



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



Orthopedic Associates of Long Island is giving away an Apple Watch! See below for details:

To enter this giveaway:

Follow [@orthopedicassociatesli](#) on Instagram.

- 🦴 Like this post on Instagram.
- 🦴 Tag 3 friends in the comments.
- 🦴 Be able to pick up the Apple Watch in person at 6 Technology Dr # 100, East Setauket, NY 11733.

Note: One entry per person. The winner must be able to pick up the prize from the Orthopedic Associates of Long Island office in East Setauket, NY. A new winner will be chosen if the winner cannot pick up the prize in person. This giveaway is open now and will close on 5/31/24 at 12:00 PM. The winner will be contacted by this handle, [@orthopedicassociatesli](#), only! We will not ask you for payment information or to fill out a form (please be aware of scammers). This giveaway is only open to those in the US who are 18 and older.



With spring in full swing, many of you may be dusting off your golf clubs and heading out to the course. Golf is a great way to stay active and enjoy the outdoors, but it's important to remember safety measures to prevent orthopedic injuries. Here are some tips to help you get back into the swing of things safely:

Warm-Up Properly: Before you hit the first tee, take some time to warm up your muscles and joints. Gentle stretches and a few practice swings can help prepare your body for the physical demands of golfing. Focus on stretching your shoulders, back, hips, and legs to improve flexibility and reduce the risk of strains or tears.

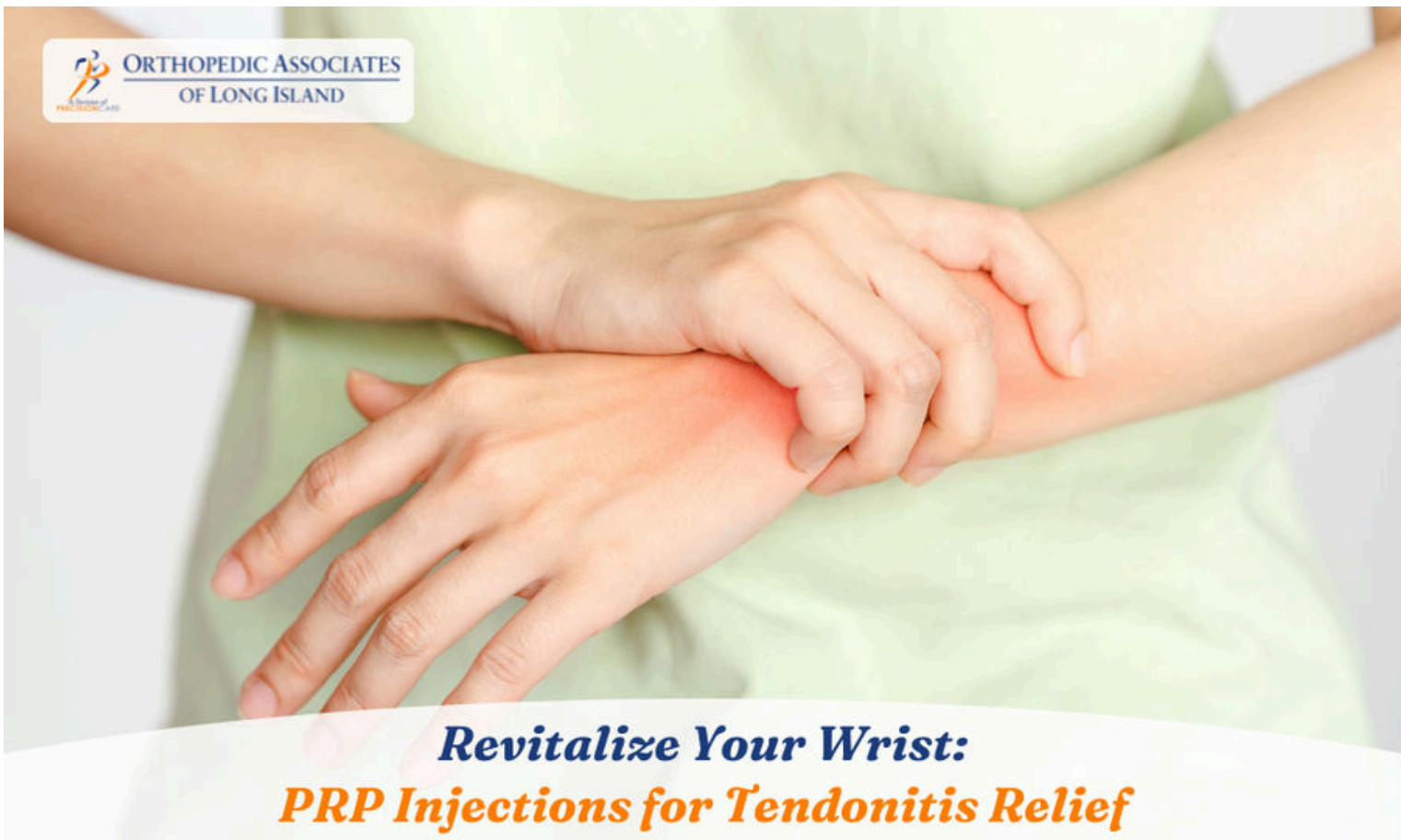
Use Proper Technique: Whether you're driving off the tee or putting on the green, using the correct technique is essential for preventing orthopedic injuries. Work with a golf pro to ensure your swing mechanics are sound and reduce the strain on your joints. Avoid over-swinging or twisting your body excessively, leading to back, shoulder, and elbow problems.

Invest in Supportive Footwear: Your feet are the foundation of your golf swing, so it's crucial to wear supportive footwear that provides stability and cushioning. Proper golf shoes can help distribute pressure evenly and reduce the risk of foot and ankle injuries. Replace your shoes regularly to maintain optimal support and traction on the course.

Stay Hydrated and Fueled: Golf may not seem as physically demanding as other sports, but it's important to stay hydrated and properly fueled throughout your round. Dehydration can impair muscle function and increase the risk of cramps and injuries. Drink plenty of water and eat nutritious snacks to keep your energy levels up and support optimal performance.

Listen to Your Body: Pay attention to any signs of pain or discomfort during your round of golf. Pushing through pain can lead to further injury and prolong your recovery time. If you experience persistent pain or swelling, seek medical attention from one of our orthopedic specialists at Orthopedics Associates of Long Island.

By following these tips, you can enjoy a safe and injury-free return to the golf course this season. Remember to prioritize your orthopedic health and take proactive measures for an injury-free golf season ahead!



***Revitalize Your Wrist:
PRP Injections for Tendonitis Relief***

PRP injections, using concentrated platelets from the patient's blood, offer hope in treating wrist tendonitis by triggering natural healing processes, thus diminishing inflammation and fostering tissue repair. Administered at OALI, these injections not only provide significant pain relief but also enhance post-treatment function, underscoring their potential as a promising remedy for wrist tendonitis.

***Meet Our
Non-Operative Sports Medicine Team***



Dr. Danielle DeGiorgio, a non-operative sports medicine physician, is OALI's Director of Regenerative Medicine and an Assistant Clinical Professor at Stony Brook University School of Medicine. A Long Island native and former three-sport athlete, she holds dual-board certification in Physical Medicine & Rehabilitation and Sports Medicine, with extensive training including a Fellowship in Sports Medicine at Christiana Care.

Dr. DeGiorgio sees patients at OALI's **East Setauket, Patchogue, Riverhead, and Wading River** office locations.



Mark J. Harary, MD

Non-Operative Sports Medicine Team

Dr. Mark Harary, a board-certified physician in Sports Medicine and Family Medicine, earned his undergraduate degree in Movement Science from the University of Michigan and completed his medical training at Ross University, specializing in non-operative treatment of musculoskeletal issues with a focus on osteoarthritis, fractures, and concussions. Actively involved in the Arthritis Foundation, he serves as a concussion specialist with St. Charles Hospital's ThinkSMART!™ program and is the team physician for Commack High School and Miller Place High School football teams.

Dr. Harary sees patients at OALI's **Commack, East Setauket, Wading River,** and **West Babylon** office locations.



Hayley Rintel Queller, MD

Non-Operative Sports Medicine Team

Dr. Hayley Queller, the first Primary Care Sports Medicine physician at Orthopedic Associates of Long Island, holds a medical degree from Georgetown University School of Medicine. Specializing in non-operative orthopedic management, she has a particular focus on injury prevention, rehabilitation, fracture care, and concussion management. Dr. Queller is also a nationally recognized CrossFit athlete and serves as the Medical Co-Director of St. Charles Hospital's ThinkSMART!™ Concussion Management Program.

Dr. Queller sees patients at our **East Setauket, Riverhead,** and **Wading River** locations.

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)



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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