



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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Recognize **National Safety Month** with Orthopedic Associates of Long Island! June is National Safety Month, and at OALI, we are dedicated to promoting safety and well-being in every aspect of your life. As Long Island's leading orthopedic healthcare practice, we know the importance of preventing injuries and maintaining a healthy lifestyle.

Despite our best efforts, we understand that accidents can happen and injuries may occur. That's why our team of **highly skilled orthopedic specialists is here to provide comprehensive care, from diagnosis to rehabilitation.** If you experience any orthopedic concerns or injuries, don't hesitate to schedule an appointment with us. Our compassionate team is dedicated to helping you recover and regain your mobility. **Contact us today to learn more!**

Service Highlight



At **Orthopedic Associates of Long Island (OALI)**, we are committed to promoting the health and well-being of athletes through comprehensive orthopedic sports medicine care. Preventing sports injuries is a key aspect of our practice, and we emphasize the importance of implementing essential safety measures. By following these measures, athletes can significantly reduce the risk of injuries and stay active in their chosen sports.

1. **Warm-up:** A proper warm-up is essential before any physical activity. This includes dynamic stretches and light cardiovascular exercises to prepare the body for the demands of sports, increase blood flow, and improve flexibility.
2. **Utilize the proper equipment:** Wearing appropriate sports equipment is another critical safety measure. At OALI, we recommend athletes use well-fitted protective gear, such as helmets, pads, and supportive footwear, to ensure proper functioning and reduce the risk of accidents.
3. **Listen to your body:** Avoiding overexertion is vital for an athlete. Pushing beyond your limits can lead to fatigue and increased vulnerability to injuries. Rest and recovery periods are crucial for allowing the body to heal and regenerate.
4. **Practice proper technique and form:** Our skilled orthopedic sports medicine specialists provide expert training and coaching to ensure athletes perform sport-specific movements correctly. This includes teaching proper body mechanics, safe landing techniques, and correct contact methods.
5. **Maintain overall physical fitness:** Our team at OALI offers personalized training programs and exercises tailored to each athlete's needs, including strength training, cardiovascular workouts, and flexibility training.

By implementing these essential safety measures, athletes can reduce the risk of sports-related injuries and maximize their performance potential. At OALI, our experienced orthopedic sports medicine physicians are here to support you in your athletic journey. **Contact us today to schedule an appointment and receive the specialized care and guidance you deserve!**

Meet Our Doctors



Danielle N. DeGiorgio, DO

Non-Operative Orthopedics And Sports Medicine Specializing In Regenerative Medicine, Physical Medicine & Rehabilitation, And Concussion Management

Dr. Danielle N. DeGiorgio is OALI's Director of Regenerative Medicine and is an Assistant Clinical Professor with the Department of Physical Medicine and Rehabilitation at the Stony Brook University School of Medicine. She is dual-board certified in Physical Medicine & Rehabilitation and Sports Medicine.



Mark J. Harary, MD

Non-Surgical Orthopedics And Sports Medicine
Regenerative Medicine Specialist

Dr. Mark J Harary specializes in the non-operative treatment of musculoskeletal problems in both pediatric and adult patients. He has a special interest in treating osteoarthritis, fractures, acute injuries, and concussions.

Dr. Harary is a concussion specialist with St. Charles Hospital's ThinkSMART!™ Concussion Management Program and serves as the team physician for the Commack High School and Miller Place High School football teams.



Hayley Rintel Queller, MD

Non-Operative Sports Medicine – Adult & Pediatric,
Specializing In Sports Medicine & Concussion Management

Dr. Hayler Rintel Queller specializes in the non-operative management of orthopedic issues of all ages. She has a keen interest in injury prevention and rehabilitation from non-operative conditions. She also has a particular interest in fracture care and concussion management.

Dr. Queller serves as the **Medical Co-Director of St. Charles Hospital's ThinkSMART!™ Concussion Management Program** and helps ensure the most up-to-date management of concussions in more than 42 school districts in Suffolk County.

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.

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

-Kim R. (Google Reviews)



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