

## Press Release

### FOR IMMEDIATE RELEASE

Contact: Sally Frank, Public Relations  
Phone: (203) 869-1145, x421  
Email: [sfrank@onsmd.com](mailto:sfrank@onsmd.com)

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### Looking forward to golf this spring? The ONS Foundation Golf Injury Prevention Seminar offers Tips on Injury Prevention

GREENWICH, CT – Golf courses throughout the area are getting their courses ready for the thousands of golfers who will be returning to the fairways and greens in the coming weeks. While the links get groomed and readied, golfers should be preparing themselves before going out for their first 18 holes. The ONS Foundation for Clinical Research and Education is offering a golf injury prevention seminar to help players of all levels avoid common injuries so they can enjoy their sport to the fullest. On **Tuesday, April 5** from 6:30 p.m. to 8 p.m., the ONS Foundation for Clinical Research and Education will present a **Free Golf Injury Prevention Seminar** at ONS at 6 Greenwich Office Park on 10 Valley Drive. Refreshments will be served. Registration is required. Call 203-869-3131 or email, [contact@ons-foundation.org](mailto:contact@ons-foundation.org) to register.

The program will offer practical tips on how to stay in the game- and out of the doctor's office and will feature presentations by orthopedic surgeon James Cunningham, MD; physiatrist Halina Snowball, MD; Physical Therapist Laura Liebesman; as well as Head PGA Professional Mike Summa of The Stanwich Club. The speakers will discuss the most common injuries to the back, shoulders, elbows and knees, offer tips for staying injury free, information on the best techniques to treat common injuries and suggest goals for pre-golf physical conditioning to optimize strength and flexibility. Mr. Summa will focus on the importance of proper equipment and good technique.

In addition to his practice as an orthopedic surgeon who specializes in the knee and shoulder, James Cunningham, MD is an avid golfer. Dr. Halina Snowball, also a golfer, specializes in pain management and uses acupuncture to treat a number of conditions especially relating to the spine. Laura Liebesman, PT is Director of ONS Physical Therapy.

For more information on the golf injury prevention seminar, visit [www.ons-foundation.org](http://www.ons-foundation.org). To register call 203-869-3131 or email, [contact@ons-foundation.org](mailto:contact@ons-foundation.org).

## COMING UP

**Tuesday, May 10, 6:30 p.m. to 8 p.m. - PREVENTING INJURIES FOR TENNIS PLAYERS:** Presented by orthopedic surgeon and sports medicine specialist Paul Sethi, MD and tennis professional Patrick Hirscht, the program will present the latest information on the most common injuries to tennis players including Achilles tendon injuries, shoulder and wrist injuries and rolled and sprained ankles. An ONS physical therapist **Tatyana Kalyuzhny, DPT** will talk about the most effective warm-up and conditioning techniques for tennis. Adult and youth players are invited to attend the program. Admission is free, however registration is requested. The program takes place at ONS at 6 Greenwich Office Park, 10 Valley Drive in Greenwich. To register call 203-869-3131. For more information visit [www.ONS-foundation.org](http://www.ONS-foundation.org).

**Tuesday, May 31, 6:30 p.m. to 8 p.m. – INJURY PREVENTION FOR TRIATHLETES AND CYCLISTS: SAFETY STRATEGIES FOR TRAINING AND COMPETITION:** Come learn about the common causes of injuries in cyclists and triathletes, the biomechanical issues of combined training, proper stretching and strengthening techniques, training methods for returning to racing post injury, and treatments for injuries. Presented by orthopedic surgeon and sports medicine specialist Dr. Katie Vadasdi, primary-care sports medicine specialist Dr. Gloria Cohen, and ONS physical therapist Abigail Ramsey, the seminar is timed to help athletes prepare for the summer and fall race season. The program takes place at ONS at 6 Greenwich Office Park, 10 Valley Drive in Greenwich. Admission is free, however registration is requested. To register call 203-869-3131. For more information visit [www.ONS-foundation.org](http://www.ONS-foundation.org).

**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 orthopedic 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 sponsors injury prevention and other seminars throughout the year. The office is located at 6 Greenwich Office Park, 10 Valley Drive, Greenwich, CT. For further information about the ONS Foundation, visit [www.ons-foundation.org](http://www.ons-foundation.org) or call (203) 869-3131.

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