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Contact: Fred Yaeger
(914) 525-9198

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**ORTHOPAEDIC SURGEONS POSTPONE MEDICAL PRACTICE
FOR YEAR OF CUTTING EDGE TRAINING**

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**Sports Medicine Fellowship By Orthopaedic Foundation for Active Lifestyles
Provides Advanced Medical Techniques and Business Acumen
The Cost—One Year of Medical Practice**

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Like many newly certified orthopaedic surgeons, Peter Blank M.D. graduated from the New York College of Osteopathic Medicine, Board-eligible and eager to start his own practice in Basking Ridge, New Jersey. Instead, he postponed what promised to be a lucrative first year of sports medicine surgery and patient consults in favor of focusing on his craft. When the Greenwich, Connecticut based Orthopaedic Foundation for Active Lifestyles (OFALS) offered a one year Fellowship under renowned surgeon Kevin Plancher M.D., he accepted.

"I was looking to gain more advanced training in sports medicine surgical techniques and diagnoses," explained Dr. Blank. "The OFALS Fellowship provided advanced surgical opportunities, as well as patient management, research, and general orthopaedic duties. I decided that launching my own medical practice could wait a year."

According to Shariff K. Bishai M.D., who completed the OFALS Fellowship this past summer, the prospect of becoming more proficient in an orthopaedic sub-specialty proved the draw. Today, part of a medical practice in St. Clair Shores, Michigan, Dr. Bishai credits the year of advanced training for making him excel in sports medicine while grounding the knowledge in a thorough understanding of the business side of medicine.

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“Large institutions offer Fellowships where you learn procedures and research,” Dr. Bishai said. “The OFALS Fellowship offered something additional—the knowledge of how to manage an office and employees, conduct billing, and administer an efficient and successful medical practice. From a marketability standpoint, the Fellowship differentiates me from other surgeons in a large city like Detroit.”

The Orthopaedic Foundation for Active Lifestyles is a not-for-profit organization. It offers newly-graduated orthopaedic surgeons the opportunity to gain greater proficiency and understanding of orthopaedics and sports medicine through its’ one year Fellowship Program. Kevin Plancher M.D., a nationally renowned, board-certified orthopaedic surgeon and sports medicine specialist, serves as Chairman of The Foundation’s Board of Directors.

OFALS Fellows train at New York Beth Israel Hospital on the Upper East Side in Manhattan, Stamford Hospital in Stamford, Connecticut, Northern Westchester Hospital in Mt. Kisco, Westchester County, New York, and at OFALS’s own state-of-the-art BioSkills Laboratory. Typically, Fellows participate in clinic days, including patient diagnostic and treatment applications; operating days where they hone surgical procedures; and lab days to practice the latest techniques.

“The experience was very positive for me,” said Dr. Blank. “I credit the Fellowship for allowing me to start my own practice, for teaching and helping me further develop the skills that I now use in the successful medical treatment of my patients.

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