



ORTHOPEDIC ASSOCIATES OF LONG ISLAND

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

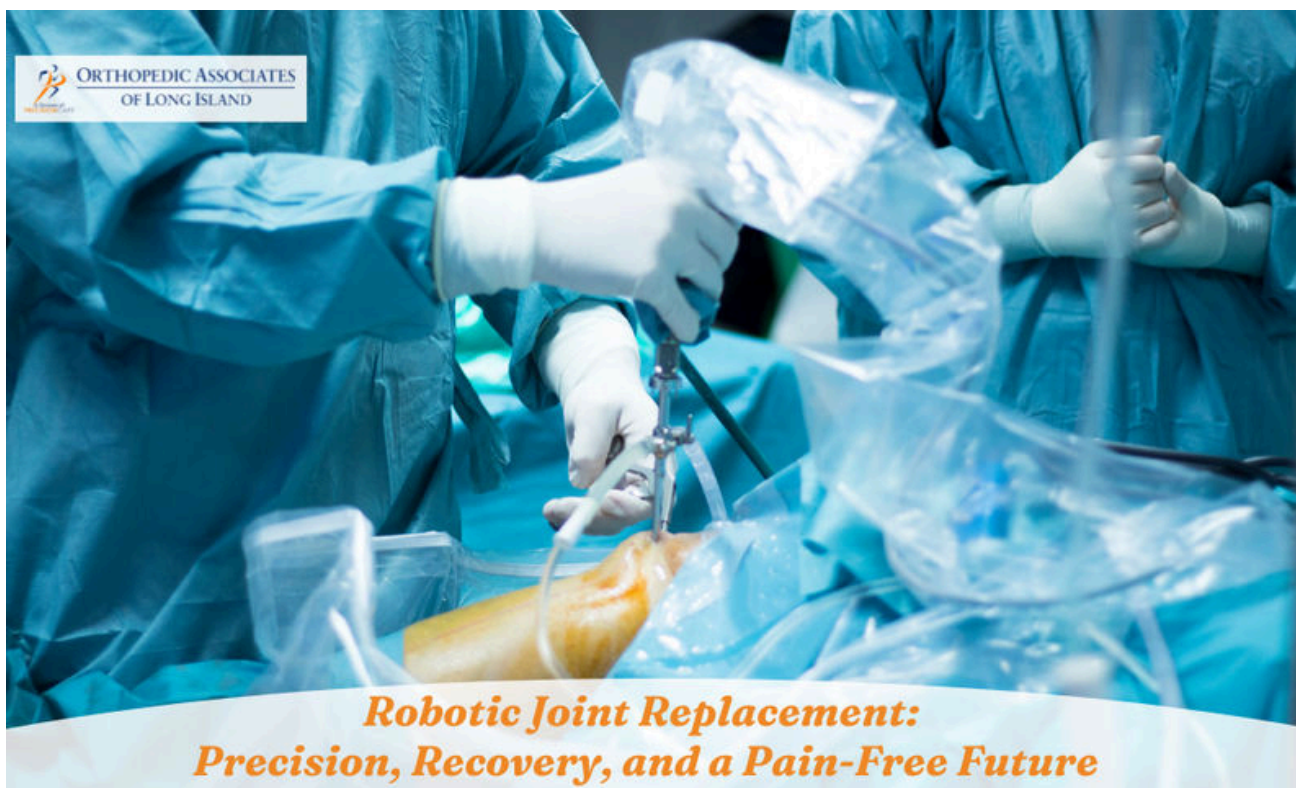
Tel: 631.689.6698 • 8 Long Island Locations • oali.com

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East Setauket, NY 11733



Protect Your Bones and Joints This Winter

Your bones and joints are particularly vulnerable as the winter sports season gets underway, so it's important to be aware of potential dangers. Activities such as skiing, snowboarding, ice skating, and sledding can lead to injuries, especially for those who aren't prepared or are inexperienced. At Orthopedic Associates of Long Island, we specialize in treating injuries to bones and joints, helping you recover and stay active. Winter sports often result in bone fractures, joint dislocations, and ligament sprains. Skiers and snowboarders commonly suffer from knee injuries, such as ligament tears or fractures, due to high-impact falls or sudden twists. Ice skaters can experience wrist fractures when falling onto their hands, and even something as simple as a fall while sledding can lead to shoulder or ankle injuries. To protect your bones and joints, it's vital to use proper equipment, such as well-fitted boots and helmets, and always warm up before participating. Pay attention to your body mechanics, as the incorrect technique can strain joints, especially in high-impact activities. If you experience pain or injury, seek medical attention immediately. At Orthopedic Associates of Long Island, our orthopedic specialists are here to provide expert care for any winter sports injuries, helping you heal and return to your favorite activities safely.



***Robotic Joint Replacement:
Precision, Recovery, and a Pain-Free Future***

Robotic joint replacement is an advanced surgical technique that uses robotic technology to enhance the precision and accuracy of joint replacement procedures. This minimally invasive approach allows orthopedic surgeons to create a personalized surgical plan based on your unique anatomy, leading to more accurate implant placement and potentially faster recovery. Robotic-assisted surgery reduces the risk of complications and ensures optimal alignment, which can improve long-term function and comfort. At OALI, our skilled surgeons utilize robotic technology to help you regain mobility and return to your active lifestyle with less pain and quicker healing.

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.



Gregory Minutillo MD, MPH
Total Joint Replacement Team

Dr. Gregory Minutillo specializes in adult hip and knee reconstruction surgery, using advanced, personalized techniques for optimal outcomes. He offers same-day surgery options and provides minimally invasive procedures, hip/knee replacements, and non-surgical arthritis management. An active researcher with numerous publications and presentations, Dr. Minutillo holds a Master's in Pharmacology, a Medical Degree, and a Master of Public Health.

To schedule an appointment with Dr. Minutillo at our **East Setauket, Commack, or West Babylon office**, contact us today!

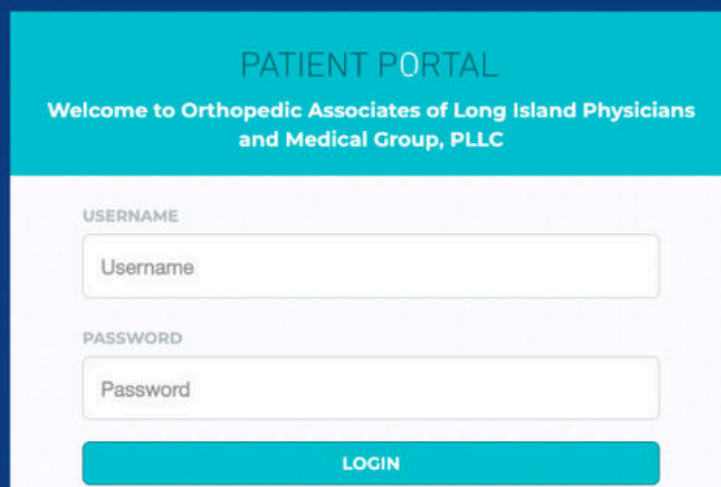


Douglas Matthew Petraco, MD
Total Joint Replacement Team

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?



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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