



ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

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June is Men's Health Month, a time to focus on your physical well-being—and that starts with healthy joints. Whether you're an athlete, weekend warrior, or just trying to stay active as you age, joint health plays a vital role in your quality of life. At Orthopedic Associates of Long Island, we see firsthand how joint issues can impact men's mobility, strength, and independence.

Here are some of the most common joint injuries and conditions affecting men:

- ◆ **ACL Tears & Knee Injuries** – Sports like basketball, soccer, and even recreational running can lead to ligament injuries in the knee, particularly the anterior cruciate ligament (ACL). These injuries are common among active men of all ages.
- ◆ **Shoulder Rotator Cuff Tears** – Lifting weights, playing overhead sports (like tennis or baseball), or performing repetitive movements on the job can strain or tear the rotator cuff, causing pain, weakness, and limited range of motion.
- ◆ **Hip Labral Tears & Arthritis** – The hip joint is another high-impact area. Men may experience labral tears due to sports or repetitive stress, while hip osteoarthritis becomes more common with age.
- ◆ **Elbow Tendinitis** – Common in men who golf, play tennis, or work with tools, conditions like tennis elbow (lateral epicondylitis) or golfer's elbow (medial epicondylitis) can be painful and persistent if not treated properly.
- ◆ **Meniscal Tears** – Twisting injuries or degenerative changes can cause tears in the meniscus cartilage of the knee, leading to pain, swelling, and difficulty walking or bending.

How to Protect Your Joints:

- Warm up and cool down before physical activity
- Cross-train to avoid overuse injuries
- Maintain a healthy weight to reduce pressure on joints
- Use proper form during exercise or heavy lifting
- Rest and recover after strenuous activity
- Listen to pain—don't push through it

If you're experiencing joint pain, swelling, or stiffness, don't wait. Early diagnosis and treatment can prevent long-term damage and help you stay active. Orthopedic Associates of Long Island is here to support your strength, mobility, and recovery—this month and all year long.

Meet Our Hand & Upper Extremity Team



Dimitrios C. Christoforou, MD

Hand & Upper Extremity Team

Dr. Christoforou is a board-certified orthopedic surgeon specializing in hand, wrist, forearm, and elbow conditions. He graduated magna cum laude from NYU and earned his medical degree with honors from NYU School of Medicine, followed by advanced training at NYU and Harvard Medical School.

He offers personalized, minimally invasive treatments for a range of conditions, including carpal tunnel syndrome, fractures, arthritis, and Dupuytren's disease. Dr. Christoforou returned to Long Island in 2015, bringing with him a strong foundation in clinical care, research, and surgical innovation.



Steven Michael Puopolo, MD

Hand & Upper Extremity Team

Dr. Puopolo is a board-certified orthopedic surgeon specializing in hand, wrist, and elbow conditions. He earned his medical degree from SUNY Health Science Center at Brooklyn and completed advanced training at NYU-Hospital for Joint Diseases and the University of Pittsburgh Medical Center.

He treats a wide range of traumatic and degenerative conditions, with expertise in fractures, carpal tunnel syndrome, Dupuytren's disease, and tendon injuries. Dr. Puopolo is skilled in minimally invasive techniques, including endoscopic carpal tunnel release, and is committed to delivering precise, patient-centered care.

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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Are You Utilizing Our Patient Portal?

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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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