



**ORTHOPEDIC ASSOCIATES
OF LONG ISLAND**

Exceptional *Care*, Close To *Home*

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

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



We've given our website a fresh look to make accessing the information and services you need easier. With a sleek, user-friendly design, it's now easier than ever to schedule appointments, learn about treatments, and explore our services. Visit us today and experience the new and improved online experience! 🌐



Keep Moving, Keep Thriving: *Strong Bones, Healthy Joints, Better Life*

At **Orthopedic Associates of Long Island**, we understand that as we age, maintaining strong bones and healthy joints is essential for an active, pain-free life. Regular exercise plays a crucial role in supporting both bone and joint health. Weight-bearing activities like walking, jogging, or strength training help increase bone density, reducing the risk of osteoporosis. Additionally, exercises that improve flexibility and joint mobility—such as swimming or yoga—can help prevent stiffness and improve overall function.

Engaging in consistent physical activity also helps maintain muscle strength, which provides extra support to the joints and alleviates unnecessary strain. Importantly, regular movement can reduce inflammation and improve blood circulation, contributing to joint lubrication and overall comfort.

At Orthopedic Associates of Long Island, we encourage our patients to stay active in a way that's safe and tailored to their needs, ensuring their joints and bones stay strong as they age.



Sprained Ankle? Trust OALI to Get You Back on Your Feet, Pain-Free!

A sprained ankle occurs when the ligaments that support the ankle are stretched or torn, typically due to twisting or rolling the foot. Common symptoms of a sprained ankle include:

Pain: Immediate pain around the ankle, especially when moving or putting weight on it.

Swelling: The ankle may swell and feel tender to the touch.

Bruising: Discoloration may appear on the skin around the ankle as a result of blood vessels being damaged.

Limited Range of Motion: Difficulty in moving the ankle or walking without discomfort.

Instability: Feeling like the ankle is weak or wobbly, making it difficult to walk or stand.

If you experience any of these symptoms, it's important to rest, ice, compress, and elevate the injured ankle (R.I.C.E.). For a proper diagnosis and treatment plan, contact **OALI**. Our experts will help you recover and get back on your feet faster.

Meet Our Foot And Ankle Team



Lorenzo Gamez, MD
Foot & Ankle Team

Dr. Lorenzo Gamez, an expert orthopedic surgeon with a BA in Psychology from Rutgers College, specializes in foot and ankle care, offering advanced treatments such as total ankle replacements and ankle arthroscopy. Formerly an Assistant Professor at UMASS Medical School, he is one of the few orthopedic surgeons on Long Island focusing on foot and ankle surgery.

Dr. Gamez sees patients at OALI's **East Setauket, Commack, Riverhead, and West Babylon** office locations.



Mudasser Javed, DPM
Foot & Ankle Team

Dr. Mudasser Javed, a board-certified Podiatrist, specializes in reconstructive surgery for foot and ankle deformities, addressing conditions such as bunions, hammertoes, sports injuries, trauma, and diabetic wound care. With a Doctor of Podiatric Medicine degree from the New York College of Podiatric Medicine and a 3-year surgical residency at Good Samaritan Hospital Medical Center, he is dedicated to both conservative and surgical management of various foot and ankle pathologies.

Dr. Javed sees patients at our **East Setauket, Patchogue, and West Babylon** locations.



Joseph S. Morra, DPM

Foot & Ankle Team

Dr. Joseph Morra, a Bronx native and former athlete, pursued medicine with a focus on foot and ankle biomechanics. Board-certified and with a podiatric medical degree, he specializes in sports medicine, trauma, wound care, limb salvage, and musculoskeletal deformities, delivering compassionate care akin to family standards.

Dr. Morra sees patients at our **East Setauket, Patchogue, and Riverhead** locations.



Anik Paul, DPM

Foot & Ankle Team

Dr. Anik Paul, a Board-certified podiatric surgeon, provides top-notch foot and ankle care, specializing in conditions like bunions and sports injuries. With a focus on minimally invasive techniques, he tailors personalized treatment plans for optimal results, ensuring patients receive attentive care on their path to improved foot and ankle health.

Dr. Paul sees patients at our **East Setauket, Centereach, and Commack** locations.

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.

"The staff is always friendly and accommodating.."

-Michael C. (Google Reviews)



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

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.

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