

PRESS RELEASE

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ONSF to Present Baseball Conditioning Clinic for the Greenwich Junior Babe Ruth League – April 5th

GREENWICH, CT – April 5, 2016 - **ONSF** (ONS Foundation for Clinical Research & Education, Inc.) will present a baseball conditioning clinic for the Greenwich Junior Babe Ruth League entitled: **Play Ball! Play Safe! Specialization with Success in Baseball – A Conditioning Clinic**. The event will take place Tuesday, April 5th at 6:30PM at the Eastern Greenwich Civic Center in Old Greenwich, CT.

Paul Sethi, MD, Orthopedic Surgeon and Sports Medicine Specialist will address pitching and present a review of the latest research on what works best to treat common arm injuries. **Gary Scott**, former Chicago Cubs 3rd Baseman will talk about his experience and thoughts of being a pro and will share his hitting expertise.

Baseball players, coaches and parents will participate in interactive work stations manned by Alicia Hirscht, DPT, Tatyana Kalyuzhny, PT, Nick Mucovic, PT and Chris Kish, PTA where safe conditioning and strengthening exercises will be demonstrated.

All attendees will receive a resistance band. The **ONSF** Baseball Training Program can be found on the **ONSF** website www.onsf.org

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

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