

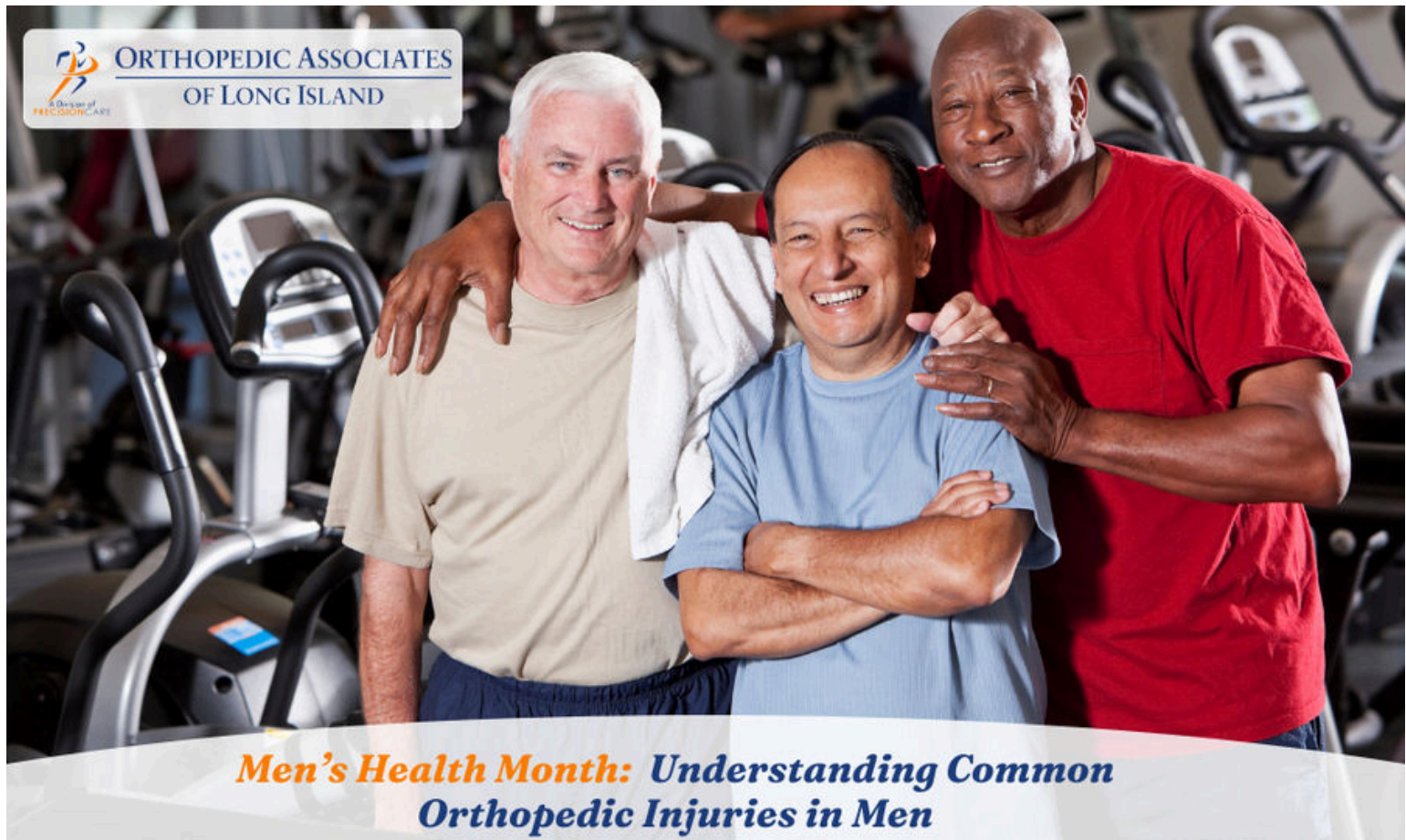


# ORTHOPEDIC ASSOCIATES OF LONG ISLAND

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

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



June is **Men's Health Month**, an opportune time to shed light on often-overlooked health concerns affecting men, including orthopedic injuries. From shoulders to ankles, men are prone to various orthopedic issues due to sports activities, physical labor, and lifestyle factors. Let's explore some common orthopedic injuries, their causes, symptoms, and treatment options.

**Shoulder Injuries:** Men frequently experience shoulder injuries like rotator cuff tears, dislocations, and tendonitis, often from overuse or sudden trauma. Symptoms include pain, swelling, and limited range of motion. Treatment may involve physical therapy, rest, or surgery.

**Knee Injuries:** Active men are susceptible to knee injuries such as ACL tears, meniscal tears, and patellar tendonitis, typically occurring during sports activities. Symptoms include pain, swelling, and instability. Treatment ranges from rest and physical therapy to surgical intervention.

**Back Injuries:** Orthopedic injuries affecting the back, like herniated discs and spinal stenosis, are common among men, especially those with sedentary lifestyles or engaged in heavy lifting. Symptoms include back pain, numbness, and tingling. Treatment options include physical therapy, medication, and in severe cases, surgery.

**Ankle Injuries:** Ankle sprains and fractures are frequent among men, often due to sports activities or missteps. Symptoms include pain, swelling, and difficulty bearing weight. Treatment typically involves RICE (rest, ice, compression, elevation), but surgical intervention may be needed based on the severity of the injury.

Understanding these common orthopedic injuries is crucial for men's health. Preventive measures such as regular exercise, proper body mechanics, and seeking timely medical attention can help reduce the risk of injury and promote musculoskeletal health. During Men's Health Month, let's encourage men to prioritize their orthopedic well-being and seek comprehensive care from Orthopedic Associates Of Long Island when needed.





*Expert Care, **Swift Recovery***

At **OALI**, our surgical sports medicine team specializes in treating ACL injuries and providing comprehensive patient care. Our approach begins with a thorough evaluation to assess the extent of the injury and determine the most appropriate treatment plan. For ACL injuries, we offer both surgical and non-surgical options tailored to each patient's needs and lifestyle. Our surgeons are experts in minimally invasive techniques, such as arthroscopic ACL reconstruction, which ensures faster recovery times and better outcomes. Throughout the treatment process, our team focuses on maximizing function, reducing pain, and restoring mobility, guiding patients through rehabilitation to strengthen the knee and prevent future injuries. With the expertise and dedication of our surgical sports medicine team, patients can trust that they are receiving the highest quality care!

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## *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 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.



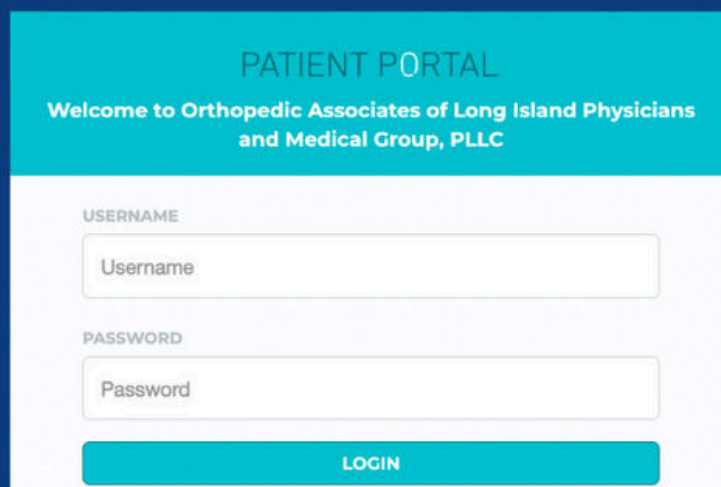
## **Mikhail Zusmanovich, MD**

*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.

# 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)



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