

PRESS RELEASE

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Injury Prevention, Arthritis and Osteoporosis are topics for ONS Foundation Fall Seminar Series

GREENWICH, CT - This fall, orthopedic surgeons, neurosurgeons and sports medicine specialists of the ONS Foundation for Clinical Research and Education will present six free lectures on topics including sports concussion, preventing running injuries, osteoporosis prevention and treatment, arthritis and ski injury prevention. The seminars, which are conducted by a combination of experts including physicians and physical therapists, are part of the Foundation's education initiative which sponsors programs for adults and youths throughout the year. The seminars will be held at the offices of ONS (Orthopaedic and Neurosurgery Specialists PC) at 6 Greenwich Office Park on Valley Drive, at the OGRCC at the Eastern Greenwich Civic Center, and at the Noble Conference Center at Greenwich Hospital. The programs are free of charge, however registration is requested. For details, visit www.ons-foundation.org.

In addition to the community education seminars, on Saturday, October 16, the Foundation will host a conference for medical professionals on "the aging athlete" at Greenwich Hospital. Topics to be covered in the half-day conference include arthritis management, new treatment modalities for degenerative disk disease, and the latest advances in joint replacement and interventional physiatry. Those interested in participating may call 203-869-3131 for details.

The ONS Foundation is a non-profit organization devoted to helping reduce injury rates and support active, healthy living through community education programs. The conference and seminars are presented by physicians who are Board certified by the American Board of Orthopaedic Surgery, the American Board of Neurological Surgery or the American Board of Physical Medicine and Rehabilitation. Doctor holds advanced degrees in their specialties.

Fall Seminar Schedule

Tuesday, September 14, 7 p.m. - *Sports Concussion: Know the Facts!*
Concussion management strategies for high school athletes and the IMPACT Test
OGRCC, Eastern Greenwich Civic Center, Old Greenwich

Speakers: Neurosurgeon Scott Simon, MD and Pete Falla, ATC

The ONS Foundation for Clinical Research and Education will present a sports concussion program for teens, their parents, trainers and coaches from 7 to 8:30 p.m. The free seminar will be presented by **Dr. Scott Simon** and Greenwich High School athletic trainer and concussion management coordinator/ImPACT test supervisor **Peter Falla**. The seminar will take place at the Eastern Greenwich Civic Center. Refreshments will be served. The seminar is free. Registration is required. Call (203) 637-3659 or email ogrcc.execasst@yahoo.com to register.

Tuesday, September 21, 6:30 p.m. - Running Right!

ONS office building, 6 Greenwich Office Park, 10 Valley Drive, Greenwich

Speakers: Gloria Cohen, MD, Abigail Ramsey, DPT, and Andy Kimerling of Westchester Road Runner

The **Running Right!** seminar will offer valuable information on running biomechanics, running injuries and injury prevention. Attendees will learn how to recognize and avoid the most common injuries from Board-certified sports medicine specialist and runner **Dr. Gloria Cohen**. ONS physical therapist **Abigail Ramsey, DPT** will discuss conditioning, safe training methods, physical therapy treatments for injuries and returning to running after an injury. Andy Kimerling, running shoe specialist from Westchester Road Runners in White Plains will discuss the latest technology in running shoes. The seminar is free. Registration is required. Email contact@ons-foundation.org, or call 203-869-3131 to register, or for more information for Running Right!

Tuesday, October 5, 6 -7:30 p.m. - Arthritis Treatment for Active People

Greenwich Hospital Noble Conference Center, 5 Perryridge Road, Greenwich

Speaker: Steven Hindman, MD, Orthopedic Surgeon of ONS

More than 70 percent of adults over age 55 have some form of arthritis, a degenerative condition characterized by the gradual wearing away of the joint cartilage. Vast improvements have been made in non-surgical and surgical treatments as more and more people seek solutions for pain relief to maintain an active lifestyle. Board-certified orthopedic surgeon **Steven Hindman, MD** of ONS will discuss arthritis, joint and bone pain with a focus on causes of pain, signs and symptoms of various forms of arthritis and non-surgical and surgical treatment options. The seminar is free. To register, call 203-863-4277 or 888-305-9253. Or [register online](#).

Tuesday, October 12, 7-9 p.m. – Girls Sports Injury Prevention Workshop: A Focus on ACL Injury and Stress Fractures

OGRCC, Eastern Greenwich Civic Center, Old Greenwich

Speakers: Gloria Cohen, MD and Katie Vadasdi, MD

Primary care sports medicine physician **Gloria Cohen, MD** and **Katherine Vadasdi, MD** discuss why girls have certain risks for potentially serious injuries. Open to girls, ages 11 to 19, parents, youth sports coaches and athletic trainers. Presented by OGRCC (Old Greenwich-Riverside Community Center) and the ONS Foundation for Clinical Research and Education at the Eastern Greenwich Civic Center, 90 Harding Road in Old Greenwich. Refreshments served. The seminar is free. Registration is required. Call (203) 637 3659 or email ogrcc.execasst@yahoo.com.

Saturday, Oct 16 - ONSF Annual Professional Medical Education Conference

The Aging Athlete

Greenwich Hospital Noble Conference Center, 5 Perryridge Road, Greenwich

For medical professionals

Cost: Call 203-869-3131 for details.

Speakers: To be announced

The ONS Foundation for Clinical Research and Education will present *The Aging Athlete*, a one-day professional conference from 8 a.m. to 1 p.m. in the Noble Conference Center at Greenwich Hospital. The conference, which is aimed at professionals in the medical arena: physicians, nurses, physician assistants, physical and occupational therapists, athletic trainers and coaches, will feature presentations on the most recent information regarding diagnosis and treatments for musculoskeletal conditions and injuries in active adults over 40 years of age. Topics to be covered include management of arthritis, new treatment modalities for degenerative disk disease and spinal stenosis, the latest advances in joint replacement and innovations in interventional physiatry. Registration is required for attendance and may be completed online at www.ONS-Foundation.org, or by calling 203-869-3131.

Tuesday, November 2, 6:30 p.m. - Osteoporosis: Prevention, Treatment and Management

ONS office building, 6 Greenwich Office Park, 10 Valley Drive, Greenwich

Speakers: Steven Hindman, MD, Judith Goldberg Berman, MD, Betsy Kreuter, PT, CLT

Learn about bone anatomy, fracture prevention exercises to promote bone health, updates on treatments, measures to promote strong bones, and personal risk factors. The seminar is free. Registration requested. Email contact@ons-foundation.org, or call 203-869-3131 to register, or for more information.

Tuesday, December 7, 6:30 p.m. - Ski Injury Prevention

ONS office building, 6 Greenwich Office Park, 10 Valley Drive, Greenwich

Speakers: Steven Hindman, MD, Tim Greene, MD and Chalon Lefebvre, PT

A seminar on ski and snowboard injury prevention by orthopedic and sports medicine physicians. Orthopedic surgeons **Steven Hindman, MD** and **Tim Greene, MD** will discuss causes of common skiing injuries and how they can be avoided. The free seminar includes tips on safe skiing, and information on the latest treatments for common injuries such as a ruptured ACL. Also, a demonstration on ski conditioning and strengthening exercises by physical therapist **Chalon Lefebvre, PT, LMT, CSCS** of ONS Physical Therapy. Seminar sponsored by the ONS Foundation for Clinical Research and Education. The seminar is free. Registration requested. Email contact@ons-foundation.org, or call 203-869-3131 to register, or for more information.

ONS Foundation for Clinical Research and Education, Inc. is a registered not-for-profit, 501(c)3 organization devoted to understanding the causes and optimal treatments of orthopaedic injuries and musculoskeletal conditions. The ONS Foundation, in alliance with Greenwich Hospital, strives to improve standards of excellence for the treatment of musculoskeletal disorders through clinical research, physician and patient education, and community outreach programs. The Foundation is located at 6 Greenwich Office Park, 10 Valley Drive, Greenwich, CT.