

What supporters have to say about the Orthopaedic Foundation for Active Lifestyles and Kevin D. Plancher, MD:

Mary Stichter - Patient

Having torn my ACL skiing, Dr. Plancher suggested a less common procedure developed in the OFALS BioSkills Laboratory. He performed an Arthroscopic Healing Response. Much less invasive than a replacement ACL surgery, I was back on the tennis court in six months. My knee feels great, and I do all my sports brace-free!

Stacy Stefanowicz - Patient

I decided to participate in the clinical trial initiated by the Orthopaedic Foundation for Active Lifestyles as my last resort, and hoped it would decrease the pain in my knee. The study drug made a significant difference, reduced my pain, and allowed me once again to get back to the activities I had to stop doing prior to being a participant in the study.

Isobel Fletcher - Patient

Since Dr. Plancher performed unicondylar knee replacements on both knees two years ago, my life has been miraculously time warped back to the days of pain-free physical activity. The physical therapy after the surgery is intense and should be taken seriously to rebuild muscles degraded by years of painful deformation. But once this rehabilitation has taken place the relief is life altering. I cannot say too emphatically, thank you Dr. Plancher and the work of the OFALS – you have performed a miracle!

Eric L. Thunem - Weekend Warrior

I'm an active recreational athlete again, thanks to Dr. Plancher's superb medical care and the work of the Orthopaedic Foundation for Active Lifestyles.

Donna deVarona - Olympic Swimming Champion

All of my life I have been devoted to promoting active lifestyles and therefore being on the Board of OFALS is a perfect fit. Staying in the game is a major goal of the Foundation and I embrace it wholeheartedly.

Gifts

The Orthopaedic Foundation for Active Lifestyles is a 501(c)(3) tax-exempt organization under the Internal Revenue Service tax code. All donations are tax deductible.

Many companies match their employees' gifts to foundations. Please check with your employer's human resources department. Doing so can double or triple your gift to OFALS.

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**Stay in the Game...
for Life!**
www.ofals.org

The Orthopaedic Foundation

for Active Lifestyles was created as a not-for-profit 501(c)(3) organization whose primary mission is to develop and encourage research and education concerning minimally invasive orthopaedic surgery and advancements in musculoskeletal diseases. Our aim is to discover new modalities for the treatment of orthopaedic injuries and musculoskeletal disease, to promote injury prevention, and to explore minimally invasive treatments that guarantee shorter recovery time and faster return to daily activities. The Foundation is also committed to initiatives that educate individuals of all ages who are passionate about a healthy and active lifestyle, helping them to Stay in the Game... for Life.



The top five reasons to support the Orthopaedic Foundation for Active Lifestyles:

1. Medical Research:

- Educational technology including advanced techniques in minimally invasive orthopaedic surgery
- Advances in treatments of musculoskeletal diseases such as arthritis

2. BioSkills Laboratory: We house one of the largest state-of-the-art physician training laboratories on the East Coast.

3. Community Outreach:

- Presentations to augment and enhance science assignments for middle and high school students
- Sports medicine and athletic training programs
- Self management health education programs for arthritis sufferers to increase their knowledge, skills and confidence to manage the disease, designed to complement the services of healthcare providers
- "How to Prevent Sports Injuries" seminars
- Rehabilitation programs for "weekend warriors"
- Anatomy and physiology lectures and labs offered to area medical and nursing schools to give their students off-campus continuing education credit opportunities

4. Clinical Research Trials:

Patients and the general public have access to the latest cutting-edge healthcare trends, medical procedures and methods for staying "In the Game" while being pain free.

5. Fellowship Training Program:

Two fellows a year work under the guidance of Dr. Plancher learning to replicate his methods and techniques. They also research and refine new procedures, and the Foundation disseminates this research around the world.

BioSkills Laboratory

The Orthopaedic Foundation for Active Lifestyles is proud to house a state-of-the-art BioSkills Laboratory. The laboratory contains six dry/wet stations and one pro-session area that accommodate 6-24 physicians in training on site. Each station is supplied with suction, irrigation and electrical power. The BioSkills Laboratory is electronically capable of offering educational seminars and anatomy workshops to physicians, researchers and fellows. Off-site participants are able to view, discuss and interact during these technical presentations through T1 line live feed capabilities.



For more information on the BioSkills Laboratory or to rent the laboratory and Foundation facilities, please contact Executive Director, Janine Bahar at 203-869-2002 ext 403 or jbahar@ofals.org