



ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

Exceptional *Care*, Close To *Home*

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

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East Setauket, NY 11733



At OALI, we're grateful to serve our wonderful community. As the holidays approach, may your days be filled with joy and cherished moments. Wishing you a season of celebration and Happy Holidays from our OALI family to yours! ✨



This past fall, OALI opened a new suite in the **Catholic Health Ambulatory & Urgent Care Center at Centereach**. OALI joins 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.



As the New Year approaches, it's the perfect time to embrace positive changes for your orthopedic health. Consider incorporating these resolutions to foster a stronger and more resilient musculoskeletal system in 2024:

- Prioritize Regular Exercise**
- Maintain a Healthy Weight**
- Adopt Ergonomic Practices**
- Stay Hydrated**
- Incorporate Joint-Friendly Foods**

This New Year, commit to these orthopedic health resolutions for a pain-free and active life. Consult with our orthopedic professionals at Orthopedic Associates of Long Island for personalized guidance on optimizing your musculoskeletal well-being.



Winter is near, and our foot and ankle team has some essential tips to safeguard you from slip and fall injuries. Opt for slip-resistant footwear with waterproof features to navigate icy terrains confidently. Take smaller, deliberate steps and maintain a slower pace to enhance stability on slippery surfaces. Regularly clear snow and use ice melt to keep pathways around your home safe. Strengthening your core through exercises can improve overall balance, reducing the risk of accidents. Indoors, be mindful of bringing winter weather inside—wipe your shoes, remove snow from the soles, and watch for wet floors. Prevention is key, but our team is here for you if you experience foot or ankle discomfort.

Meet The Foot & 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 OALI's **East Setauket** and **Patchogue** office 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, West Babylon**, and **Riverhead** 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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