

# PRESS RELEASE



## FOR IMMEDIATE RELEASE

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## Running Injury Prevention Seminar will feature expertise and personal experience of Medical Experts

GREENWICH, CT – As part of its fall 2011 free seminar series, the ONS Foundation for Clinical Research and Education will present a seminar on injury prevention for runners of all levels. **Running Right!** will be conducted by sports medicine physician Dr. Gloria Cohen and physical therapist Abigail Ramsey, who are both competitive runners, on **Tuesday, September 27** at the office of Orthopaedic and Neurosurgery Specialists (ONS), located at 6 Greenwich Office Park off Valley Drive. Check in is at 6:30. The program begins at 7 p.m. **The seminar is FREE.** Space is limited, so advance registration is required. Call 203-869-3131 to register.

“Running is a rewarding sport that has seen enormous growth in popularity in recent years,” says Gloria Cohen, MD. “Such enthusiasm can also lead to injuries. All too often, people make the decision to start running and do too much too soon. Even seasoned runners, who have taken a season off, may not always manage their return to running the right way. If the body is not properly prepared, it is vulnerable to injuries such as sprains, pulled muscles and even stress fractures. This seminar will be helpful for new and experienced runners who want strategies to help them get the most out of running.”

*Running Right!* will cover a broad range of related topics including the biomechanics of a runner and injury prevention for runners. Gloria Cohen, MD and Abigail Ramsey, DPT will talk about how to recognize and avoid the most common injuries in runners, stretching and strengthening conditioning techniques, safe training methods, physical therapy injury treatments and returning to running after injury. Chris Goslin, running specialist from Greenwich Running Co. on Greenwich Avenue will talk about the latest technology in running shoes and how to find the right shoe for your foot and level of running.

The Foundation education initiative organizes injury prevention programs for adults and youths throughout the year. All programs are FREE, however registration is requested. For further details, or to register go to [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.