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STAYING IN THE GAME FOR LIFE

Unique Orthopaedic Foundation for Active Lifestyles Promotes Sports Safety, Minimally Invasive Surgery and Rehabilitation

A typical symposium sponsored by the Cos Cob, Connecticut based Orthopaedic Foundation for Active Lifestyles (OFALS) may be attended by orthopaedic surgeons, high school science students, athletic trainers and coaches, serious athletes, weekend warriors—or a mixture of all of them. One of the Foundation's primary focus areas is presenting educational programs on a variety of important, orthopaedic-related topics including training in the newest techniques in non-invasive surgery, the latest advances in rehabilitation and demonstrations on avoiding injury.

"We try through education and research to keep men and women active and healthy," explained Hunter Greene, MS, ATC/L, OTC, an athletic trainer who helps to design and offer courses at the Foundation. "Injury prevention, treatment options and effective rehabilitation are important to active people of all ages."

The not-for-profit Foundation was incorporated in 2000 with a mission to support education and research in orthopaedics and sports medicine. To fulfill their mission, the Foundation sponsors clinical trials, offers research and educational programs through its bio skills laboratory and sponsors an annual fellowship in orthopaedic surgery for a licensed surgeon to train more extensively in orthopaedic and sports medicine. The Fellowship has received a national level certification from the Arthroscopy Association of North America (AANA).

"The Foundation looks for research opportunities to study non-invasive or

minimally invasive surgical techniques where the body is minimally impacted and patients return to activity faster,” said Dianne Connolly, Executive Director of The Foundation. “For us to receive the AANA certification really underscores our mission for education and research in a methodology that allows for a faster recovery time.”

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Kevin Plancher M.D., a renowned, board-certified orthopaedic surgeon specializing in sports medicine, serves as Chairman of the Board of Directors for the Orthopaedic Foundation for Active Lifestyles.

“At the bio skills lab, doctors can conduct hands-on medical research,” said Connolly. “Coaches and trainers can attend demonstrations on hip and knee repair. We show them what actually happens during surgery so they gain a clear understanding of surgical procedures. They can base their rehabilitation protocols on the actual methodology of the surgery itself.”

The work of the Foundation is made possible through tax-deductible donations. The Foundation’s major fund raisers include a fall Annual Fund solicitation and a spring Gala.

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 research and education in minimally invasive orthopaedic surgery and advancements in musculoskeletal diseases. OFALS is committed to investigating new treatments for orthopaedic injuries and musculoskeletal disease, promoting injury prevention, and exploring minimally invasive treatments. More information is available at www.ofals.org.