

PRESS RELEASE

Contact: Arlene Viscomi
Public Relations
Phone: (914) 841-4263
Email: aaviscomi@gmail.com
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Play Strong Play Safe: “Know the Facts about Weight Lifting, Nutrition and Vaping”

GREENWICH, CT – Youth football is a fun-filled learning experience offering many positive aspects – good sportsmanship, honesty, loyalty and citizenship – in addition to the fundamentals of playing the game. In order to fully enjoy and gain the most from the football experience, it is important to be knowledgeable about the best practices related to safe conditioning.

On Tuesday evening, August 14, at 6:00 P.M., **ONSF** will conduct a seminar at New Canaan High School for the New Canaan Rams Football Team. Approximately 140 football players along with parents are expected to attend. The topic of the discussion will be: "Play Strong Play Safe - Know the Facts about Weight Lifting, Nutrition and Vaping."

Presenter:

Paul Sethi, MD: *Orthopedic Surgeon; Sports Medicine Specialist and Team Physician for Greenwich High and Iona Prep*

Paul Sethi, MD is a board-certified orthopedic surgeon who specializes in sports medicine conditions of the elbow, knee and shoulder. He is a leading research physician who speaks at academic and instructional medical conferences in the US and abroad. His research on surgical advances for the shoulder, elbow and knee is regularly published in leading medical journals including the Journal for Shoulder and Elbow Surgery, Arthroscopy, and the Journal of American Academy for Orthopaedic Surgery. He is a member of the prestigious American Shoulder and Elbow Society; American Academy of Orthopedic Surgeons and is the President of ONSF (ONS Foundation for Clinical Research & Education)

Dr. Sethi completed a sports medicine fellowship at the Kerlan Jobe Orthopaedic Institute in Los Angeles, CA. His research on athletic performance while a resident surgeon at Yale, his studies of professional basketball players, and his experience as a college varsity athlete have provided Dr. Sethi with first-hand experience and an informed perspective for understanding sports-related injuries and conditions.

Dr. Sethi served as orthopedic consultant to the Los Angeles Dodgers baseball team and former assistant team physician of the Los Angeles Lakers basketball team, Los Angeles Kings hockey team, the Los Angeles Dodgers and University of Southern California football team.

ONSF's on-going Community Outreach effort is dedicated to reaching a broad local and regional audience regardless of socioeconomic status. Our goal is to disseminate vital information about injury prevention, fitness and innovative treatment options for musculoskeletal conditions and injuries.

ONSF is a registered not-for-profit, 501(c) 3 organization devoted to researching the causes and optimal treatments of orthopedic injuries and musculoskeletal conditions. **ONSF**, 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, Greenwich, CT. For further information about **ONSF** call (203) 869-3131 or visit our website at www.ONSF.org