



**ADVANCED ORTHOPEDICS
AND SPORTS MEDICINE INSTITUTE, PC**
A CENTER OF EXCELLENCE FOR BONE AND JOINT CARE

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Press Release

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Children's health fair to feature presentation on healthy bones

The lack of physical exercise has raised a red flag for professionals about the future health of children's bones. Because the foundation for good bone health is established during childhood and adolescence, it is essential for parents to know what builds bones, what breaks them down, and what to do when a bone actually breaks.

Dr. Michael J. Greller, an orthopedic surgeon, and Gail Plaza, the wellness and fitness director, both of Advanced Orthopedics and Sports Medicine Institute, 1101 West Main Street, Pond View Professional Park, Freehold, will help parents understand how building good bones today will help avoid osteoporosis “tomorrow” at The Children's Health Fair, Solomon Schechter Day School, 22 School Road East, Marlboro, Sunday, February 22, 2009, 11:00 a.m. to 2:00 p.m. The fair is free and open to the public.

Plaza will give a talk about what to do to ensure good bone health in children. Dr. Greller will discuss injury prevention and demonstrate two castings (his daughter Sarah's arm and his son Jacob's leg).

Dr. Greller says, “Casts today are made of fiberglass not plaster. They are lighter, harder, and safer. If a plaster cast got wet, it would break. In most cases today, a child with a broken arm can still play soccer. Getting a cast is very emotional for children and sometimes even more emotional for their parents, but we can make the experience a little more fun for children by using sparkles and colors on a cast.”

“The key is to stay out of my office,” says Dr. Greller. “Although children do get injured in activities, such as gymnastics or cheerleading, some injuries are preventable.” Dr. Greller will be on hand during the health fair to answer questions about injury prevention, playground safety, sports equipment, nutrition, or anything else parents want to know. He will give away informative articles for parents.

The Children's Health Fair will showcase professionals who provide the latest information and education about the health and fitness of children. The fair also includes demonstrations, short informational talks, 30 local vendors, and a D.J. An instructor from CentraState Fitness

and Wellness Center will teach a children's Zumba class, the newest fitness program inspired by a variety of Latin dance rhythms. Other demonstrations include local dance studios, gymnastics, karate, kick boxing, and dancing.

For further information, contact Linda Glickstein at Solomon Schechter at 732-431-5525.

By Fran Kirschner
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