



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



Personalized Care for Lasting Healing and Active Living

At **Orthopedic Associates of Long Island**, we understand that recovering from an injury or surgery can be a challenging journey. Whether you've fractured a bone, had joint replacement surgery, or are healing from a sports injury, following your doctor's recovery plan is critical to ensuring proper healing and preventing future complications. Recovery plans are tailored to each patient's specific needs, but they all share one fundamental goal: restoring your mobility and improving your quality of life.

- 1. Promote Optimal Healing**
- 2. Prevent Re-Injury**



Surgical Solutions for a Stronger, Faster Recovery from Achilles Tendinitis

Achilles tendinitis, when conservative treatments fail, may require surgical intervention to fully address the condition and restore function. At OALI, our surgical sports medicine team specializes in advanced procedures designed to repair the Achilles tendon, promoting long-term recovery and minimizing future complications. Surgical options may include tendon debridement to remove damaged tissue, tendon repair to reattach or reconstruct the tendon, or tendon grafts for more complex cases. These procedures are typically minimally invasive, reducing recovery time and improving outcomes.

After surgery, a detailed recovery plan is implemented, focusing on rehabilitation and a gradual return to activity to ensure proper healing and prevent re-injury.

If you or a loved one is suffering from chronic Achilles tendinitis, contact **OALI**'s surgical sports medicine team for expert care and personalized treatment options.

Meet Our Surgical Sports Medicine Team



Gregg J. Jarit, MD
Surgical Sports Medicine Team

Dr. Gregg Jarit an orthopedic surgeon, specializes in treating athletes. He uses conservative and minimally invasive techniques for sports-related injuries and is certified in orthopedic sports medicine.

Graduating from the University of Virginia in 1998, he earned his medical degree from Albert Einstein College of Medicine in 2002. After his residency at NYU Hospital for Joint Diseases, he pursued a sports medicine fellowship at the University of Virginia. Dr. Jarit sees patients at OALI's **East Setauket** and **Wading River** offices.



Michael J. Sileo, MD
Surgical Sports Medicine Team

Dr. Michael Sileo graduated magna cum laude from the College of William and Mary in 1998 before earning his medical degree at SUNY Stony Brook in 2002. His extensive post-graduate training included a fellowship in sports medicine at Lenox Hill Hospital, where he served as assistant team orthopedist for various teams.

Dr. Sileo specializes in minimally invasive treatments for shoulder, hip, and knee injuries and sees patients at OALI's **East Setauket** and **Commack** offices.



David R. Swanson III, MD
Surgical Sports Medicine Team

Dr. David R. Swanson III is a board-eligible orthopedic surgeon specializing in sports medicine, joint replacement, and trauma. Graduating with honors from Gordon College, he earned his medical degree from Wright State University Boonshoft School of Medicine. After residency at Stony Brook University Hospital, he underwent advanced fellowship training at New England Baptist Hospital, serving as a team physician for the Boston Celtics.

Dr. Swanson is dedicated to providing personalized care to help patients return to their desired level of activity. He provides care at OALI's **East Setauket, Patchogue,** and **Riverhead** offices.



Mikhail Zusmanovich, MD

Surgical Sports Medicine Team

Dr. Mikhail Zusmanovich, specializes in general orthopedics and sports medicine surgery, with expertise in hip, knee, and shoulder arthroscopy, fracture care, and internal fixation. He graduated with honors from UC Santa Barbara and attended medical school at USC's Keck School of Medicine. Completing his residency at NYU Langone Health and fellowship at Cedars-Sinai Kerlan-Jobe Institute, he served as an assistant team physician for various professional sports teams in Los Angeles.

Dr. Zusmanovich is a member of multiple orthopedic organizations and is fluent in Russian. He provides care at OALI's **Commack, East Setauket, Patchogue**, and **West Babylon** offices.

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)



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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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