

Press Release

FOR IMMEDIATE RELEASE

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

Golf Injury Prevention Seminar offers Tips on how to stay in the game and out of the doctor's office

GREENWICH, CT – *April 28, 2010*- Last evening the **ONS Foundation for Clinical Research and Education** presented a golf injury prevention seminar to an audience of over 50 enthusiastic golfers at the ONS building at 6 Greenwich Office Park. The three speakers, Tom Henderson, PGA Professional from Round Hill Club, Dr. Halina Snowball and Dr. James Cunningham gave lively and engaging talks that covered a broad range on issues related to playing golf and staying injury free.

Mr. Henderson offered good advice about the importance of proper equipment and explained how poorly fitting clubs can contribute to the development of compensating movements, which can lead to joint and muscle injury.

Dr. Snowball, a physiatrist and medical acupuncturist, spoke about the spine and she emphasized that maintaining flexibility and core body strength is key to preventing injuries to the limbs as well as the back.

Orthopedic surgeon and sports medicine specialist Dr. Cunningham discussed some of the more common orthopedically-related problems that tend to occur in golfers including ligament injuries like “golfers elbow.” For more information on other injury prevention seminars sponsored by the ONS Foundation, visit www.ons-foundation.org.

Coming Up

The Female Athlete: Preventing Sports Injuries in Women Seminar

Thursday, May 20, from 1-2 p.m. at the Rye Library, primary-care sports medicine physician **Gloria Cohen, M.D.** and orthopedic surgeon **Katherine Vadasdi, MD** of the ONS Foundation, will present a Free talk about the unique risks active women have for potentially serious injuries and what can be done to avoid them. “The Female Athlete” will take place at the Rye Library, 1061 Boston Post Rd, Rye, NY. Dr.

Cohen and Dr. Vadasdi will talk about why some injuries are unique to women and how biomechanics and the nutritional needs of women play a role. The doctors will discuss danger signs and symptoms of overuse injuries and will explain the risk factors associated with different sports. Please call (203) 863-4277 or (888) 305-9253, or register on-line at www.greenhosp.org. Registration is required. Admission is free and refreshments will be served.

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 or call (203) 869-3131.

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