



ORTHOPAEDIC & NEUROSURGERY
SPECIALISTS

GREENWICH, CONNECTICUT

PRESS RELEASE

FOR IMMEDIATE RELEASE

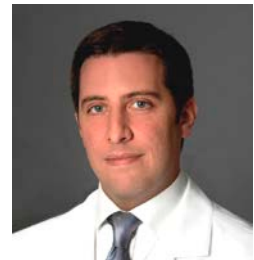
Contact: Crystal Colbert, Marketing and Communications Manager
Phone: (203) 869-1145, x261
Email: ccolbert@onsmd.com
Date: Feb 16, 2015

GREENWICH, CT – On **Wednesday, February 25th at 6:30 PM**, orthopedic surgeons of ONS (Orthopaedic and Neurosurgery Specialists, PC) and Greenwich Hospital, **Sean Peden, MD** and **Mark Vitale, MD, MPH**, along with local **Tennis Professional Patrick Hirscht** will present, ***Ready for Spring Sports? Foot and Ankle, Hand and Wrist Injury Prevention and Treatments***, a seminar focused on golf or racket sports injury prevention, conditions and treatments. The seminar will be held in the Noble Conference Center at Greenwich Hospital located at 5 Perryridge Road.



Dr. Peden specializes in foot and ankle surgery and orthopedic trauma. His practice also focuses on athlete sports injuries and the types of injuries seen in field athletes. He will discuss topics such as tennis leg, Achilles tendonitis and rupture, plantar fasciitis and ankle and foot sprains.

Dr. Vitale is a fellowship-trained specialist in the diagnosis and treatment of hand, wrist and elbow conditions and injuries in patients ranging from infancy to adulthood. He will discuss tennis and golfer's elbow and de Quervains tendinitis.



The talk will also feature injury prevention, stretching and treatments from the professional athletic perspective of **Patrick Hirscht**, Head Tennis and Paddle Professional at Round Hill Club in Greenwich. Patrick played tennis his whole life, and is ranked among top players in New England as a junior. He attended Palmer Tennis Academy in Florida, and played at DePaul University. He is a well-

respected coach in the community and works with local athletes to train and keep them healthy, some of which are among the top ranked junior players in the country.

The program is free and open to the public. Registration is requested. To register, call 203-863-4277 or register online at www.greenhosp.org. For more information on topics related to orthopedics, sports medicine and neurosurgery, visit the calendar page at www.onsmd.com.

ONS is an advanced multi-specialty orthopedic and neurosurgery practice serving patients throughout Fairfield and Westchester Counties and the New York Metropolitan area. ONS physicians provide expertise in the full spectrum of musculoskeletal conditions and injuries, sports medicine, minimally invasive orthopedic, spine and brain surgery, joint replacement and trauma. For more information, visit www.onsmd.com, or call (203) 869-1145.

###