



TWIN CITIES ORTHOPEDICS  
**FOUNDATION**

# 2011 ANNUAL REPORT



**IMPROVING  
ORTHOPEDIC  
HEALTH  
&  
QUALITY OF LIFE  
THROUGH THE  
SUPPORT OF**

- Research • Education
- Community Service
- Advocacy • Training

**DEAR FRIENDS AND SUPPORTERS  
OF TWIN CITIES ORTHOPEDICS FOUNDATION**



2011 represents a milestone in the history of the Twin Cities Orthopedics Foundation because it was our fifth full year of existence and the first year that we were able to employ a full-time director. Teresa Medina, Director, started in June of 2011. We are very fortunate to have her on board, as she is enthusiastic and tireless. In her first nine months the foundations activities have really taken off under her leadership.

As you make your way through the 2011 report you will see that we continued to expand our mission of research and education with more ground-breaking research. We expanded the number of conferences and events and had increased attendance in comparison to prior years. In 2011 we received the largest amount of unrestricted donations ever, with more than half of the physicians of Twin Cities Orthopedics participating and our first larger unrestricted donations from industry.

In 2012 we plan to expand our educational offerings for allied health professionals, physicians and patients, continue research to improve on old and develop new orthopedic treatments and techniques. We also are planning an orthopedic mission to bring state-of-the-art orthopedic care and training to areas in need.

As always, the TCO Foundation sincerely appreciates your ongoing financial support. If you would like to learn more – either as an individual or an organization that may be interested in supporting us financially – I would be happy to personally discuss our goals with you at any time.

Sincerely,

Jeffrey C. Dick, MD  
TCOF President

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## ABOUT THE TWIN CITIES ORTHOPEDICS FOUNDATION

Established in 2007 by members of the Twin Cities Orthopedics practice, the Foundation is developing and investing in key activities to improve the quality of life for those affected by bone, joint and muscle injuries and disorders. The Foundation is creating opportunities to help educate the public about the prevention of these injuries as well as proper care and treatment options when injuries and disorders do occur.

The Foundation also collaborates to help health care professionals remain current on new and emerging treatment methods, and supports research efforts to this same end.

**MISSION** The Twin Cities Orthopedics Foundation is a 501-C3 non-profit organization whose mission is to advance musculoskeletal health through orthopedic research, education, training, advocacy and community service.

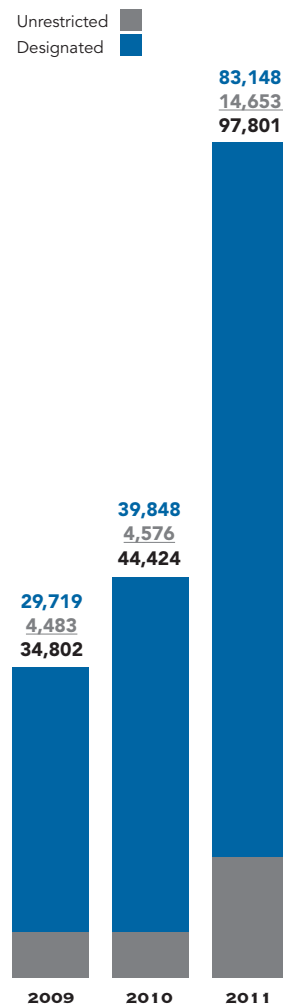
The Twin Cities Orthopedics Foundation is committed to improving patient care and quality of life, promoting outreach programs and services, and participating in development and expansion of orthopedic knowledge through research and continuing education conferences and workshops.

### TWIN CITIES ORTHOPEDICS FOUNDATION STATEMENT OF ACTIVITIES

Year Ended  
December 2011

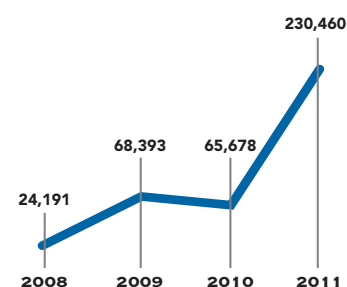
	UNRESTRICTED	DESIGNATED	TOTALS
<b>Revenues</b>			
Interest Income	59	-	59
Education Conference - Sponsorships	-	39,213	39,213
Education and Research	-	211,495	211,495
Joint Jaunt (race) Receipts	23,842	-	23,842
Other Designated Contributions	-	4,993	4,993
Unrestricted Contributions/Donations	48,650	-	48,650
<b>Total Revenues</b>	<b>72,551</b>	<b>255,701</b>	<b>328,252</b>
<b>Expenses</b>			
<b>Program Activities</b>			
Conference Expenses	-	52,013	52,013
Education and Research Expenses	-	156,145	156,145
Joint Jaunt Expenses	18,058	-	18,058
Other Designated Expenditures	-	4,243	4,243
<b>Total Program Activities</b>	<b>18,058</b>	<b>212,401</b>	<b>230,460</b>
<b>Supporting Services</b>			
Advertising and Marketing	611	-	611
Banking Fees	108	-	108
Management Fee	2,550	-	2,550
Miscellaneous Expense	244	-	244
Office Expense	238	-	238
Office Supplies	69	-	69
Outreach Course Expenses	356	-	356
Payroll Expense	34,882	-	34,882
Printing Expense	3,808	-	3,808
Professional Fees - Accounting	1,500	-	1,500
<b>Total Supporting Services</b>	<b>44,416</b>	<b>-</b>	<b>44,416</b>
<b>Total Expenses</b>	<b>62,474</b>	<b>212,401</b>	<b>274,875</b>
<b>Change in Net Assets (2011 Net Income)</b>	<b>10,077</b>	<b>43,300</b>	<b>53,377</b>
<b>Net Assets, Beginning of Year</b>	<b>4,576</b>	<b>39,848</b>	<b>44,424</b>
<b>Net Assets, End of Year 2011</b>	<b>14,653</b>	<b>83,148</b>	<b>97,801</b>

### NET ASSETS – in dollars



### PROGRAM ACTIVITIES

– in dollars





# 2011 Joint Jaunt

## THE SUCCESS OF THE JOINT JAUNT WAS THE TCOF HIGHLIGHT FOR 2011

This year's Joint Jaunt rose to a new and more competitive level with the change of venue to Lake Harriet, and the additions of the 10K race, community partner – Bolder Options, and the corporate challenge.

Designed as an event to promote orthopedic health, the Joint Jaunt celebrates active lifestyles and improved quality of life for those who have benefitted from orthopedic care.

The 2011 race brought together a community of patients and TCOF employees and physicians, along with local and out of state competitive walkers and runners. Together they enjoyed the race and shared a role in supporting the Twin Cities Orthopedics Foundation.

### Community Partner

As a community service, we partnered with Bolder Options, an organization devoted to mentoring programs for youth. Bolder Options provides mentoring for ages 10-14, including physical activities, academic tutoring and more. This support helps kids who are at risk of becoming involved in delinquent behaviors by developing self-esteem and providing a trusting relationship with a supportive adult. TCOF was proud to support Bolder Options by collecting new running shoes and apparel for their athletic program.



### Corporate Challenge

The addition of the Corporate Challenge brought more excitement to the race as Biomet and Stryker went head to head to compete to win the traveling trophy. Congratulations to Team Stryker, Corporate Challenge Champions!

Over 275 participants, including children, enjoyed the festivities.



THE 2012 JOINT JAUNT WILL BE HOSTED  
AT LAKE HARRIET ON AUGUST 18, 2012.

### 2011 JOINT JAUNT WINNERS



**5K** Eric Hendrickson\*  
Minnetonka  
Time 17:56 Pace 5:47  
\*2-time 5K winner



**10K** Ladia Albertson-Junk  
St. Paul  
Time 34:10 Pace 5:31



**Corporate Challenge**, Team Stryker

## EDUCATIONAL ACCOMPLISHMENTS

### 2011 PRIMARY CARE CONFERENCE

The 6th Annual Practical Orthopedics for Primary Care Conference was held at the Minneapolis Convention Center on January 21, 2011.

Over 200 participants attended the day-long conference which focused on the pertinent diagnostic and treatment options for common orthopedic injuries and conditions.

The conference was designed help all primary care providers including family practice physicians, chiropractors, medical fellows and students, orthopedic nurses, nurse practitioners, physical and occupational therapists, physician assistants, medical technicians and athletic trainers.

TCO orthopedic specialists presented on topics for the evaluation and non-surgical treatment of common orthopedic conditions, and featured hands-on breakout sessions designed to educate participants on physical examination techniques and diagnosis for common orthopedic injuries and conditions.

The 7th Annual Practical Orthopedics for Primary Care Conference was held on January 20, 2012 at the Minneapolis Convention Center.



Patrick Ebeling, MD, spoke at the Seminar on Ankle Pain and the Latest Treatment Options.

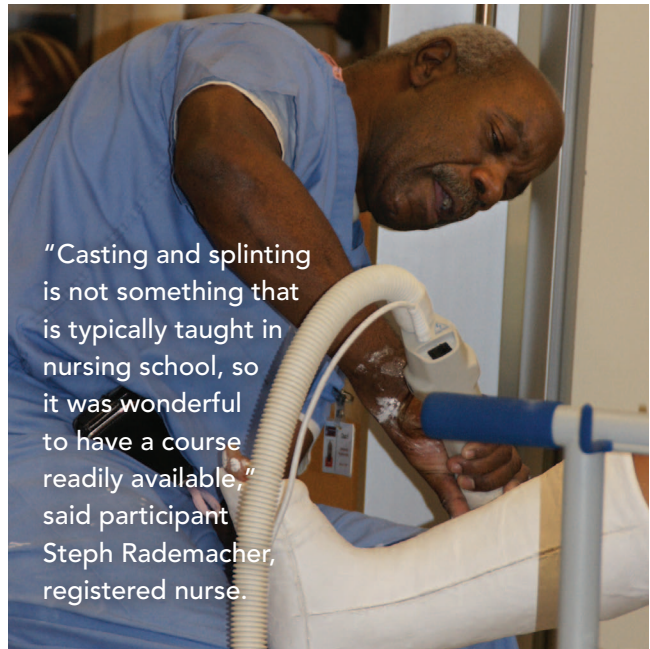
### MEET BECKY STONE

Becky joined us in July 2005. Becky brings her experience as a Certified Athletic Trainer and since 2006 has been the Research and Education Coordinator for TCOF. She manages all the phases of the sponsor and FDA clinical trials and self-initiated investigator studies for the MOSMI physicians. She also assists with submission of manuscripts & regional/national/international presentations. Becky oversees the education aspect of the department while organizing the observation periods for doctors, fellows, residents, and numerous college/high school students throughout the year.



Becky Stone, MS, ATC

Becky enjoys being active, participating in multiple races throughout the year. She volunteers her time, is involved with a leadership development program and mission work at her local church which includes trips to Tanzania, Africa.



"Casting and splinting is not something that is typically taught in nursing school, so it was wonderful to have a course readily available," said participant Steph Rademacher, registered nurse.

Chaz Finnet taught at the Lower Extremity Cast and Splinting Workshop.



# TCOF goals for 2012

- Expand our educational offerings for allied health professionals, physicians and patients.
- Continue research efforts that facilitate new knowledge and practical advances that directly improve orthopedic care.
- Develop an orthopedic medical mission to provide orthopedic care, education and medical support to third world countries – Peru 2013, Philippines 2014.
- Build and expand our community events that support and celebrate active lifestyles; Joint Jaunt (August 2012) and Gran Fondo Bike Tour (Fall 2013).
- Generate corporate support to help build community programs.
- Increase overall charitable giving to help support the causes in which we believe.

## TCOF UPCOMING EVENTS

- **4th Annual JOINT JAUNT** Aug. 18, 2012  
Lake Harriet, Minneapolis
- **Advanced Upper and Lower Extremity  
Cast/Splint Fabrication Workshop**
- **Orthopedic Nursing Seminar**
- **Smoking Cessation Lecture**
- **Concussion Testing**
- **Peru Medical Mission**
- **Gran Fondo Bike Tour/Race**

## THANK YOU 2011 SUPPORTERS

### Joint Jaunt

Abbott Northwestern	Genzyme
Joint Replacement Center	Great Harvest
Amedisys Home Healthcare	Healthsource Chiropractic
Biomet	Stryker
Crosstown Surgery Center	Sanofi-Aventis
Ferring Pharmaceuticals	Wholesale Produce
Gentiva	

### Primary Care Conference

Abbott Northwestern Hospital	McKesson
Bird & Cronin Inc.	Medical Pain Clinics
Center for Diagnostic Imaging	Medtronic
DJO	Minnesota Medical Assoc.
DePuy	Minnesota Prosthetics & Orthotics
Donjoy	NovaCare Rehabilitation
Fairview Home Infusion	Orthopaedic Research & Education Foundation
Fairview Southdale Hospital	Pfizer
Elsevier	PriCara
Euflexxa	Sanofi-Aventis
Gemini Medical Arthrex	Smith & Nephew
Genzyme	Stryker
Globus Medical	Twin Cities Orthopedics
Institute for Athletic Medicine	Zimmer

### Financial Contributors

#### Individuals

David Anderson, MD	Christopher Meyer, MD
John Anderson, MD	Steven Moen, MD
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Christopher Larson, MD	
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#### Companies

Allina
Crosstown Surgery Center
Edina Crosstown Medical, LLC

## TCOF BOARD

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President  
Jeffrey Dick, MD



Treasurer  
David Gesensway, MD



John Anderson, MD



J. Chris Coetzee, MD



Paul Diekmann, MD



Christopher Larson, MD



### DEAR FRIENDS AND SUPPORTERS

During my first nine months as Director of the Twin Cities Orthopedics Foundation (TCOF), I have been acclimating myself to my new position and setting a course of direction in building our TCOF community.

Our main goals for 2011 were to expand our offerings to include more educational opportunities and events, and to increase charitable giving to help support the causes in which we believe. Providing support to these programs is essential to our mission and to our goal of serving our community.

TCOF remains committed to research and education. The orthopedic research that we support and facilitate leads to new knowledge and practical advances that directly improve orthopedic care. Our educational efforts help to foster personal and professional growth and to develop competencies and skills that are necessary for providing the best possible care to orthopedic patients. An example of this is our successful Cast and Splint Fabrication Workshop series. This annual event offers participants the chance to enhance their skills so that they can provide better treatment and patient care.

Our 3rd Annual Joint Jaunt was a great success, raising \$5,500. This past year, we saw increased participation from patients and competitive athletes. The development of the corporate challenge also helped to make this Joint Jaunt a great success. From celebrity speakers and competitive team challenges to soothing chair massages overlooking Lake Harriet, the experiences that attendees and participants enjoyed at the 2011 Joint Jaunt have everyone anticipating the 2012 event.

It takes passion, effort and financial support to develop and maintain the programs that have been created by the TCOF. 2011 proved to be a year of significant growth. Motivation, determination and commitment are needed to move the Foundation forward. With your help, our organization can continue to develop and support these programs, as well as expand our reach into the community.

We hope you value the work that is being done by TCOF and will support our activities as we continue to grow into an important organization that has a significant impact in the Twin Cities community. We thank you in advance for investing in our vision and efforts.

Warm regards,

### TERESA MEDINA

TCOF Director

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