

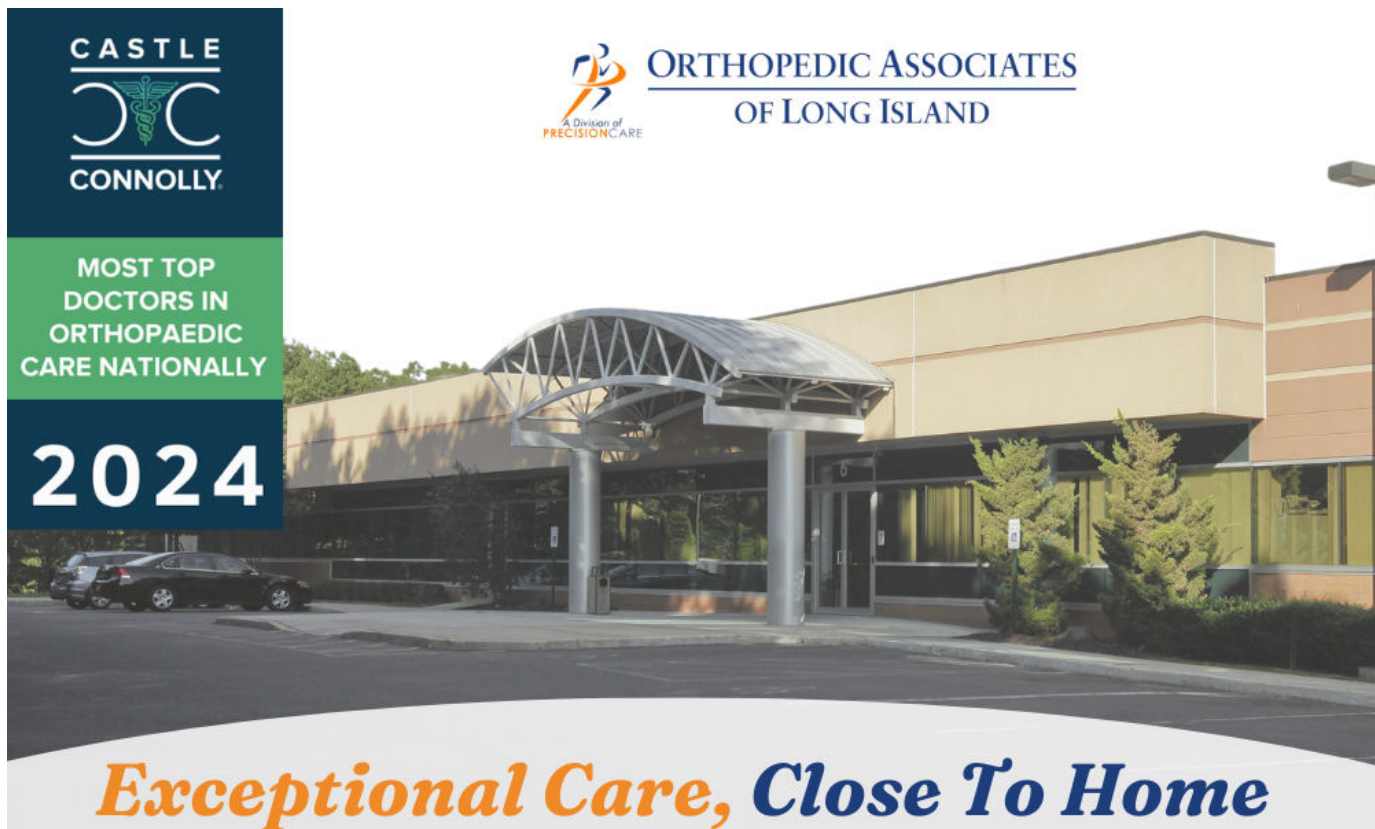


ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

Exceptional *Care*, Close To *Home*

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



We are excited to share that **Orthopedic Associates of Long Island Physicians and Medical Group** has earned **Top 5 in Orthopedics for Private Groups in the New York City Metro Area!**



CASTLE CONNOLLY
TOP DOCTORS®



Dimitrios C. Christoforou, MD



Danielle N. DeGiorgio, DO



Lorenzo Gamez, MD



Gregg Jarit, MD



Christopher M. Mileto, MD



Steven Michael Puopolo, MD



Hayley Rintel Queller, MD



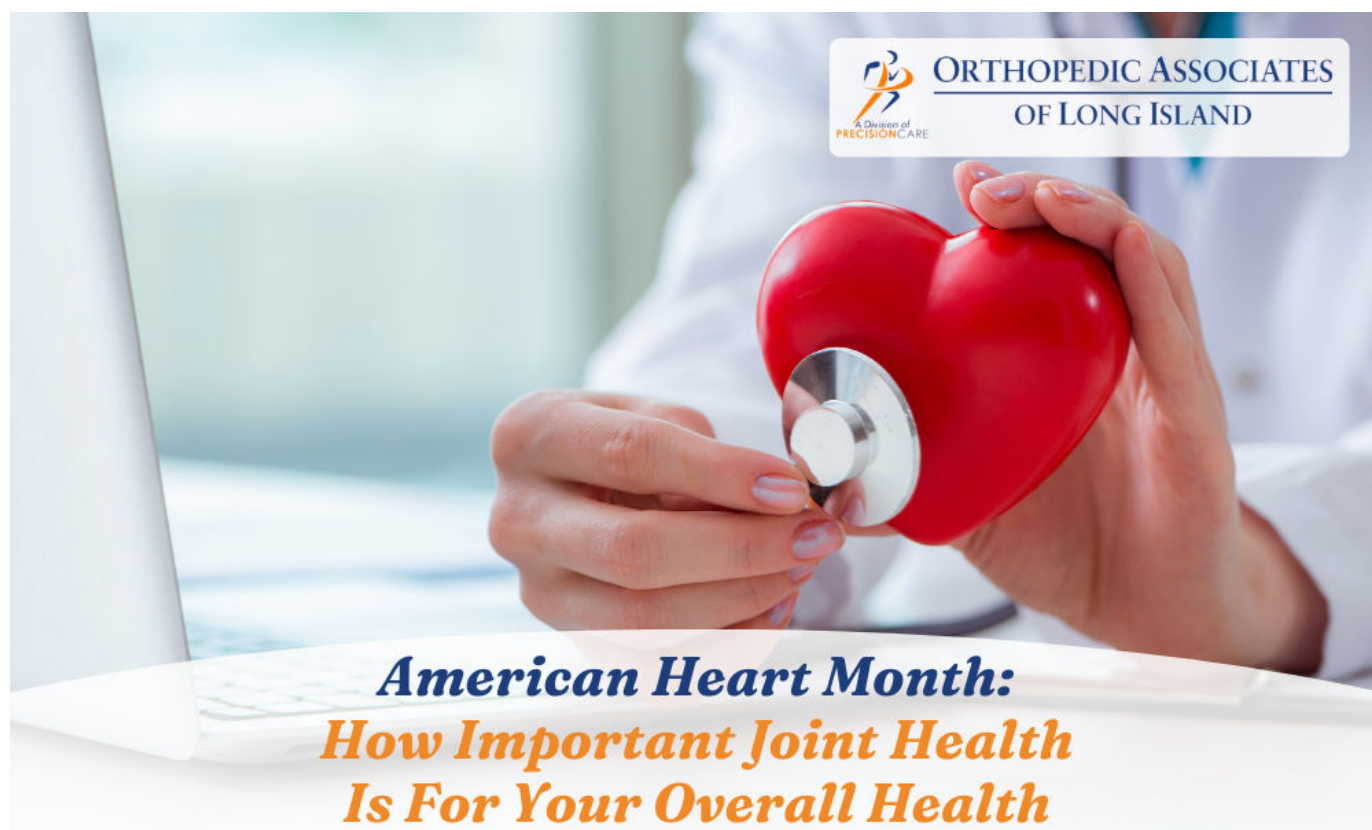
Michael J. Sileo, MD



ORTHOPEDIC ASSOCIATES
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Castle Connolly has released its list of the top doctors in 2024, featuring board-certified physicians from across the United States, selected from a pool of over 985,000 practicing doctors. These doctors are nominated by peers and evaluated based on rigorous criteria, including professional qualifications, education, research leadership, and disciplinary history, with the recognition methodology endorsed by the Castle Connolly Medical Advisory Board.

Congratulations to our esteemed OALI doctors who have been selected as Castle Connolly's Top Doctors for 2024, with OALI also being named the top practice for the year. **Dr. Dimitrios C. Christoforou, Dr. Danielle N. DeGiorgio, Dr. Lorenzo Gamez, Dr. Gregg Jarit, Dr. Christopher M. Mileto, Dr. Steven Michael Puopolo, Dr. Hayley Rintel Queller and Dr. Michael J. Sileo**, your dedication to excellence in medicine and patient care is truly commendable.



As we, at OALI, embrace February, we also honor American Heart Month, a time to reflect on the vitality of our cardiovascular health. This month, we're shedding light on a crucial aspect often overlooked: joint health and its profound impact on overall well-being.

Did you know that joint health is intricately linked to heart health? Studies have shown that individuals with compromised joint health may be at higher risk for cardiovascular issues. The relationship between joint health and heart health underscores the importance of holistic wellness practices.

This American Heart Month, let's commit to nurturing our joints through:

- Regular exercise
- Balanced nutrition
- Proper posture

By prioritizing joint health, we not only enhance mobility and flexibility but also promote a healthier heart and body. Together, let's prioritize our hearts and joints for a lifetime of wellness.



Your Journey to Pain-Free Movement Begins Here

At **Orthopedic Associates of Long Island**, we specialize in personalized knee replacement treatments for chronic pain caused by arthritis, injury, or other conditions. Our expert team offers comprehensive care, from pre-operative preparation to post-operative care, utilizing advanced techniques and technology. Our goal is to restore function, alleviate pain, and improve mobility for our patients. Trust us for compassionate, tailored care that prioritizes your comfort and well-being. Contact us today for a consultation towards a pain-free lifestyle.

Meet Our Surgical Sports Medicine Team



Anthony Cappellino, M.D.
Surgical Sports Medicine Team

Dr. Anthony Cappellino specializes in sports medicine and joint reconstruction, including minimally invasive procedures in anterior hip replacement, knee replacement, and shoulder replacement.

Dr. Cappellino has been Chairman of the Department of Orthopedics at Good Samaritan University Hospital since 2010 and is actively involved in training the Nassau University Medical Center orthopedic residents. Dr. Cappellino sees patients in our **West Babylon** office.



Gregg J. Jarit, MD
Surgical Sports Medicine Team

Dr. Gregg Jarit an orthopedic surgeon, specializes in treating athletes. He uses conservative and minimally invasive techniques for sports-related injuries and is certified in orthopedic sports medicine.

Graduating from the University of Virginia in 1998, he earned his medical degree from Albert Einstein College of Medicine in 2002. After his residency at NYU Hospital for Joint Diseases, he pursued a sports medicine fellowship at the University of Virginia. Dr. Jarit sees patients at OALI's **East Setauket** and **Wading River** offices.



Michael J. Sileo, MD
Surgical Sports Medicine Team

Dr. Michael Sileo graduated magna cum laude from the College of William and Mary in 1998 before earning his medical degree at SUNY Stony Brook in 2002. His extensive post-graduate training included a fellowship in sports medicine at Lenox Hill Hospital, where he served as an assistant team orthopedist for various teams.

Dr. Sileo specializes in minimally invasive treatments for shoulder, hip, and knee injuries and sees patients at OALI's **East Setauket** and **Commack** offices.

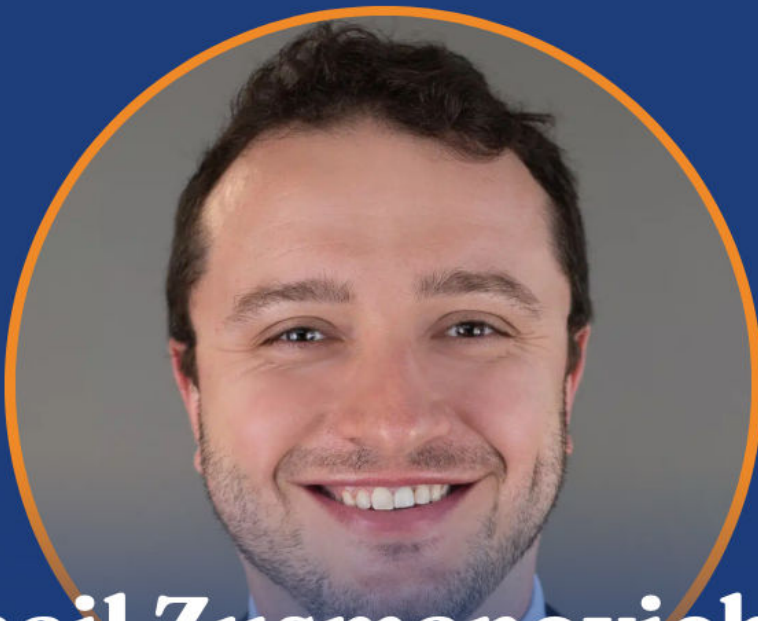


David R. Swanson III, MD

Surgical Sports Medicine Team

Dr. David R. Swanson III is a board-eligible orthopedic surgeon specializing in sports medicine, joint replacement, and trauma. Graduating with honors from Gordon College, he earned his medical degree from Wright State University Boonshoft School of Medicine. After residency at Stony Brook University Hospital, he underwent advanced fellowship training at New England Baptist Hospital, serving as a team physician for the Boston Celtics.

Dr. Swanson is dedicated to providing personalized care to help patients return to their desired level of activity. He provides care at OALI's **East Setauket, Patchogue**, and **Riverhead** offices.



Mikhail Zusmanovich, MD

Surgical Sports Medicine Team

Dr. Mikhail Zusmanovich, specializes in general orthopedics and sports medicine surgery, with expertise in hip, knee, and shoulder arthroscopy, fracture care, and internal fixation. He graduated with honors from UC Santa Barbara and attended medical school at USC's Keck School of Medicine. Completing his residency at NYU Langone Health and fellowship at Cedars-Sinai Kerlan-Jobe Institute, he served as an assistant team physician for various professional sports teams in Los Angeles.

Dr. Zusmanovich is a member of multiple orthopedic organizations and is fluent in Russian. He provides care at OALI's **Centereach, Commack, Patchogue**, and **West Babylon** offices.

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.

"The staff is always friendly and accommodating.."

-Michael C. (Google Reviews)



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OF LONG ISLAND



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

Are You Utilizing Our Patient Portal?

PATIENT PORTAL

Welcome to Orthopedic Associates of Long Island Physicians
and Medical Group, PLLC

USERNAME

Username

PASSWORD

Password

LOGIN

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**.

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