



ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

Exceptional *Care*, Close To *Home*

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

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



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 snowy season begins, winter sports enthusiasts gear up for an exciting season. To ensure a safe and injury-free experience, Orthopedic Associates of Long Island offer these quick tips:

Before you hit the slopes or the ice rink:

Gear Check: Ensure your skis, snowboards, or skates are in top shape. Fix any wear and tear promptly.

Warm Up: Cold muscles are injury-prone. Stretch and do light exercises to prepare your body for the activity.

Hydrate: Don't underestimate the cold; stay hydrated even in winter.

During your winter sports adventure:

Listen to Your Body: Know your limits. Take breaks when needed to prevent fatigue-related accidents.

After the day of winter fun:

Stay Informed: Keep an eye on weather conditions and follow safety guidelines for an injury-free winter sports season.

Embrace the winter wonderland responsibly with these tips from Orthopedic Associates of Long Island, ensuring a season filled with joy and devoid of unnecessary injuries.



As winter begins to dust Long Island with a touch of snow this month, Orthopedic Associates Of Long Island provides essential safety measures for snow shoveling, focusing on preventing injuries to the knee, elbow, hip, foot, wrist, hand, and shoulder joints. Follow these do's and don'ts to ensure the well-being of these areas during snow removal:

Do's:

Warm-Up: Begin with a brief warm-up to prepare your muscles and joints.

Proper Technique: Bend at the knees and hips, lift with your legs, and use appropriate hand and wrist positioning to minimize stress on these joints.

Right Shovel: Choose an ergonomic shovel to reduce strain on your shoulder, elbow, and wrist joints.

Take Breaks: Pace yourself and take breaks to prevent overexertion and relieve all involved joints.

Don'ts:

Overload Shovel: Avoid lifting excessive amounts of snow to prevent strain on your knee, hip, shoulder, and other joints.

Twisting Movements: Minimize twisting your body; pivot with your feet to protect your knee, hip, and shoulder joints.

Ignoring Pain: Stop shoveling if you experience discomfort in any joint; prioritize joint health.

Inadequate Attire: Dress warmly with proper footwear to prevent slips and falls, ensuring protection for your feet.

By adhering to these guidelines, Long Islanders can efficiently clear snow while safeguarding the health of their joints.



At **Orthopedic Associates of Long Island**, we offer personalized treatment plans for various orthopedic conditions, including tendonitis. Tendonitis is inflammation of the tendons, often resulting from overuse or repetitive strain. We specialize in crafting individualized approaches to address tendonitis, providing comprehensive care to alleviate pain and promote optimal recovery. Trust our expert team to guide you through tailored treatment plans designed to enhance tendon resilience and ensure long-term joint health.

Meet Our Non-Operative Sports Medicine Team



Danielle N. DeGiorgio, DO
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, Centereach, 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.

Follow Us On Social Media!



facebook.com/OrthopedicAssociatesofLongIsland



[@orthopedicassociatesli](https://www.instagram.com/orthopedicassociatesli)

Orthopedic Associates of Long Island
6 Technology Drive, Ste 100, East Setauket, NY 11733
www.oali.com