

**Contact:** Dick Rea  
317-571-8204  
drea@methodistsports.com

Stacey McCray  
704-552-6565  
stacey.mccray@lgapr.com

**FOR IMMEDIATE RELEASE**

**METHODIST SPORTS MEDICINE / THE ORTHOPEDIC SPECIALISTS AND INDIANAPOLIS COLTS DEFENSIVE BACK ANTOINE BETHEA PROVIDE FREE FOOT SCREENINGS, SOCKS AND SHOES TO HOMELESS MEN**

**INDIANAPOLIS, Ind. – Nov. 30, 2009** – Methodist Sports Medicine / The Orthopedic Specialists physicians and staff – along with Indianapolis Colts Defensive Back Antoine Bethea – provided free medical foot screenings and handed out new shoes and socks to homeless men during Indiana’s first-ever Our Hearts to Your Soles charity event last Thursday at Wheeler Mission Ministries in Indianapolis.

“We had the privilege of serving 110 men,” said David A. Porter, M.D., Ph.D. “I was impressed with the gratitude they expressed for our care and concern for them. They seemed surprised to be examined by orthopedic foot and ankle specialists.”



**Dr. Porter examines a homeless patient.**



**L to R: Dr. Smerek, Rick Alvis, Antoine Bethea and Dr. Porter**

Dr. Porter along with Dr. Jonathan Smerek, M.D. provided the foot exams while 12 additional volunteers from Methodist Sports Medicine / The Orthopedic Specialists helped distribute the new socks and shoes to each of the men.

“Having Antoine Bethea there from the Colts was also a big surprise,” Dr. Porter said. “We were so grateful for his presence and contribution of time. We hope to do this again next year, and hope to do even more.”

**About Our Hearts to Your Soles**

In 2004, Our Hearts to Your Soles was founded by teen Matt Conti and his father Stephen, a foot specialist in Pittsburgh. The idea of the organization was to provide medical attention and shoes to the less fortunate in response to many problems that result from improper foot care and footwear. During the 2009 holiday season, doctors and volunteers in more than 40 states participated in free foot screenings and shoe donations for over 4,000 homeless men. Methodist Sports Medicine / The Orthopedic Specialists conducted the exams for Indianapolis’ homeless population as part of its ongoing commitment to the community.

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

Methodist Sports Medicine / The Orthopedic Specialists, a Clarian Human Motion Partner, is Central Indiana’s premier provider of comprehensive orthopedic services and has built its reputation on excellence in orthopedics and sports medicine for more than 20 years. Official team physicians for many high schools, college and professional teams, including the NFL’s Indianapolis Colts, 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).