



# ORTHOPEDIC ASSOCIATES OF LONG ISLAND

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

Tel: 631.689.6698 • 8 Long Island Locations • [oali.com](http://oali.com)

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

WE'VE BEEN  
**NOMINATED**  
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**BEST OF LI**  
BESTOFLONGISLAND.COM  
PRESENTED BY  
BETHPAGE FEDERAL CREDIT UNION  
**2025**

Vote  
Orthopedic Associates of Long Island  
For The  
**BEST ORTHOPEDIST**  
On Long Island

 ORTHOPEDIC ASSOCIATES  
OF LONG ISLAND

We are excited to announce that Orthopedic Associates of Long Island has been nominated for the **2025 Best of Long Island** awards! Support Orthopedic Associates of Long Island (OALI) by casting your vote for us as the **best orthopedist** in the Health, Wellness, & Beauty category. We're truly grateful for the nominations and support!

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Hiking is an excellent way to enjoy the outdoors while promoting bone and joint health. Here are some essential tips to ensure your adventures are both enjoyable and safe:

**Choose the Right Footwear:** Invest in well-fitted hiking boots that provide adequate arch support and cushioning. Proper footwear helps prevent injuries and supports your joints on uneven terrain.

**Warm-Up and Stretch:** Before hitting the trails, perform dynamic stretches to prepare your muscles and joints. Focus on the legs, hips, and lower back to enhance flexibility and reduce the risk of strains.

**Stay Hydrated:** Dehydration can lead to muscle cramps, impacting your ability to hike safely. Carry plenty of water and drink regularly, especially on warmer days.  
**Pace Yourself:** Listen to your body and maintain a comfortable pace. Gradually increase your hiking intensity and duration to build endurance while minimizing stress on your joints.

**Use Trekking Poles:** These can help distribute weight and reduce strain on your knees and hips, providing added stability on challenging trails.

By following these tips, you can enjoy hiking while prioritizing your orthopedic health. Happy hiking from Orthopedic Associates of Long Island!

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***Don't Let Pain Hold You Back:  
Understand And Manage Carpal Tunnel Syndrome Today!***

Carpal Tunnel Syndrome occurs when the median nerve, which runs through the wrist, becomes compressed, leading to pain, numbness, and weakness in the hand. Common risk factors include repetitive wrist movements, certain medical conditions, and anatomical variations. Early intervention and proper ergonomic practices can significantly alleviate symptoms and prevent further complications. If you're experiencing symptoms of carpal tunnel syndrome, contact **OALI** for a comprehensive evaluation and personalized treatment options.

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## ***Meet Our Hand and Upper Extremity Team***



**Dr. Dimitrios C. Christoforou**, a distinguished orthopedic surgeon specializing in hand, wrist, forearm, and elbow conditions, offers advanced treatments, including endoscopic carpal tunnel release and injectable collagenase for Dupuytren's disease. Trained at top institutions like Harvard Medical School and Columbia University Medical Center, he emphasizes personalized care and minimally invasive approaches for patients in the New York Hudson Valley and Long Island regions.

**Dr. Christoforou** sees patients in our **East Setauket, Commack,** and **West Babylon** locations.



## Steven Michael Puopolo, MD

*Hand & Upper Extremity Team*

**Dr. Steven M. Puopolo**, a board-certified orthopedic surgeon, graduated from SUNY Health Science Center in Brooklyn in 1997. Specializing in hand, wrist, and elbow conditions, he completed his residency at NYU Hospital for Joint Diseases and a fellowship at the University of Pittsburgh Medical Center. His expertise includes fractures, carpal tunnel syndrome, Dupuytren's disease, and minimally invasive endoscopic carpal tunnel release surgery.

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

## 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](mailto: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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