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## FOR IMMEDIATE RELEASE

### **METHODIST SPORTS MEDICINE / THE ORTHOPEDIC SPECIALISTS GIVES BACK TO LOCAL HOMELESS BEFORE THE HOLIDAYS**

*Orthopedic Practice and Indianapolis Colts Player Antoine Bethea Provide Free Foot Screenings and Footwear*

**INDIANAPOLIS – Dec. 14, 2011** – Methodist Sports Medicine / The Orthopedic Specialists, recently named one of the “Top 50 Orthopedic Practices to Know” by *Becker’s Orthopedic & Spine Review*, and Indianapolis Colts Defensive Back Antoine Bethea provided free foot exams, shoes and socks yesterday to nearly 100 homeless men served by Wheeler Mission Ministries.

It’s the third time MSM / TOS has participated in the nationwide effort known as Our Hearts to Your Soles, and this year comes at a time when the need for assistance in the Indianapolis community has never been greater.

“There are some things we just take for granted. My first year here, I saw the joy on the guys’ faces as they were coming in to get new shoes and clean socks. It’s just something I love to be a part of every year,” said Antoine Bethea.

Since the first Indianapolis event, surgeons and staff from MSM / TOS have served more than 300 homeless men from Wheeler Mission.

“Our entire team is truly humbled to have the opportunity to donate our time and expertise to benefit the men who come and let us examine their feet,” said David Porter, M.D., foot and ankle specialist. “It’s been our pleasure to be involved in this every year and give back to the communities where we live and work.”

Our Hearts to Your Soles was founded in 2004 by Matt Conti, the son of Dr. Steve Conti, a foot and ankle specialist practicing in Pittsburgh. Since then, the organization has expanded to more than 40 cities nationwide and partnered with Soles4Souls and Dignity U Wear to provide thousands of new shoes to homeless men across the country. SIGVARIS®, a global leader in leg health, donated socks for this year’s event in Indianapolis.

"SIGVARIS is honored to be a part of any project that helps promote health and well-being," says Jason Kern, product manager for SIGVARIS North America. "As a global leader in leg health, we are honored to provide compression socks during this free medical foot screening event for homeless men in the Indianapolis area."

**About Methodist Sports Medicine / The Orthopedic Specialists**

Methodist Sports Medicine / The Orthopedic Specialists, a partner of Indiana University Health, is Central Indiana's premier provider of comprehensive orthopedic services and has built its reputation on excellence in sports medicine and orthopedic care for more than 25 years. Official team physicians of the NFL's Indianapolis Colts, as well as many high schools, college and other professional teams, 100 percent of the group's orthopedic surgeons are fellowship trained, board certified and leaders in new technologies, procedures and research. For more information, please visit [www.methodistsports.com](http://www.methodistsports.com)

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