

TO MEDIA:

CONTACT PERSON: Robin Jennings

Marketing and Communications

Excelsa Health

724-689-0206 TEL

724-516-4483 CELL

FOR IMMEDIATE RELEASE

**CONVENIENCE OF HEALTH CARE COUNTERS
INCONVENIENCE OF SPORTS INJURY**

GREENSBURG, PA, July 15, 2012... Kris Richardson knows injury is always a possibility when playing sports. He had his share of bumps and bruises, sprains and strains in high school and college. Then a few broken bones from a skiing accident. Whether swimming or playing tennis, dec and inline hockey or recreation league soccer, the 30-year-old doesn't take well to the sidelines. Fortunately, when this active dad required knee surgery last summer to repair a torn anterior cruciate ligament (ACL), the convenience of health care at Excelsa Square at Norwin countered the inconvenience of being benched.

Within a few days of his soccer-related injury, Richardson had an MRI and outpatient arthroscopic surgery with orthopedic surgeon Jennifer Erdos, MD, of Excelsa Health Orthopedics and Sports Medicine. The diagnostic test, the surgery and subsequent physical therapy were all available at Excelsa Square, an easy drive from his home in Manor. "Everything worked so smoothly; I couldn't be happier with the availability of health care so close by."

Typically full recovery from a torn ACL takes about a year. As Richardson approaches the anniversary of his injury, he's happy to report that he was only off his feet for about 10 days prior to returning to work as a staff accountant for an online retail store, and a waiter for a popular Greensburg eatery. When he was ready, a knee brace supported light exercise, and although he's taken it easy, play with his daughters, ages 1 and 3, continues without a misstep.

“It’s been killing me not to be able to play full out, but I’ve stayed active, and we have plans to start an ice hockey team.” His wife, Tiffany, herself a radiology technologist, already has a clear picture of how that might turn out, and knows to be prepared for whatever comes.

To watch a video of Richardson’s story, or to learn more about the services at Excelsa Square at Norwin, visit www.excelahealth.org or contact Excelsa Health’s Call Center, toll free, 1-877-771-1234.