



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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**October is
National Spine Health
Awareness Month!**

October is National Spine Health Awareness Month! This month, **Orthopedic Associates of Long Island** aims to raise awareness about the critical role the spine plays in maintaining overall health and mobility. Our commitment extends beyond diagnosing and treating spine-related issues; we are dedicated to empowering individuals with knowledge and resources to proactively care for their spinal health.

Join us in bringing awareness to spinal well-being and prioritizing preventive care. At OALI, we believe that a healthier spine leads to a healthier life, and together, we can make strides towards a future where spinal health is a universal priority.

Service Highlight



**Support Your Backbone!
Prioritize Your Spinal Health With OALI**

Prioritizing spine health is integral to OALI's commitment to comprehensive orthopedic care. The spine is the cornerstone of the human body, influencing overall well-being, mobility, and stability. ***Our practice recognizes the importance of a healthy spine in preventing and managing orthopedic conditions.*** At OALI, our commitment extends to utilizing cutting-edge diagnostics and evidence-based treatments. This includes:

- **Physical Therapy:** Tailored exercises and therapeutic interventions to improve spine strength and flexibility.
- **Minimally Invasive Procedures:** The spine surgeons at OALI offer surgical interventions for the neck and back including:
 - Discectomy
 - Laminectomy
 - Fusion

At OALI, we emphasize the significance of ***preventive measures, patient education, and personalized treatment plans to address individual needs.*** Our specialized surgeons aim to enhance mobility, alleviate pain, and improve the overall function of our patients, recognizing that a healthy spine is foundational to a vibrant and active life. Want to learn more? Visit our website!

Meet Our Spine Surgeons



Morgan N. Chen, MD
Chief Of Orthopedic Spine Surgery

Dr. Morgan Chen specializes in the treatment of spinal disorders including herniated disc of the cervical and lumbar spine, degenerative disc diseases, spinal stenosis, spondylolisthesis, scoliosis, fractures, and tumors. He has a particular interest in minimally invasive surgery, microsurgery, and motion preserving procedures of the cervical and lumbar spine.



Sathish J. Subbaiah, MS, MD
Chief Of Neurosurgical Spine Surgery

Dr. Sathish Subbaiah specializes in minimally invasive treatment of degenerative diseases of the spine including disc herniation, spinal stenosis, spondylolisthesis (spinal instability), as well as complex neurosurgical spine disorders including scoliosis and spinal tumors.



In celebration of **National Physical Therapy Month**, **Orthopedic Associates of Long Island** takes immense pride in acknowledging the invaluable contributions of our dedicated team at **PrecisionCare Physical Therapy**. This month, we extend our heartfelt gratitude to our skilled and compassionate physical therapists who work tirelessly to enhance the lives of our patients through personalized care and cutting-edge therapeutic interventions.



At OALI, we recognize the transformative impact of physical therapy and how it can significantly benefit individuals on their journey to optimal musculoskeletal health. Our state-of-the-art physical therapy services at **PrecisionCare Physical Therapy** are tailored to address a diverse range of conditions, fostering improved mobility, function, and overall well-being. Here's how:

- **Individualized Treatment Plans:** Our experienced physical therapists conduct thorough assessments to create personalized treatment plans. By addressing the unique needs of each patient, we ensure that the rehabilitation process is targeted and effective, promoting faster recovery and minimizing the risk of recurring issues.
- **Functional Improvement and Performance Enhancement:** Through targeted exercises and functional training, our team of experts aim not only to restore but also to enhance physical function. Whether you're an athlete or an individual seeking to improve daily activities, we focus on optimizing movement patterns and strengthening key muscle groups, promoting lasting improvements in functional capabilities.

At PrecisionCare Physical Therapy, we are dedicated to empowering individuals, guiding them towards a healthier and more active lifestyle.

Meet Our Physical Therapists



Brian A. Herrera, PT, DPT

Licensed Physical Therapist

Brian A. Herrera, PT, DPT specializes in providing care in all phases of the rehabilitation process including outpatient, inpatient, and in-home physical therapy.



Nicole Russo, MS, OTR/L

Licensed Occupational Therapist

Nicole Russo, MS, OTR/L is a registered and licensed occupational therapist. Nicole has experience in acute, subacute, skilled nursing, and outpatient settings and has used her experience in treating all individuals with functional deficits.



Corey Gruner, PT, DPT

Licensed Physical Therapist

Cory Gruner, PT, DPT specializes in orthopedic physical therapy, including but not limited to arthroscopy, joint replacement, work-related injuries, sports therapy, and more across all age groups.

New Office Location!



Later this summer, OALI will open a new suite in the ***Catholic Health Ambulatory & Urgent Care Center*** at Centereach. OALI will join 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**.

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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A Review At Your OALI Location!***

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