



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



Spring cleaning can revitalize your living space, but it shouldn't come at the cost of your well-being. Here are some tips to tackle your spring cleaning without the accompanying aches and pains:

**Pace Yourself:** Break down your tasks into smaller, manageable segments. Take breaks in between to avoid overexertion and strain on your joints and muscles.

**Stretch:** Before starting your cleaning regimen, stretch your muscles to prevent stiffness and tension. Stretching again afterward can help release any built-up tension and promote flexibility.

**Use Ergonomic Tools:** Invest in orthopedic-friendly cleaning tools to reduce strain on your joints and muscles. Seek lightweight equipment with adjustable handles to minimize physical stress on your body.

**Maintain Good Posture:** Be mindful of your posture while cleaning. Keep your spine aligned and lift with your legs to prevent unnecessary pressure on your back and joints.

**Stay Hydrated and Nourished:** Drink plenty of water and consume nutritious snacks to maintain energy levels and support orthopedic health throughout your cleaning session.

**Ask For Help:** Don't hesitate to seek assistance from family or friends for cleaning tasks. Sharing the workload can make cleaning more efficient and reduce the risk of orthopedic strain or injury.

Adhering to these orthopedic-focused tips can make your spring cleaning experience more enjoyable while safeguarding against orthopedic discomfort or injury!

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Gardening is a joy, but repetitive motions can lead to carpal tunnel syndrome (CTS). To reduce risks, vary tasks, take breaks, and use ergonomic tools. Keep wrists straight and avoid excessive bending. If symptoms like tingling or numbness persist, contact OALI's Hand & Upper Extremity Team for treatment. Our experts provide tailored solutions to alleviate discomfort and prevent further damage. Don't let CTS hinder your gardening passion; prioritize hand health for long-term enjoyment in the garden.

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## ***Meet Our Hand & Upper Extremity Team***



**Dimitrios C. Christoforou, MD**  
*Hand & Upper Extremity Team*

**Dr. Dimitrios C. Christoforou**, a distinguished orthopedic surgeon specializing in hand, wrist, forearm, and elbow conditions, offers advanced treatments, including endoscopic carpal tunnel release and injectable collagenase for Dupuytren's disease. Trained at top institutions like Harvard Medical School and Columbia University Medical Center, he emphasizes personalized care and minimally invasive approaches for patients in the New York Hudson Valley and Long Island regions.

Dr. Christoforou sees patients in our **East Setauket, Commack,** and **West Babylon** locations.



**Steven Michael Puopolo, MD**  
*Hand & Upper Extremity Team*

**Dr. Steven M. Puopolo**, a board-certified orthopedic surgeon, graduated from SUNY Health Science Center in Brooklyn in 1997. Specializing in hand, wrist, and elbow conditions, he completed his residency at NYU Hospital for Joint Diseases and a fellowship at the University of Pittsburgh Medical Center. His expertise includes fractures, carpal tunnel syndrome, Dupuytren's disease, and minimally invasive endoscopic carpal tunnel release surgery.

Dr. Puopolo sees patients at OALI's **East Setauket, Riverhead,** and **Wading River** locations.

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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.

"The staff is always friendly and accommodating.."

-Michael C. (Google Reviews)

***Visit Our Google Profile To Leave  
A Review At Your OALI Location!***

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## **Are You Utilizing Our Patient Portal?**



The screenshot shows a login page for the OALI Patient Portal. At the top, it says "PATIENT PORTAL" and "Welcome to Orthopedic Associates of Long Island Physicians and Medical Group, PLLC". Below this, there are two input fields: "USERNAME" with a placeholder "Username" and "PASSWORD" with a placeholder "Password". At the bottom of the form is a teal "LOGIN" button.

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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