



ORTHOPEDIC ASSOCIATES OF LONG ISLAND

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

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Orthopedic Associates of Long Island is here to help student-athletes prepare for the upcoming college sports season. Ensuring you're in top physical condition can help prevent injuries and enhance your performance. Here are some orthopedic tips to get you ready:

Gradual Conditioning: Ease back into your training regimen gradually. Avoid the temptation to jump into intense workouts right away. Start with light exercises and progressively increase the intensity. This approach helps your body adapt and reduces the risk of overuse injuries, such as tendinitis or stress fractures.

Strength and Flexibility: Focus on building strength and flexibility. Incorporate exercises that enhance core stability, joint mobility, and muscle endurance. A well-balanced strength and conditioning program can prevent common orthopedic injuries such as sprains, strains, and stress fractures.

Proper Equipment: Ensure your equipment is in good condition and appropriate for your sport. Proper footwear, braces, and protective gear are vital in preventing orthopedic injuries. Replace any worn-out equipment to ensure maximum safety and support.

Nutrition and Hydration: Maintain a balanced diet rich in essential nutrients to support your physical activities. Adequate hydration is equally important. Proper nutrition and hydration are crucial for muscle recovery and overall performance, which are essential for maintaining orthopedic health.

Rest and Recovery: Prioritize rest and recovery days in your training schedule. Overtraining can lead to orthopedic injuries like stress fractures or chronic pain conditions. Ensure you get enough sleep and incorporate recovery techniques such as stretching, foam rolling, and ice baths to keep your body in top shape.

Injury Prevention Education: Educate yourself about common sports injuries and their prevention. Knowing how to recognize and address minor injuries before they become major issues is key to a successful season. Orthopedic Associates of Long Island offers resources and advice to help you stay informed.

By following these orthopedic tips, student-athletes can prepare effectively for the college sports season, ensuring they stay healthy and perform at their best. For expert guidance and comprehensive care, trust **Orthopedic Associates of Long Island**. Visit our website or contact us today to schedule your pre-season physical exam and get personalized advice tailored to your needs.



Flat feet, also known as fallen arches, can lead to overpronation, causing pain and discomfort in the feet, ankles, knees, hips, and lower back. This condition may also result in issues such as plantar fasciitis, bunions, and calluses due to abnormal pressure distribution. Wearing supportive footwear and using orthotic inserts can alleviate symptoms and provide relief. If you or a loved one are experiencing discomfort from flat feet, contact **Orthopedic Associates of Long Island** for personalized care and effective solutions.

Meet Our Foot And Ankle Team



Dr. Lorenzo Gamez, an expert orthopedic surgeon with a BA in Psychology from Rutgers College, specializes in foot and ankle care, offering advanced treatments such as total ankle replacements and ankle arthroscopy. Formerly an Assistant Professor at UMASS Medical School, he is one of the few orthopedic surgeons on Long Island focusing on foot and ankle surgery.

Dr. Gamez sees patients at OALI's **East Setauket, Commack, Patchogue, Riverhead,** and **West Babylon** office locations.



Mudasser Javed, DPM

Foot & Ankle Team

Dr. Mudasser Javed, a board-certified Podiatrist, specializes in reconstructive surgery for foot and ankle deformities, addressing conditions such as bunions, hammertoes, sports injuries, trauma, and diabetic wound care. With a Doctor of Podiatric Medicine degree from the New York College of Podiatric Medicine and a 3-year surgical residency at Good Samaritan Hospital Medical Center, he is dedicated to both conservative and surgical management of various foot and ankle pathologies.

Dr. Javed sees patients at our **East Setauket, Patchogue,** and **West Babylon** locations.



Joseph S. Morra, DPM

Foot & Ankle Team

Dr. Joseph Morra, a Bronx native and former athlete, pursued medicine with a focus on foot and ankle biomechanics. Board-certified and with a podiatric medical degree, he specializes in sports medicine, trauma, wound care, limb salvage, and musculoskeletal deformities, delivering compassionate care akin to family standards.

Dr. Morra sees patients at our East Setauket, Patchogue, and Riverhead locations.



Anik Paul, DPM

Foot & Ankle Team

Dr. Anik Paul, a Board-certified podiatric surgeon, provides top-notch foot and ankle care, specializing in conditions like bunions and sports injuries. With a focus on minimally invasive techniques, he tailors personalized treatment plans for optimal results, ensuring patients receive attentive care on their path to improved foot and ankle health.

Dr. Paul sees patients at our East Setauket, Centereach, and Commack locations.

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.

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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