



ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

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As cooler weather arrives and fall sports ramp up across Long Island, athletes at all levels are at risk for common injuries. At Orthopedic Associates of Long Island (OALI), our team is committed to helping you stay in the game safely. Below are practical strategies we recommend to reduce the risk of injury this fall season.

1. Preseason Preparation & Gradual Training

Each preseason (and even mid-season) preparation should include a warm-up, strength and flexibility work, and sport-specific conditioning. Start gradually — don't ramp intensity or volume too quickly. Focus especially on the muscle groups and joints most stressed in your sport (e.g., hips, knees, ankles, shoulders). Balanced strength, core stability, and neuromuscular control are key.

2. Proper Technique & Movement Mechanics

Incorrect form or poor mechanics are a frequent cause of injuries. Whether you're throwing, cutting, jumping, or tackling, ensure your movement patterns are sound. Coaches, trainers, or OALI specialists can analyze biomechanics and offer corrections to avoid undue stress on joints and soft tissues.

3. Appropriate Footwear & Equipment

Worn-out shoes, improper cleats, or ill-fitting protective gear can increase your risk of injury. Inspect all equipment regularly. Replace shoes or cleats when the cushioning or grip has degraded. Use braces, straps, or supports when recovering from past injuries or when extra stability is needed.

4. Warm-Up, Cool-Down & Mobility Work

A dynamic warm-up before activity primes muscles and joints for exertion; a structured cool-down (including stretching and mobility drills) helps facilitate recovery. Incorporate flexibility and mobility exercises into your daily routine to keep your joints resilient to stress.

5. Cross-Training & Rest Days

Avoid overuse by mixing in alternative forms of movement (swimming, cycling, yoga) to distribute load across different muscle groups. Schedule rest days and avoid consecutive high-risk sessions. Listen to your body – soreness turning into pain may signal the need to back off.

6. Gradual Return After Injury

If you're coming back from a prior injury, progress slowly. Resuming full intensity too quickly often leads to recurrence. Use stepwise return-to-play protocols, monitor symptoms, and seek guidance if pain persists.

7. Early Attention to Pain & Warning Signs

Don't "play through" persistent pain or discomfort. Early assessment and intervention may prevent small injuries from becoming larger ones. OALI's non-operative sports medicine and orthopedic teams are ready to evaluate and treat aches, strains, and tendon irritation before they worsen.

8. Regular Monitoring & Preventive Check-Ins

Even when feeling good, periodic check-ins with trainers, therapists, or OALI providers can catch emerging imbalance, tightness, or weakness patterns before they lead to injury. Proactive screening is a strategy we support across sports seasons.

Stay Active, Stay Safe

Fall is a great season for sport – but injuries can derail progress and enjoyment. With thoughtful preparation and commitment to injury prevention, you'll maximize your chances of a strong, healthy season.

When you need expert orthopedic and sports medicine support, OALI is here for you. [Request an appointment today.](#)



At Orthopedic Associates of Long Island, we know that not every sports injury requires surgery. Our non-operative sports medicine specialists focus on restoring movement, reducing pain, and helping patients return to the activities they love through safe, conservative care.

Conditions We Treat

We care for a wide range of injuries and overuse conditions, including:

- ◆ Sprains and strains
- ◆ Tendonitis and bursitis
- ◆ Rotator cuff and labral injuries
- ◆ Tennis elbow and golfer's elbow
- ◆ Knee and ankle injuries
- ◆ Early arthritis and joint inflammation

Treatment Options

Our personalized treatment plans may include:

- ◆ Bracing, taping, or orthotics
- ◆ Ultrasound-guided injections such as corticosteroids, PRP, or viscosupplementation
- ◆ Activity modification and injury prevention strategies
- ◆ Physical therapy and exercise programs

Why Choose OALI?

Our team combines advanced diagnostics with comprehensive care to help patients recover without unnecessary procedures. We take the time to understand each patient's lifestyle and goals, ensuring treatment plans are tailored to support safe recovery and long-term joint health. When surgery is necessary, we provide a seamless transition to our orthopedic surgeons, ensuring that every step of your care remains under one trusted practice.

Meet Our Non-Operative Sports Med Team



Danielle DeGiorgio, DO, is a non-operative sports medicine physician and OALI's Director of Regenerative Medicine. A Long Island native and former three-sport athlete at Longwood High School, she played college basketball at Stony Brook University on a full athletic scholarship.

Dr. DeGiorgio completed her medical degree at New York College of Osteopathic Medicine, a PM&R residency at Stony Brook University Medical Center, and a Sports Medicine Fellowship at Christiana Care. She is dual-board certified in Physical Medicine & Rehabilitation and Sports Medicine and serves as an Assistant Clinical Professor at Stony Brook University School of Medicine. Dr. DeGiorgio sees patients at OALI's East Setauket, Patchogue, Riverhead, and Wading River office locations.



Mark J. Harary, MD

Non-Operative Sports Medicine Team

Mark Harary, MD is a board-certified physician in Sports Medicine and Family Medicine. He earned his undergraduate degree in Movement Science from the University of Michigan and completed his medical training at Ross University, specializing in non-operative treatment of musculoskeletal issues with a focus on osteoarthritis, fractures, and concussions.

Actively involved with the Arthritis Foundation, he serves as a concussion specialist in St. Charles Hospital's ThinkSMART! program and is the team physician for the Commack High School and Miller Place High School football teams. Dr. Harary sees patients at OALI's Commack, Centereach, East Setauket, Wading River, and West Babylon office locations.



Hayley Rintel Queller, MD

Non-Operative Sports Medicine Team

Hayley Queller, MD is the first Primary Care Sports Medicine physician at Orthopedic Associates of Long Island and holds a medical degree from Georgetown University School of Medicine. Specializing in non-operative orthopedic management, she has a particular focus on injury prevention, rehabilitation, fracture care, and concussion management.

Dr. Queller is also a nationally recognized CrossFit athlete and serves as the Medical Co-Director of St. Charles Hospital's ThinkSMART!™ Concussion Management Program. Dr. Queller sees patients at our East Setauket, Riverhead, and Wading River 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.

"My daughter got a concussion at school during gym in January and we made an appointment here with Dr. Harary. He has been nothing short of a joy and a pleasure and has the best bedside manner of any doctor I've ever met. The day we don't need to visit anymore will be a sad day. Thank you Doctor Mark for all that you do and making us feel seen and heard. Also, the girls at the front desk and the assistants are always so pleasant, smiling, and sweet. Love you all!"

-Patricia F. (Google Reviews)



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