



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



Winter ice can lead to painful spine injuries, especially in the lower back and neck. To reduce your risk, follow these tips:

- Wear Slip-Resistant Footwear:** Choose shoes with good tread to help prevent slipping.
- Maintain Proper Posture:** Keep your spine aligned with knees slightly bent for better balance.
- Practice Safe Falling:** Land on your side and avoid twisting your spine during a fall.
- Strengthen Your Core:** Engage in exercises like planks to provide better spinal support.
- Stay Physically Active:** Regular weight-bearing exercises improve bone density and strength.
- Use Handrails and Walk Slowly:** Take small, careful steps and use handrails when available.
- Apply Ice and Rest:** If injured, ice the area for 20 minutes and avoid activities that worsen the pain.

For persistent or severe pain, contact **Orthopedic Associates of Long Island** for expert care and personalized treatment to protect your spine and joints this winter.



Managing Degenerative Spine Conditions

Degenerative spine conditions, such as herniated discs and spinal stenosis, occur as the spine naturally wears down over time. A herniated disc happens when the soft cushion between vertebrae slips out of place, potentially pressing on nerves and causing pain. Spinal stenosis is the narrowing of the spinal canal, which can lead to nerve compression and symptoms like numbness or weakness. Both conditions can significantly impact mobility and quality of life, but with early diagnosis and proper treatment from specialists at **OALI**, patients can manage symptoms and improve function.

Meet Our Spine Team



Hargovind DeWal, MD
Spine Team

Dr. Hargovind DeWal is a skilled orthopedic surgeon specializing in spine surgery, with expertise in musculoskeletal research and neurosurgery. He completed his medical training at SUNY Downstate and the Hospital for Joint Diseases, with fellowships at the Cleveland Clinic Foundation. A Fellow of the American Academy of Orthopaedic Surgery, Dr. DeWal treats conditions like herniated discs and spinal stenosis using minimally invasive techniques.

Dr. DeWal is committed to advanced, patient-centered care at Orthopedic Associates of Long Island. He provides care at OALI's **East Setauket and Patchogue** offices.

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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