconstruction of the hip and knee - ***Dr. Vincent Bissonnette and Dr. Marie-Eve Bolduc***.



Current Trends in Orthopaedics returns to France

The 4th Edition of Current Trends in Orthopaedics will take place in the stunning region of Alsace, France ***from September 27 to October 3, 2026.***

It promises to be an unforgettable week of world-class education, scenic biking and hiking all blended together with the culinary delights and charm of one of France's most beautiful regions.

Learn more, and register here:
https://artsandtravel.com/medcyclesalsace-welcome

Space is limited so please register now to avoid missing out.



Research Grant Winners

2026 DoS Research Grant Competition

Congratulations to the following winners!

- Dr. Bradley Meulenkamp - *"Early Versus Delayed Weight-Bearing Following Operatively Treated Trimalleolar Ankle Fracture."* $20,000 USD. American Orthopaedic Foot and Ankle Society (AOFAS)

Department of Surgery Junior Faculty Research Grant $25K each:

- Dr. Schmidt-Bräkling (Orthopaedic Surgery) - *"Continuous Arthroplasty Recovery and Early Infection Detection: A Pilot RCT of Smartphone-Based Monitoring After Surgery for Periprosthetic Joint Infection."*

- Dr. Vincent Bissonette (Orthopaedic Surgery) - *"Impact of tourniquet application on Robotic-Assisted Total Knee Arthroplasty Soft-Tissue Balancing."*

- Dr. Matthew Coyle (Orthopaedic Surgery) - *"A case matched cohort study on the effect of an ERAS spine programs role on the long term patient reported outcomes for single level lumbar fusions."*

Hans K. Uhthoff Graduate Fund Recipients

Congratulations to this year's HKU scholarship winners ($13,000 each)

- Veronica Sinclair - supervised by Dr. Hesham Abdelbary and Dr. Angela Crawley
- Sasha Malko - supervised by Dr. Hesham Abdelbary and Dr. Angela Crawley
- Firas Baklouti - supervised by Dr. Thomas Uchida and Dr. Paul Beaulé
- Alexe Hebert - supervised by Dr. Stéphane Poitras

Daniel Kurtz wins Debbie Scarlett Award for Best Paper at 26th Canadian Spine Society Conference

Daniel Kurtz, a MD-PhD student under the supervision of ***Dr. Philippe Phan*** and ***Dr. Christopher Sun***, was awarded the ***Debbie Scarlett Award for Best Paper*** at the 26th Annual Canadian Spine Society Conference last week for his project, Machine Learning Classification of Patients with Degenerative Cervical Myelopathy into Clinically Relevant Clusters and Development of an Adoptable Clinical Algorithm.

This project was developed at the University of Ottawa in the Department of Orthopaedic Surgery with the support of CSORN, the CSS, and Praxis Spinal Cord Institute.



From left to right: Dr. Philippe Phan, Daniel Kurtz



From left to right: Dr. Charest-Morin, Daniel Kurtz, Dr. Yang

James J. Wiley Visiting Professor
Dr. Anthony Riccio
Scottish Rite Hospital for Children, Dallas, Texas
February 18, 2026



From left to right: Dr. Andrew Tice, Visiting Professor Dr. Anthony Riccio, Dr. Kevin Smit, Dr. James Jarvis



Front row from left to right: Dr. Rashed Alhamidan, Dr. Akshay Seth, Dr. Baxter Willis, Dr. Kevin Smit, Visiting Professor Dr. Anthony Riccio, Dr. Andrew Tice, Dr. James Jarvis, Dr. Magdalena Tarchala, Dr. Sasha Carsen



The Division of Orthopaedic Surgery continues to strive for world class patient care, with Patient Safety and Quality Improvement at the forefront.

A number of initiatives are underway to ensure continuous quality improvement. One key highlighted is outlined below: ***Medication Reconcillation***

Medication reconciliation, or the process of ordering patients' home medications, is a fundamental and important step of the admission process for orthopaedic patients.

Since the transition to the Epic EMR, we have observed a higher incidence of medication-related errors. These may include omission of medications patients are currently taking, or the restarting of medications that patients had previously stopped taking at home. In both instances, there is significant potential for harm to the patient.

As the Most Responsible Physician (MRP) for our admitted patients, it is our ethical and legal responsibility to oversee patient care while under our service, which includes ensuring the correct home medications are ordered and continued in hospital.

We have started a simple initiative in all admitted patients that involves logging whether the home medication reconciliation has been carried out on admission in our handover tool and Epic notes, and indicating whether the home medications have been reviewed, verified and ordered.

We plan to complete an upcoming audit to determine the effectiveness of this initiative, and to continue working with our colleagues in pharmacy and nursing to ensure that medication-related errors are kept to a minimum

PUBLICATIONS

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3. **How Should Hip Instability Be Clinically Diagnosed? Consensus Statements From a Scoping Review and an International Multidisciplinary Delphi Study.**Karimijashni M, **Beaulé PE, Carsen S**, Clohisy J, Sink E, Zaltz I, **Grammatopoulos G,** Pfalzgraf-Reny A, Bechiau C, Poitras S.Clin Orthop Relat Res. 2026 Mar 20. doi: 10.1097/CORR.0000000000003903. Online ahead of print.PMID: 41911001
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uOttawa Biomechanics Lab Announces 2026 Grant Recipients

The Biomechanics Lab announced the recipients of this year's Grant Competition following review by the selection committee. Four outstanding projects were awarded funding:

Dr. Zoe Mack	Dr. Braden Gammon	Thumb CMC Arthroplasty: A Biomechanical Study of Optimal Cup Positioning and Cup Type
Dr. Matthew Macciacchera	Dr. Bogdan Matache	Lateral Augmentation in Anterior Cruciate Ligament Reconstruction: A Biomechanical Study of Varying Graft Tunnel Positions
Dr. Hamid Nessek	Dr. Matthew Coyle	Assessing the Biomechanical Advantage of Oblique Lumbar Interbody Fusion over Transforaminal Lumbar Interbody Fusion in the Osteoporotic Lumbar Spine
Dr. Emily Elder	Dr. Manisha Mistry	A Biomechanical Comparison of Orthogonal Plating vs Single Plating of Distal 1/3 Ulnar Shaft Fractures

Congratulations are extended to all successful residents and faculty collaborators for their innovative and impactful research proposals.

The committee emphasized the importance of early-stage protocol development, ethics approval, and active project readiness in the selection process, noting that this enables more effective planning and execution within the lab.

Projects not funded this cycle are encouraged to reapply once protocols and ethics approvals are finalized, with strong potential for future success.

Looking ahead, the Biomechanics Lab continues to expand its capacity, including new space development and equipment consolidation, reflecting ongoing growth and commitment to advancing orthopaedic research.

PGY-5s Complete Royal College Bootcamp

The PGY-5 Royal College Bootcamp took place on ***March 14, 2026.***

All of the PGY-5's survived ***two time-compressed 90-minute examinations*** provided by Dr. Feibel. Excellent case discussion followed the exams.



Bottom Row Left to Right: Dr. Zach Devries, Dr. Eric Locke, Dr. Ken Lukas, and Amber
Top Row Left to Right: Dr. Nick Nucci, Dr. Nick Tubin, Dr. Emmitt Hayes

Successful CaRMS Match 2026: Welcome to Our Incoming Orthopaedic Residents

The Orthopaedic Surgery Program is pleased to announce a successful CaRMS Match for 2026. The program will welcome six new residents beginning July 1, 2026:



This year's match reflects the continued strength and competitiveness of the program, with a diverse and accomplished incoming cohort.

The residency program extends a warm welcome to our incoming PGY-1s. Appreciation is also extended to all faculty, staff, and residents involved in recruitment efforts, whose contributions were instrumental to another successful match cycle.

Introducing our fellows...

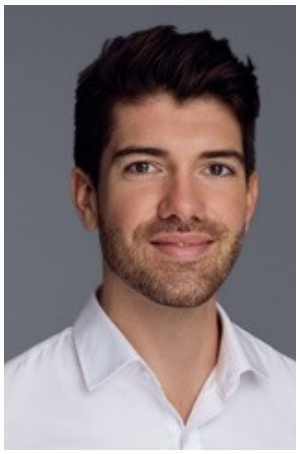


Dr. Mohammed Saad Alghamdi

Dr. Mohammed Saad Alghamdi, MD, is an Arthroplasty Fellow in Ottawa, Ontario, Canada. He was raised in a small town in Al Baha Province in southern Saudi Arabia and earned his medical degree from King Abdulaziz University in Jeddah, where he also completed his orthopaedic residency training.

He is currently advancing his expertise in joint replacement surgery with a strong focus on patient-centered care. Dr. Alghamdi aspires to contribute to the future of arthroplasty through innovation, research, and the development of impactful healthcare solutions, particularly in Saudi Arabia.

Dr. Vincent J. Leopold



Dr. Leopold is an orthopaedic surgeon from Berlin, Germany, currently completing his fellowship training at the University of Ottawa. He first undertook a Hip Preservation Fellowship, where he advanced his expertise in hip arthroscopy and joint-preserving procedures, alongside a strong focus on outcome-based research and the development of evidence-based treatment standards. He is now pursuing an Arthroplasty Fellowship with a particular emphasis on hip reconstruction through the direct anterior approach and hip resurfacing.

Upon his return to Germany, his goal is to establish a comprehensive, patient-centered hip program integrating both preservation and replacement strategies. In his free time, Dr. Leopold enjoys staying active and traveling, and during his time in Canada, he has made a point of exploring as much of the country as possible.



Dr. Salah Hammouche

Dr. Salah Hammouche, MD, PhD, MS, FRCS (T&O), FEBOT, SICOT Ortho. Dip, Cert. BMS, is the Adult Reconstruction Fellow at the University of Ottawa. UK-trained and triple board-certified in Trauma and Orthopaedics, he completed residency at the London Postgraduate School of Surgery, a PhD in Biomedical Engineering at the University of Leeds, an MS at Cardiff University, and postdoctoral training in Clinical AI and Machine Learning at Imperial College London. He has collaborated with Johnson & Johnson, Invibio, Bayer R&D, and the MONAI consortium, co-founded an award-winning MedTech AI startup, and authored over 45 publications with 50 presentations.

His work has earned honors including Best Oral Presentation in AI in Orthopaedics at the Royal Society of Medicine and AAOS Resident of the Month. He is committed to clinical excellence, research, teaching, innovation, and equitable healthcare as a future orthopedic clinician-scientist.

Featuring Dr. Kendrick Au, MD, FRCSC







I completed my Orthopaedic Surgery residency in Ottawa from 2015–2020, a formative period in my career that I look back on with great appreciation. The final months of residency also coincided with the onset of the COVID-19 pandemic, adding a uniquely challenging and memorable dimension to my training. I then pursued a two-year fellowship in Hand, Wrist, and Upper Extremity surgery at the Upper Limb Centre in London, Ontario, where I also obtained a Master's degree in Surgery from Western University.

Following fellowship, I returned to my hometown of St. John's, Newfoundland, where I've currently been practicing for the last four years. My work includes a combination of subspecialty upper extremity surgery alongside contributions to lower extremity joint arthroplasty (don't tell Dr. Gammon), helping address ongoing surgical waitlists. I am also actively involved in teaching within our accredited Orthopaedic residency program, drawing on my experiences in Ottawa as I continue to develop as an educator and mentor.

Returning home has been especially meaningful, with the opportunity to work alongside my three siblings, all of whom are physicians. Outside of work, I enjoy time with my wife, two young sons and extended family, where gatherings are lively, busy, and deeply rooted in Newfoundland's strong sense of community. With the approaching COA in Newfoundland, I look forward to sharing some of this famous hospitality with the Ottawa Orthopaedic family. Don't worry, I'll stay where I am, while you come where I'm at! Long may your big jibe draw!