

CHECKING IN WITH OUR TEAM

- **DR. GRAEME HOIT, ORTHOPAEDIC SURGERY RESIDENT AND PhD CANDIDATE, IS CLOSE TO COMPLETING HIS PhD FOCUSING ON THE TREATMENT OF YOUNG ADULT HIP DISORDERS:**

No previous research has investigated which patients will benefit most from non-operative care of femoroacetabular impingement syndrome. The primary aim of Dr. Hoit's prospective cohort study is to determine which patient characteristics are able to predict success of a 6-month home exercise regimen – the HipFit10 program. We completed enrollment in October 2021 and are approaching the end of the study as Dr. Hoit completes his PhD in the coming months!



NEW YEAR, NEW STUDIES!



Hip flexion strength after hip arthroscopy with or without iliopsoas tenotomy

A RETROSPECTIVE COHORT STUDY



- **HipFlexIR** – A retrospective cohort study assessing the difference in hip function in patients who have undergone hip arthroscopy *with* iliopsoas tendon release, versus those who underwent hip arthroscopy *without* iliopsoas tendon release

- **ANKLE OCL** – A prospective open cohort study aiming to evaluate the etiology and management of osteochondral lesions of the ankle is now in the works

- **CARTILAGE INNOVATION AND RESTORATION CENTRE AT THE UNIVERSITY OF TORONTO (CIRCUT)**– This open cohort study, which will examine patient-reported and functional outcomes in those with cartilage defects of the knee, will soon be expanding to other UofT and UTOSM-affiliated sites. Stay tuned!



UNIVERSITY OF
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UTOSM 2022 PUBLICATIONS

1. [Arthroscopy Association of Canada Position Statement on Intra-articular Injections for Hip Osteoarthritis](#) - Chahal, J | Orthopaedic Journal of Sports Medicine | February 2022
2. [The Role of Preoperative Opioid Use in Shoulder Surgery](#) - Leroux, T | Shoulder & Elbow | January 2022
3. [The Surgical Management of Distal Triceps Tendon Ruptures: A Systematic Review](#) – Leroux, T | Journal of Shoulder and Elbow Surgery | January 2022
4. [Burden of Glenohumeral Osteoarthritis in the Young Patient](#) – Leroux, T | January 2022
5. [Osteoarthritis Data Integration Portal \(OsteoDIP\): A Web-Based Gene and Non-Coding RNA Expression Database](#) – Veillette, C | Osteoarthritis and Cartilage Open | March 2022
6. [Single and Double Bundle Posterior Cruciate Ligament Reconstruction Yield Comparable Clinical and Functional Outcomes: A Systematic Review and Meta-Analysis](#) – Whelan, D | Knee Surgery, Sports Traumatology, Arthroscopy | February 2022