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**CONNECTICUT ORTHOPAEDIC FOUNDATION STRIVES FOR
ADVANCEMENTS IN MEDICAL RESEARCH AND TREATMENT**

The Orthopaedic Foundation for Active Lifestyles (www.ofals.org), in Cos Cob, Connecticut, is a not-for-profit foundation whose major mission is to effectively promote, support, develop and encourage research and education concerning orthopaedic care and advancements in musculoskeletal diseases. The Foundation was first developed by leading Connecticut orthopaedic surgeon, Kevin Plancher, MD, a resident of Greenwich.

“The Foundation is committed to initiatives that educate individuals of all ages who are passionate about a healthy lifestyle and engage in self directed practices to maintain that lifestyle,” said Kevin Plancher, M.D. “We provide academically sound and clinically relevant updates on new technologies in the treatment of arthritis, orthopaedic injuries and musculoskeletal diseases through an ongoing series of training and workshops.”

The Foundation focuses on medical education for physicians and other health care professionals, medical research and community outreach and is one of the largest physician training laboratories on the East Coast. A Bioskills Laboratory facility at the Foundation’s site contains six dry/wet stations and one pro-session area that allow surgeons, physicians and healthcare professionals to experience hands-on training. In addition, The Foundation’s Community Outreach program offers classes to high school science students, raising the level of enthusiasm and understanding of the science of orthopaedics.

Along with the extensive research and development the Foundation supports, it also sponsors a fellowship that gives promising orthopaedic surgical students the opportunity to work hands on with research and sophisticated surgeries.

“The aim of the Foundation,” said Dianne Connolly, Executive Director, “is to discover new modalities for the treatment of orthopaedic injuries and musculoskeletal disease, to promote injury prevention and to explore the minimally invasive treatments that guarantee shorter recovery time and faster return to daily activities.”

The Foundation has an extensive Board of Directors that includes experienced professionals who have overcome obstacles in their own right and endorse leading a full and active lifestyle at any age. Outreach to major corporations for funding and support is a major focus of the Foundation’s Board. Among the distinguished members of the Board are Donna de Varona, Olympic Gold Medalist in swimming, Mary Travers of the singing group Peter, Paul and Mary, and Henry Strauss of Strauss Productions and an avid sailor. “All of my life I have been devoted to promoting active lifestyles and therefore being on the Board of Directors of the Orthopaedic Foundation for Active Lifestyles is a perfect fit. Staying in the game for life is a phrase of the Foundation and I embrace it whole heartedly,” stated Donna de Varona.

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