



# ORTHOPEDIC ASSOCIATES OF LONG ISLAND

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

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

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



**It's back-to-school month!** At **Orthopedic Associates of Long Island**, we understand the excitement that comes with the start of a new school year and the return to sports activities. While participation in sports offers numerous physical and mental health benefits for children and adolescents, **it's crucial to prioritize sports safety.** Our practice is committed to promoting safe and enjoyable athletic experiences for young athletes. That's why we are proud to have a team of dedicated sports medicine specialists who are experts in assessing and treating sports-related injuries.

Our sports medicine specialists are here to support parents, coaches, and student-athletes in their pursuit of a healthy and active lifestyle. Our goal is to provide comprehensive care, from injury prevention strategies to advanced treatments and rehabilitation, ensuring that young athletes can return to their favorite sports safely and swiftly. As the new school year kicks off, **OALI is here to help Long Island athletes thrive in their sports endeavors while keeping safety at the forefront.** Contact us today to schedule an appointment!

## **Service Highlight**



Are you an athlete, a dedicated sports enthusiast, or the parent of a sports star? In the world of sports, excitement and achievement go hand in hand with the potential for injuries. That's where OALI comes into play. Our team of dedicated sports medicine specialists is here to keep you in the game and ensure you perform at your best while minimizing the risk of sports-related injuries.

### **Sports Injury Treatments:**

At OALI, our sports medicine specialists are well-versed in a wide range of treatment options to help you recover from sports-related injuries promptly. Here are some of the approaches we employ:

1. **Physical Therapy:** Our team includes skilled physical therapists who work with you to restore mobility, strength, and flexibility through targeted exercises and techniques.
2. **Non-Surgical Interventions:** Many sports injuries can be managed without surgery. We may recommend treatments like bracing, taping, or corticosteroid injections to alleviate pain and promote healing.
3. **Minimally Invasive Procedures:** For more severe injuries, our sports medicine specialists are proficient in minimally invasive surgical techniques, such as arthroscopy, to repair damaged tissues with smaller incisions and quicker recovery times.
4. **Rehabilitation:** Post-injury rehabilitation is essential. We provide comprehensive rehabilitation programs to help you regain your athletic form safely and efficiently.
5. **Prevention Strategies:** OALI emphasizes the importance of injury prevention. Our sports medicine specialists can offer guidance on proper warm-up routines, conditioning exercises, and lifestyle modifications to reduce the risk of future injuries.

When it comes to sports medicine, trust OALI to provide top-notch care and support. ***Whether you're a seasoned athlete or just starting your sports journey, our sports medicine specialists are here to help you perform at your best, recover from injuries, and stay in the game.*** Don't let injuries sideline your passion; let us be your partner in achieving peak performance.

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## ***Meet OALI's Sports Medicine Surgeons***



**Gregg J. Jarit, MD**

*Board Certified Orthopedic Surgery And Sports Medicine,  
Arthroscopic Surgery Of The Shoulder And Knee*

**Dr. Gregg Jarit** is an orthopedic surgeon specializing in the orthopedic care of athletes at all levels. Dr. Jarit has a particular interest in the care of acute and chronic sports-related injuries, including conservative, arthroscopic, and minimally invasive surgical treatment.



## **Michael J. Sileo, MD**

*Director Of Sports Medicine, Board Certified Orthopedic Surgery & Sports Medicine, Arthroscopic Surgery Of The Shoulder, Knee And Hip*

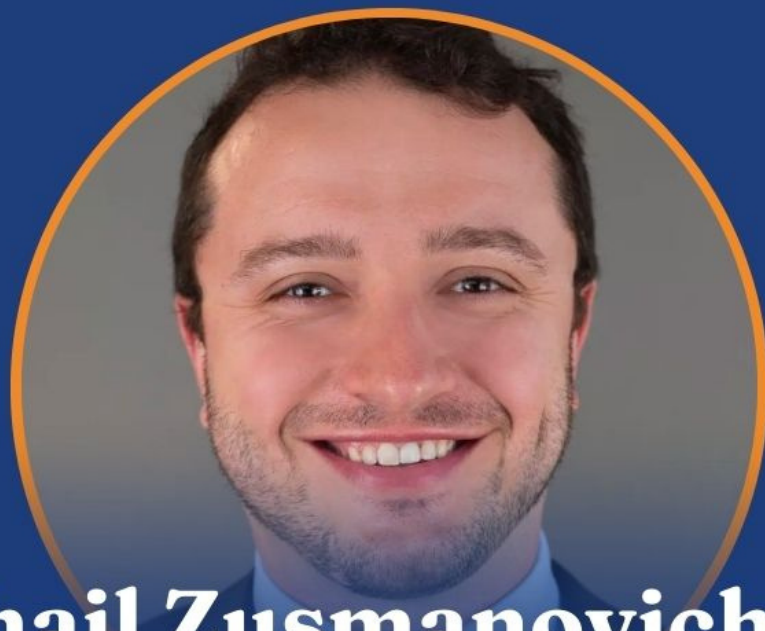
**Dr. Michael Sileo** specializes in the arthroscopic and minimally invasive treatment of shoulder, hip, and knee injuries but has extensive experience in most areas of both operative and non-operative orthopedics. Dr. Sileo's practice emphasizes both rehabilitation as well as training to prevent sports-related injuries.



## **David R. Swanson III, MD**

*Board-Eligible and Fellowship-Trained Orthopedic Surgeon specializing in Sports Medicine, Joint Replacement Surgery, and General Orthopedic Trauma*

**Dr. David Swanson** specializes in sports medicine, including non-surgical as well as arthroscopic and minimally invasive surgical treatment of the shoulder, hip, and knee.



## **Mikhail Zusmanovich, MD**

*General Orthopedics and Sports Medicine Surgery, including Hip, Knee, and Shoulder Arthroscopy; Internal Fracture Fixation; and General Fracture Care*

**Dr. Mikhail Zusmanovich** specializes in general orthopedics and sports medicine surgery, including hip, knee, and shoulder arthroscopy; internal fracture fixation; and general fracture care.

# ***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)



***Visit Our Google Profile To Leave  
A Review At Your OALI Location!***

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