

## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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## ONS Foundation Spring Sports Injury Prevention Programs offer training advice for golf, tennis & baseball players, and triathletes

GREENWICH, CT – Whether you're a recreational golfer, hard-core triathlete or somewhere in between, when you get back into sports this spring, you'll be at risk for a sports-related injury. The ONS Foundation for Clinical Research and Education wants to give people who enjoy sports activities, a range of tools and techniques to keep them enjoying their sport and out of the doctor's office. Beginning March 8, a series of four, free injury-prevention programs will be offered by fellowship-trained orthopedic surgeons, sports medicine physicians and physical therapists affiliated with the ONS Foundation. Topics covered include injury prevention for youth baseball players, adult tennis players and golfers, triathletes and runners. Most will take place at the offices of ONS, Orthopaedic and Neurosurgery Specialists at 10 Valley Drive in Greenwich.

The ONS Foundation is a non-profit organization devoted to helping reduce sports injury and supporting healthy living through educational programs and clinical research. Educational programs are offered to the community on a variety of topics throughout the year. All events are free of charge. For more information, visit [www.ons-foundation.org](http://www.ons-foundation.org).

### SPRING PROGRAM SCHEDULE

**Tuesday, March 29, at 7 p.m. - PREVENTING THROWING INJURIES**, Sports medicine specialist Tim Greene, MD will discuss arm injuries most often associated with "throwing sports," and what can be done to help keep young athletes safely in the game. Clinical Specialist in PT and the Foundation Coordinator Alicia Hirscht, DPT will talk about safe conditioning and strengthening techniques for kids. Sam Colon, Director of Operations at Pro Swing in Port Chester will discuss the importance of proper training techniques and Mike Porzio, 15-year professional pitcher will talk about his experience playing professional baseball. The program is presented with the **OGRCC** and will take place at **Eastern Middle School**, 51 Hendrie Avenue in Riverside, CT. Admission is free but reservations are required.

To register for **Preventing Throwing Injuries** visit [www.myogrcc.org](http://www.myogrcc.org) or call 637-3659 or 869-3131, or email: OGRCC.EXECASST@YAHOO.COM.

**Tuesday, April 5, 6:30 p.m. to 8 p.m. - GOLF INJURY PREVENTION** – Orthopedic surgeon James Cunningham, MD and physiatrist Halina Snowball, MD will present an **injury prevention program for golfers** of all levels. The doctors will discuss the common golf injuries and training strategies that will help players enjoy their sport to the fullest. Stanwich Club golf professional Mike Summa will talk about golf equipment and Laura Liebesman, PT, Director of ONS Physical Therapy, will talk about conditioning and strengthening to prepare for golf. The program takes place at ONS at 6 Greenwich Office Park, 10 Valley Drive in Greenwich. Refreshments will be served. Registration is required. Call 203-869-3131 or email, [info@ons-foundation.org](mailto:info@ons-foundation.org) to register. For more information, visit [www.ons-foundation.org](http://www.ons-foundation.org).

**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.