



ORTHOPEDIC ASSOCIATES OF LONG ISLAND

**Founded On Reputation.
Focused On Care.**

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East Setauket, NY 11733



Join us in celebrating *National Athletic Training Month!*
During this month, we're honoring the dedicated professionals who keep athletes at the top of their game! We recognize the vital role that athletic trainers play in preventing and treating injuries, as well as promoting overall health and wellness.

Service Highlight



Discover Our Ambulatory Surgery Center!

Have you considered whether an ambulatory surgery center might be the best option for your upcoming surgical procedure? When it comes to your health, you deserve the best care possible. Choose the convenience and personalized approach of our ambulatory surgery center for a safe and comfortable surgical experience.

In conjunction with St. Charles Hospital and PrecisionCare LLC, Orthopedic Associates of Long Island is proud to introduce **The PrecisionCare Ambulatory Surgery Center (ASC)**. Our state-of-the-art medical facility provides patients with a wide range of outpatient surgical services, including orthopedic surgery, podiatry, pain management, and more.

Our ambulatory surgery center offers a more personalized and convenient approach to surgical care, and the benefits are numerous. Unlike in a traditional hospital setting, patients who undergo surgery at an ASC typically spend less time at the facility and can often return home on the same day as their surgery. Additionally, our medical staff is highly trained to work closely with each of our patients to ensure they receive the best possible care. Our patients are treated as individuals, not just as a number in a hospital system, and their specific needs and concerns are considered throughout the entire surgical process.

If you're interested in learning more about our Ambulatory Surgery Center or are considering booking an appointment, contact us today!

Meet Our Athletic Trainers



Lisa White
Certified Athletic Trainer

Lisa White, ATC, earned her Bachelor of Arts degree from Stony Brook University and was a member of the women's basketball team. She completed her master's degree in athletic training at Adelphi University while also serving as the school's athletic trainer for 10 years.

Lisa's tenure as an athletic trainer spans more than two decades and covers youth sports, college athletics, and professional sports. White lent her expertise to the U.S. Olympic Development Youth Soccer Program, worked as the head athletic trainer for the New York Fever Professional Men's Soccer Team (USISL), and spent two seasons as the strength and conditioning coach for the WNBA's CT Sun.

In 1997, Lisa joined the WNBA's New York Liberty as the head athletic trainer and manager of basketball operations for 15 years. During her time with the Liberty, the team competed in four WNBA championships. She was honored to be selected as the head athletic trainer for the WNBA All Star Game (1999, 2000, 2003, 2006), the Outdoor Classic played at Arthur Ash Stadium (2006), and the WNBA European Tour (1997).



Said Hamdan

Certified Athletic Trainer

Said Hamdan, MS, ATC, is a NATA-certified athletic trainer and is the coordinator for durable medical equipment (DME) based out of the East Setauket office of OALI.

Hamdan has served as the Medical Coordinator for NBA Referee Operations since 2004 and was an adjunct full professor of Athletic Training at Long Island University in Brooklyn for more than two decades. Hamdan was the assistant athletic trainer for the New York Knicks from 1997 through 2004 and an athletic trainer for the 1999 NBA Eastern Conference All-Stars. A former president of the Northeast Conference Athletic Trainers' Association, in 2016, Hamdan received the New York State Athletic Trainers' Association Thomas Sheehan Award for Outstanding Service. He was a site athletic trainer for the 1994 Soccer World Cup.



Shayla Van Gurp

Certified Athletic Trainer

Shayla Van Gurp, ATC, earned her Bachelor of Science degree in Athletic Training from Stony Brook University. Currently, she is pursuing her Master's degree in Exercise Science and Sports Nutrition. She has experience in various settings, including physical therapy clinics, high schools, middle school/junior high school, as well as collegiate and secondary school education. Shayla owns Rocky Point-based Recovery Treatment Services and treats patients ranging from professional and Olympic athletes to post-concussion syndrome patients. Shayla is also a member of the National Athletic Trainers' Association and the Suffolk County Athletic Trainer's Association.



Sophia LaMarca
Certified Athletic Trainer

Sophia LaMarca, ATC, earned her Bachelor of Science in Exercise Science and Sports Medicine from Georgia College. While studying abroad in Belize, Sophia assisted in healthcare clinics and taught CPR/First Aid and taping classes, as well as providing rehabilitation to an elder care facility.

Sophia is also a proud recent graduate of the Master of Science in Athletic Training program at Stony Brook University. She has gained experience in various settings, including D1-D3 college sports, high schools, and physical therapy clinics, and was a strength coach at a local lacrosse-based gym, working with middle school and high school athletes. She was also inducted as a member of Iota Tau Alpha Honor Society and received the Henry and Marsha Laufer Scholarship. Sophia is also a member of the National Athletic Trainers' Association.



Taylor Winthrop
Certified Athletic Trainer

Taylor Winthrop, MS, LAT, ATC, earned a Bachelor of Science in Interdisciplinary Health Services from Saint Joseph's University in 2020 and graduated from Stony Brook University in 2022 with a Master of Science in Athletic Training. While at Stony Brook, she became a member of Iota Tau Alpha Athletic Training Honor Society, as well as Alpha Eta Society, the honor society for allied health professions. Taylor is also a member of the National Athletic Trainers' Association.

How Did We Do?

We strive to offer the best care to each and every patient. Our success depends on the quality of patient care, and the only way to be sure of this is to hear from **YOU**, our patient.

"Professional and knowledgeable.
Clean and well run facility."

-Kim R. (Google Reviews)



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