

## PRESS RELEASE

### *FOR IMMEDIATE RELEASE*

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### **Preventing Throwing Injuries Seminar at OGRCC March 9th**

ONS Sports Medicine Specialist Paul Sethi, M.D. & Bobby Valentine Sports Academy pitching coaches to talk injury prevention

OLD GREENWICH, CT – On **Tuesday, March 9, at 7:00 p.m.**, the OGRCC, Old Greenwich Riverside Community Center, will host ***Preventing Throwing Injuries***, a free seminar for parents and their children who play baseball. Sports medicine and shoulder specialist Dr. Paul Sethi of ONS (Orthopaedic & Neurosurgery Specialists) in Greenwich will discuss arm injuries often associated with “throwing sports” and what can be done to help keep young athletes on the playing field and out of the operating room. Professional pitching coaches Mitch Hoffman and Frank Rampen of Bobby Valentine Sports Academy will also be on hand to talk about training and conditioning techniques. ***Preventing Throwing Injuries*** will take place at Greenwich Civic Center, 90 Harding Road, Old Greenwich. Call or email to register- **203-637-3659** or [ogrc.execasst@yahoo.com](mailto:ogrc.execasst@yahoo.com) Admission is FREE, but reservations are required.

Dr. Paul Sethi is a Board-certified, fellowship-trained orthopedic surgeon and sports medicine specialist with ONS and Greenwich Hospital. During his fellowship training at the renowned Kerlan Jobe Orthopedic Institute in Los Angeles, he served as assistant team physician for several California professional sports teams including the Los Angeles Dodgers, Lakers and Kings and the University of Southern California football team. He is currently team physician for Greenwich, Brunswick and Iona Prep high school boys' sports. Dr. Sethi applies the same standards to assess the condition of high school athletes as he does for professional players.

Mitch Hoffman is CEO of Bobby Valentine Sports Academy. He is certified by the NPA, National Pitching Association, as a pitching instructor and teacher and is a member of The Fairfield County Sports Commission.

Frank Rampen is co-founder of Bobby Valentine Sports Academy. He is a former member of the Minnesota Twins and served as bench coach for the 2005 Japanese and Asian Champions, The Chiba Lotte Marines.

The **Old Greenwich-Riverside Community Center** is an organization whose goal is to promote a sense of community by providing recreational, athletic, educational and social programs for its members. Programs including *Little Stars*, *Little League*, *Kitchen Tours* and *Model Sailboat Races* serve a broad spectrum of ages, interests, skills and abilities. OGRCC strives to enrich the community through shared experiences on the ball fields, in program classrooms, and beyond.

“Preventing Throwing Injuries” is a program of the **ONS Foundation for Clinical Research and Education**. The ONS Foundation aims to improve standards of excellence for the treatment of musculoskeletal disorders through clinical research, physician and patient education, and community outreach programs. Injury prevention seminars available to community groups, include prevention of skiing and snowboarding injuries, ACL injury prevention, and rotator cuff and golf injury prevention. For more information about the ONS Foundation for Clinical Research and Education, visit [www.ons-foundation.org](http://www.ons-foundation.org) or call Ifeoma Inneh at (203) 869 3131.