

Exceptional *Care*,
Close To *Home*

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At OALI, we express heartfelt gratitude for the opportunity to care for our exceptional patients. Wishing you and your loved ones a Thanksgiving filled with laughter, love, and delightful meals—a day to craft enduring memories. From our OALI family to yours, Happy Thanksgiving!



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.



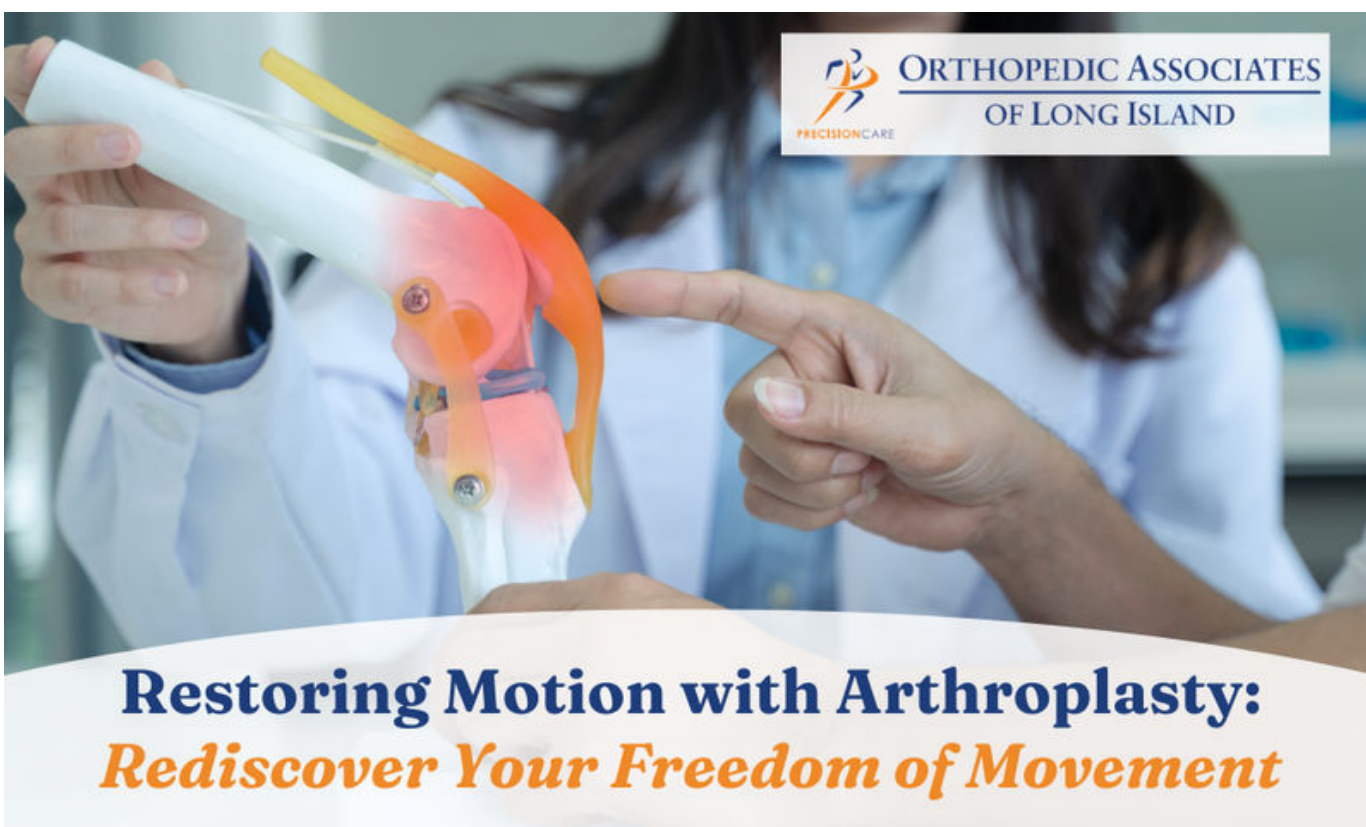
As winter weather settles in, Orthopedic Associates of Long Island recognizes the challenges of managing joint pain in colder weather. Here are quick tips to keep you moving comfortably:

Stay Active: Embrace indoor exercises like swimming or join our joint-friendly fitness classes.

Maintain a Healthy Weight: Reduce joint stress by managing your weight effectively.

Layer Up: Dress warmly and consider using thermal compression sleeves or joint wraps for added support.

Our expert orthopedic team is here to provide personalized guidance tailored to your needs. OALI is committed to supporting your joint health, from exercise plans to advanced treatments. Visit our website or schedule a consultation to stay proactive in managing joint discomfort this winter.



Arthroplasty, or joint replacement, involves partially or completely replacing damaged joints with artificial ones. Over half a million procedures are performed annually, mainly on knees and hips. Joint replacement is considered for conditions like osteoarthritis when conservative treatments no longer suffice.

After surgery, patients typically spend a few days in the hospital, undergo minimally invasive procedures, and follow a prescribed rehabilitation plan for several weeks facilitated by physical therapy. While insurance coverage for arthroplasty varies, patients are advised to contact their providers for specific information.

Meet Our Joint Replacement Team



John J. Brennan, MD

Total Joint Replacement Team

Dr. John J. Brennan specializes in the complete care of the shoulder, hip, and knee, with a particular emphasis on minimally invasive techniques. These techniques include arthroscopic repairs and the latest cutting-edge technology with small incision techniques.

Dr. Brennan sees patients at OALI's **East Setauket, Riverhead,** and **Southampton** office locations.



Anthony Cappellino, M.D.

Total Joint Replacement Team

Dr. Anthony Cappellino specializes in sports medicine and joint reconstruction, including minimally invasive procedures in anterior hip replacement, knee replacement, and shoulder replacement.

Dr. Cappellino has been Chairman of the Department of Orthopedics at Good Samaritan University Hospital since 2010 and is actively involved in training the Nassau University Medical Center orthopedic residents. Dr. Cappellino sees patients in our **West Babylon** office.



Christopher M. Mileto, MD

Total Joint Replacement Team

Dr. Christopher M. Mileto specializes in comprehensive musculoskeletal care, focusing on joint replacements for the hip, shoulder, and knee. Dr. Mileto uses minimally invasive muscle-sparing approaches for faster recovery and employs advanced technologies like robotic surgery and patient-specific instrumentation for optimal implant positioning.

Dr. Mileto sees patients at our **Commack, East Setauket,** and **Patchogue** locations.



Douglas Matthew Petraco, MD

Total Joint Replacement Team

Dr. Douglas M. Petraco specializes in joint replacement surgery of the hip and knee, offering the latest advanced techniques in joint replacement surgery.

As Director of the Department of Orthopedics at St. Charles Hospital, Dr. Petraco was instrumental in bringing MAKOplasty® robotic partial knee resurfacing to the hospital. This minimally invasive approach, combined with a patient-specific surgical plan, allows more accurate implant placement, resulting in a more natural feeling knee compared to a total knee replacement. Patients are typically discharged home from the hospital on the same day of surgery.

Dr. Petraco sees patients at our **East Setauket, Riverhead,** and **Wading River** locations.

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**.

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.

"Wonderful group of professionals.
They are very kind and gentle.
I recommend them highly."

-Gail C. (Google Reviews)

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