



ORTHOPEDIC ASSOCIATES OF LONG ISLAND

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

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Main Office: 6 Technology Dr, Ste 100
East Setauket, NY 11733



With the new school year and sports season here, protecting bone and joint health is crucial for young athletes. Here are key ergonomic strategies to help prevent injuries:

Proper Equipment Fit: Ensure that sports equipment, like helmets, pads, and footwear, is well-fitted. Proper gear helps absorb impact and protect bones and joints from injury.

Warm-Up and Stretch: Begin each practice or game with a thorough warm-up and stretching routine. This increases blood flow to muscles and joints, reducing the risk of strains and sprains.

Strength Training: Focus on exercises that build strength around key joints, such as knees, shoulders, and ankles. Strong muscles provide better support and stability, reducing the likelihood of joint injuries.

Correct Technique: Teach and practice proper techniques for movements and sports-specific skills. Correct form helps minimize undue stress on bones and joints.

Balanced Nutrition: Maintain a diet rich in calcium and vitamin D to support bone health. Proper nutrition strengthens bones and aids in injury recovery.

If you or a loved one have been injured while playing a sport, contact **Orthopedic Associates of Long Island** today!



Common School Sports Injuries

As students return to school and sports practices ramp up this season, common injuries like sprains, strains, and fractures often increase due to the sudden increase in activity. The transition from a less active summer to rigorous sports schedules can lead to overuse injuries, particularly in the back, knees, and shoulders.

Additionally, improper warm-up routines and inadequate conditioning contribute to the frequency of these injuries among young athletes. To learn more, contact **OALI** today!

Meet Our Non-Operative Sports Medicine Team



Dr. Danielle DeGiorgio, a non-operative sports medicine physician, is OALI's Director of Regenerative Medicine and an Assistant Clinical Professor at Stony Brook University School of Medicine. A Long Island native and former three-sport athlete, she holds dual-board certification in Physical Medicine & Rehabilitation and Sports Medicine, with extensive training including a Fellowship in Sports Medicine at Christiana Care.

Dr. DeGiorgio sees patients at OALI's **East Setauket, Patchogue, Riverhead,** and **Wading River** office locations.



Mark J. Harary, MD

Non-Operative Sports Medicine Team

Dr. Mark Harary, a board-certified physician in Sports Medicine and Family Medicine, earned his undergraduate degree in Movement Science from the University of Michigan and completed his medical training at Ross University, specializing in non-operative treatment of musculoskeletal issues with a focus on osteoarthritis, fractures, and concussions. Actively involved in the Arthritis Foundation, he serves as a concussion specialist with St. Charles Hospital's ThinkSMART!™ program and is the team physician for Commack High School and Miller Place High School football teams.

Dr. Harary sees patients at OALI's **Commack, Centereach, East Setauket, Wading River**, and **West Babylon** office locations.



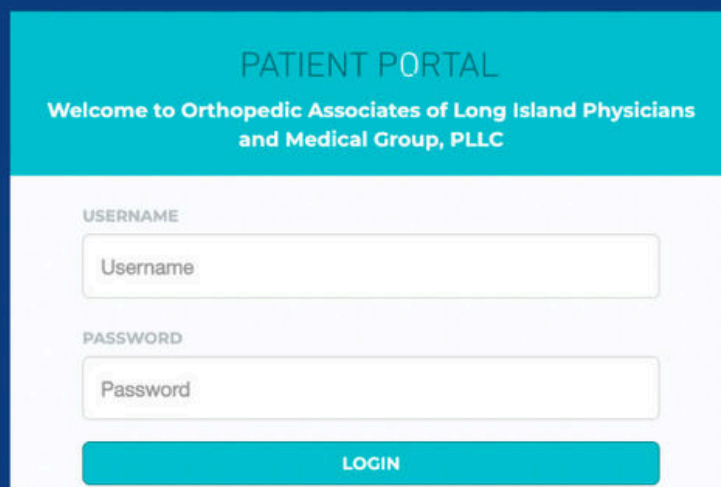
Hayley Rintel Queller, MD

Non-Operative Sports Medicine Team

Dr. Hayley Queller, the first Primary Care Sports Medicine physician at Orthopedic Associates of Long Island, holds a medical degree from Georgetown University School of Medicine. Specializing in non-operative orthopedic management, she has a particular focus on injury prevention, rehabilitation, fracture care, and concussion management. Dr. Queller is also a nationally recognized CrossFit athlete and serves as the Medical Co-Director of St. Charles Hospital's ThinkSMART!™ Concussion Management Program.

Dr. Queller 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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