



ORTHOPEDIC ASSOCIATES OF LONG ISLAND

**Founded On Reputation.
Focused On Care.**

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Managing Joint Pain in Humid Weather

Managing joint pain in humid weather requires strategic approaches to mitigate discomfort, especially for individuals with arthritis or other joint conditions. Humidity can worsen symptoms by increasing joint stiffness and inflammation. Here are effective tips to help you manage joint pain during humid weather:

Stay Hydrated: Drinking plenty of water throughout the day helps maintain joint lubrication and reduces stiffness. Aim for at least eight glasses of water daily, and consider carrying a water bottle for easy access.

Use Moist Heat: Applying warm, moist heat packs or taking warm baths can effectively soothe achy joints. Moist heat helps relax muscles and improve circulation, providing relief from joint discomfort.

Dress Appropriately: Opt for lightweight, breathable clothing made from natural fibers like cotton or moisture-wicking fabrics. This helps prevent overheating and reduces sweating, which can exacerbate joint pain.

Maintain Physical Activity: Engage in low-impact exercises such as swimming, water aerobics, or walking. These activities help keep joints flexible, strengthen supporting muscles, and improve overall joint function without causing excessive strain.

Practice Stress Management: Stress can contribute to increased pain perception. Incorporate stress-reducing activities into your daily routine such as yoga, meditation, deep breathing exercises, or hobbies that you enjoy.

Monitor Joint Health: Pay attention to how your joints respond to changes in weather and adjust your activities accordingly. Keeping a journal or using a pain tracker app can help you identify triggers and manage your condition more effectively.

By incorporating these strategies into your daily routine, you can better manage joint pain and improve your comfort levels in humid conditions. It's important to personalize these tips based on your specific needs and consult with healthcare professionals for personalized advice and treatment options. With proactive management, you can minimize the impact of humid weather on joint health and maintain an active, fulfilling lifestyle. To learn more, contact Orthopedic Associates Of Long Island today!



Several reasons may necessitate a knee replacement, medically known as knee arthroplasty. Severe osteoarthritis, where cartilage wears away, causing pain and stiffness, is a common reason. Traumatic injuries or fractures that damage the knee joint may also lead to the need for a replacement. Other conditions include rheumatoid arthritis, causing joint inflammation and damage, and post-traumatic arthritis, developing after a knee injury. For individuals with severe pain, limited mobility, or difficulty performing daily activities despite conservative treatments like medication and physical therapy, a knee replacement may offer significant relief and improved quality of life. If you or a loved one are in need of a knee replacement, contact **OALI** today!

Meet Our 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 MAKOpasty® 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?



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.

"Professional and knowledgeable.
Clean and well run facility."

-Kim R. (Google Reviews)



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