

# PRESS RELEASE



## FOR IMMEDIATE RELEASE

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### **Walk, Run, Dance, Ski- but Stay Injury Free! Fall Schedule of Talks on Health Topics by Physicians**

GREENWICH, CT - This fall, orthopedic surgeons, neurosurgeons and sports medicine specialists of the ONS Foundation for Clinical Research and Education will present a series of FREE community health seminars and workshops geared to dancers, runners and skiers and seniors. Injury prevention is the common theme of the talks, which are organized by the Foundation's education initiative that sponsors programs for adults and youths throughout the year.

"Our ongoing series of injury prevention programs is designed to heighten awareness in adults and youths that many injuries can be prevented," said Dr. Paul Sethi, ONS Foundation President. "The objectives of our programs are to create a better understanding of the body's biomechanics and to emphasize that appropriate conditioning and strengthening routines will keep people out of the doctor's office and enjoying their sport to the fullest."

The seminars will be held at different locations in the community including ONS (Orthopaedic and Neurosurgery Specialists PC) on Valley Drive, and the Noble Conference Center at Greenwich Hospital. All programs are FREE, however registration is requested. For further details, or to register go to [www.ons-foundation.org](http://www.ons-foundation.org).

### **2011 Fall Programs**

#### **September 20, 6:30 p.m. - *Parenting a Healthy Dancer***

A workshop for parents at The Ballet School of Stamford will feature non-operative Sports Medicine Physician Dr. Gloria Cohen, Dance Physical Therapist Samara DiMattia\_MSPT and Psychotherapist Becca

Gaines, MS PC in an open forum for parents on how to keep young dancers healthy in mind and body. The FREE workshop, which is presented at The Ballet School of Stamford at 175 Atlantic Street in Stamford, is presented in partnership with the ONS Foundation for Clinical Research and Education. The FREE workshop is open to the public. Registration is requested. For information or to register, send an email to [info@Balletschoolofstamford.org](mailto:info@Balletschoolofstamford.org), or call 203-358-8853.

**September 27**, 6:30 p.m. registration, 7 p.m. program. **Running Right!- Injury Prevention for Runners**

An information-packed seminar on all things running-related including the biomechanics of a runner, injuries in runners and injury prevention. Learn how to recognize and avoid the most common injuries associated with running from non-operative sports medicine physician and runner Dr. Gloria Cohen. Physical therapist Abigail Ramsey will discuss stretching and strengthening conditioning for runners, safe training methods, physical therapy injury treatments and returning to running after an injury. Presenters will also include running shoe specialist Chris Goslin from Greenwich Running Co. The free seminar will take place at ONS, building #6 in Greenwich Office Park, 10 Valley Drive. Registration is required. Call 203-869-3131 for more information or to register for Running Right!

**November 1**, 6 p.m. – **Brain and Spine Injury Prevention for Seniors**

For people over age 65, a fall poses a high risk for traumatic brain or spinal cord injury. In fact, falls are the leading cause of brain injury in the elderly, often leading to hospitalization, loss of independence and life-threatening conditions. Neurosurgeon Dr. Scott Simon will talk about how to avoid accidents like tripping or slipping that can lead to a life-changing injury. He will discuss the most common causes of injuries in and out of the home, highlight what should be done to reduce the risk for injuries, and explain when a simple fall should be taken more seriously. The talk will take place in the Noble Conference Room at Greenwich Hospital. Admission is FREE. To register, call 203-863-4277 or 888-305-9253.

**December 6**, 6:30 p.m. registration, 7 p.m. program - **Ski Injury Prevention Seminar**

Orthopedic and sports medicine physicians Dr. Steven Hindman and Dr. Tim Greene, and physical therapist Chalon Lefebvre, PT will present a FREE seminar on ski and snowboard injury prevention. Learn about the causes of common skiing injuries and how they can be avoided. The seminar includes safe skiing tips, and information on the latest treatments for injuries such as a ruptured ACL. Chalon Lefebvre, will explain and demonstrate ski conditioning and strengthening exercises. The seminar will take place at ONS at 10 Valley Drive, building #6 in Greenwich. FREE admission, however registration is requested. Please call 203-869-3131 to register.

**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.

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