



# ORTHOPEDIC ASSOCIATES OF LONG ISLAND

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

**Tel: 631.689.6698 • 8 Long Island Locations • oali.com**

Main Office: 6 Technology Dr, Ste 100  
East Setauket, NY 11733



This month, Orthopedic Associates of Long Island is celebrating **National Wellness Month!** Our expert team is committed to enhancing your well-being through comprehensive orthopedic care, helping you maintain an active and pain-free lifestyle. Whether you're seeking advanced treatments, personalized rehabilitation plans, or proactive strategies to prevent injuries, we are here to support your journey toward optimal wellness.

Join us this month and embrace the opportunity to **prioritize your physical and musculoskeletal health**, because at OALI, we believe that wellness is the key to a life lived to the fullest. Contact us today to schedule an appointment!

## ***Service Highlight***



From simple everyday tasks to intricate activities, our hands play a vital role in our daily lives. **Proper hand health is essential for maintaining our independence, productivity, and overall well-being.** At OALI, we understand the importance of hand health and wellness. Specializing in comprehensive care for the hand and upper extremities, **we are dedicated to helping you maintain strong, functional, and pain-free hands.**

### **Common Hand Conditions and Injuries:**

1. **Wrist Fractures:** Accidents happen, and wrist fractures are a common result. Our experienced orthopedic specialists employ state-of-the-art diagnostic tools to assess the severity of the fracture and determine the most appropriate treatment plan. Whether it's a conservative approach involving splints and casts or a surgical intervention, we tailor our approach to your unique needs, ensuring optimal healing and minimal disruption to your lifestyle.
2. **Carpal Tunnel Syndrome:** The discomfort and numbness caused by carpal tunnel syndrome can significantly impact your daily activities. Our experts are well-versed in diagnosing this condition and offering a range of treatments, from non-surgical therapies to minimally invasive procedures. Our goal is to relieve your symptoms and restore proper hand function, allowing you to regain control over your life.
3. **Hand Arthritis:** Arthritis can affect any joint in the body, including those in the hand. At OALI, we understand the challenges posed by hand arthritis. Through a combination of innovative treatments, pain management strategies, and rehabilitative techniques, we aim to reduce pain, increase mobility, and enhance your overall hand function.

Your hands are invaluable assets that deserve the best care possible. Whether you're dealing with a hand condition, a hand injury, or simply seeking advice on hand wellness, **our team of specialists is here to provide expert guidance, personalized treatments, and a compassionate approach.** Celebrate **National Wellness Month** by prioritizing your hand wellness with us, because at OALI, we're committed to nurturing your most essential tools for a vibrant and active life.

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## ***Meet Our Doctors***



### **Dimitrios C. Christoforou, MD**

*Orthopedic Surgeon, Hand, Upper Extremity & Microvascular Surgery*

**Dr. Dimitrios C. Christoforou** specializes in the treatment of **hand, wrist, forearm, and elbow** conditions. He offers cutting-edge treatment options, both surgical and nonsurgical, for a multitude of ailments including fractures, carpal tunnel syndrome, Dupuytren's disease, arthritis, and more.



**Steven Michael Puopolo, MD**  
*Hand, Wrist & Elbow Surgery*

**Dr. Steven Michael Puopolo** specializes in the treatment of **hand, wrist, and elbow** problems. He offers extensive experience in both traumatic and degenerative conditions. His special areas of interest include traumatic injuries, rheumatoid hand reconstruction, Dupuytren's Disease, tendon and ligament injuries, and more.

## ***New Office Location!***



Later this summer, OALI will open a new suite in the ***Catholic Health Ambulatory & Urgent Care Center*** at Centereach. OALI will join several urgent, primary, and specialty care providers, as well as imaging services, a retail pharmacy, and an endoscopy suite. The new facility is located at **2112 Middle Country Road in Centereach**. For more information, email **info@oali.com**.

# Are You Utilizing Our Patient Portal?



Did you know you can access your OALI visit notes, request appointments, and contact your provider and their team through our **OALI Patient Portal**? Please click below or contact our office to register or restore your access to your OALI Patient Portal at **[info@oali.com](mailto:info@oali.com)**.

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## 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)



***Visit Our Google Profile To Leave A Review At Your OALI Location!***

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## ***Follow Us On Social Media!***



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