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Contact: Fred Yaeger
(914) 525-9198

**ORTHOPAEDIC FOUNDATION FOR ACTIVE LIFESTYLES SELECTS
SPORTS AND MEDICINE ASSOCIATES FOR 2008/2009**

The Cos Cob based, not for profit Orthopaedic Foundation for Active Lifestyles (OFALS) has announced that Sheryl L. Lipnick, DO, (Doctor of Osteopathy) and David Dickerson M.D. have been selected for its Sports and Medicine Associates Program for 2008/2009. The OFALS Associates Program is a Medical/ Research Program designed to offer an extensive clinical and research experience in ligament reconstruction of the knee, shoulder and elbow. It is an active and exciting clinical experience, achieved through a wide spectrum of operative cases.

Each Associate completes one clinical or basic science research project that can be presented at a national meeting and/or published. Many research opportunities are available and participation is ongoing. Dr. Lipnick and Dr. Dickerson have completed an approved orthopaedic residency program and are licensed in New York and Connecticut.

Dr. Lipnick received her BS in Bioengineering from the University of California, San Diego. She received her DO from Western University of Health Sciences in Pomona California and has recently completed her residency at the Cleveland Clinic and at Midwestern University in Downers Grove, IL.

Dr. Dickerson obtained his BS in Biology, graduating Summa Cum Laude from the University of Louisiana at Lafayette. He received his MD from Louisiana State University School of Medicine in Shreveport and has recently completed his Residency at Monmouth Medical Center in Long Branch, NJ.

OFALS effectively promotes, supports, develops and encourages research and education concerning minimally invasive orthopaedic surgery and advancements in musculoskeletal diseases.

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"The Foundation is committed to initiatives that educate individuals of all ages who are passionate about a healthy and active lifestyle and engage in self directed practices to maintain that lifestyle," says Kevin Plancher M.D., Chairman of OFALS and Head of Plancher Orthopaedics and Sports Medicine. "The aim of the Foundation 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. We are very pleased to have Dr. Sheryl L. Lipnick and Dr. David Dickerson participate in this years' Associates Program."

"There is no greater satisfaction than improving an individual's quality of life, said Sheryl L. Lipnick DO. "This means helping a high school student recover from a bad ankle sprain or repairing a recreational athlete's meniscal tear. My undergraduate engineering experiences have helped me to focus on the quantitative aspects of clinical issues while my strong family influences and life experiences help me focus on the emotional and humanistic aspects. It is this combination that draws me to the treatment of musculoskeletal disease and specifically, the surgical care of these often debilitating processes. I am very pleased to have been selected in the prestigious OFALS Associates Program."

"My early experience working in a hospital, maintaining high academic standards and participating in Division I college football have taught me the values of hard work, organization, leadership and dependability," states David Dickerson M.D. "These skills have helped me excel throughout medical school and into residency. I believe these attributes combined with my surgical abilities and enthusiasm in the field of sports medicine helped me be a viable candidate for the OFALS Associates position."

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About the Orthopaedic Foundation for Active Lifestyles (OFALS)

The Orthopaedic Foundation for Active Lifestyles (OFALS), based in Cos Cob, CT, is a not-for-profit (501) C (3) organization whose primary function is to promote, support, develop and encourage research and education concerning minimally invasive orthopaedic surgery and advancements in musculoskeletal diseases. OFALS is committed to discovering new treatment of orthopaedic injuries and musculoskeletal disease, to promote injury prevention, and to explore minimally invasive treatments. More information is available at www.ofals.org.

**31 River Road
Cos Cob, CT 06807**

**Phone 203-869-2002
Fax 203-869-4040**