

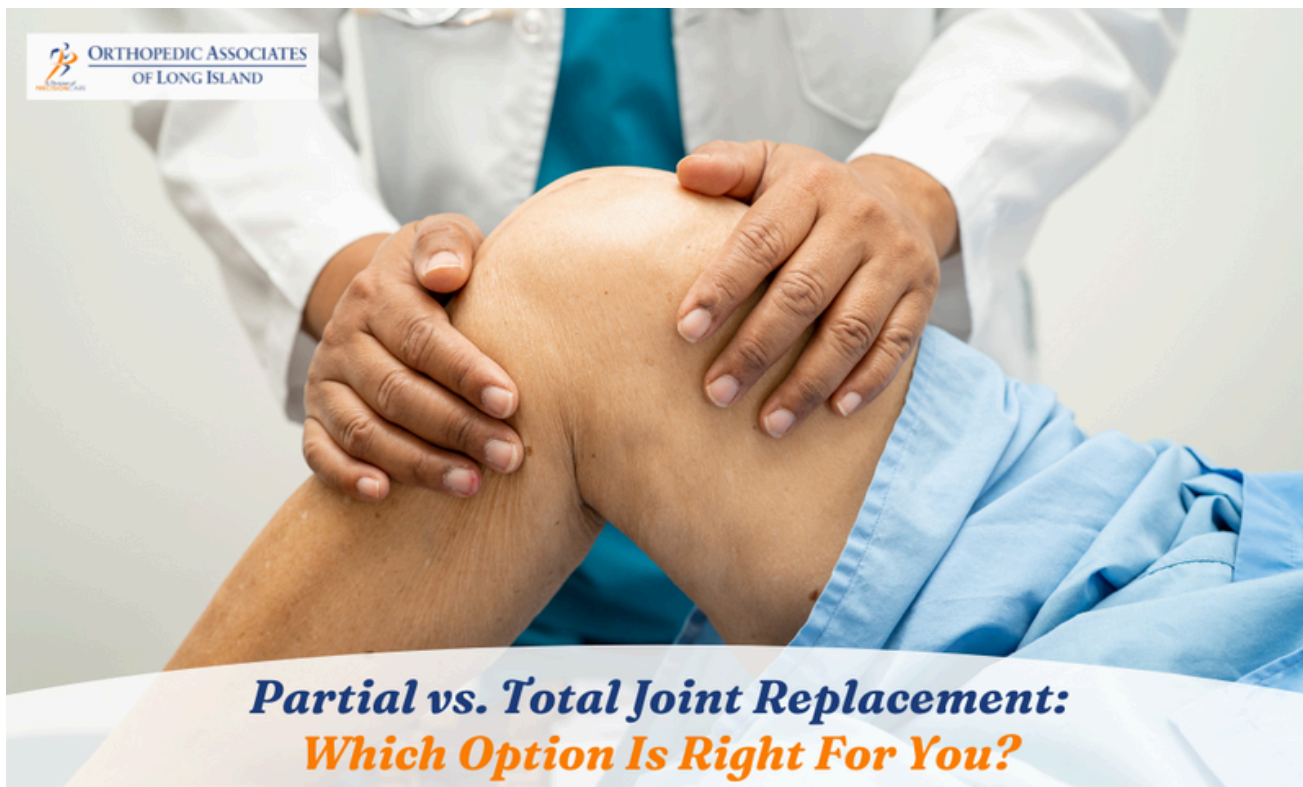


ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

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Partial vs. Total Joint Replacement: Which Option Is Right For You?

Joint pain can significantly impact your daily life, limiting mobility, reducing independence, and affecting overall well-being. When conservative treatments like medication, physical therapy, or injections no longer provide relief, joint replacement surgery may be the next step. At Orthopedic Associates of Long Island, we guide patients through understanding their options—specifically, partial versus total joint replacement—to help you make informed decisions tailored to your needs.

Understanding Partial and Total Joint Replacement

Partial joint replacement, also called unicompartmental arthroplasty, involves replacing only the damaged portion of a joint while preserving healthy bone, cartilage, and ligaments. This approach is commonly used for knees and hips where degeneration is limited to one section of the joint. By maintaining more of the natural joint structure, partial replacement often allows for quicker recovery, smaller incisions, and more natural movement post-surgery.

Total joint replacement, in contrast, involves replacing the entire joint with a prosthetic implant. This is typically recommended when joint damage is more widespread or involves multiple areas of the joint. Total replacement can provide long-lasting pain relief and restore full function, though the procedure may require a longer recovery period compared to a partial replacement.

Why the Right Choice Matters

Selecting the best surgical option depends on several factors, including the extent of joint damage, age, activity level, and overall health. Partial replacement is often ideal for younger, active patients with localized joint deterioration, as it preserves more bone and allows for a faster return to daily activities. Total replacement may be more appropriate for patients with advanced arthritis, deformities, or previous injuries affecting multiple parts of the joint.

Key Benefits and Considerations

Partial Joint Replacement:

- Preserves healthy bone and tissue
- Smaller incision and shorter recovery time
- More natural joint motion post-surgery
- May not be suitable for widespread joint damage

Total Joint Replacement:

- Addresses extensive joint degeneration
- Provides long-term pain relief and improved function
- Prosthetic implants designed for durability
- Longer recovery period and potential need for physical therapy

Making the Decision

At Orthopedic Associates of Long Island, our surgeons take a personalized approach, using advanced imaging and thorough evaluations to determine which option best meets your needs. We discuss the risks, benefits, and expected outcomes of each procedure so patients can make confident decisions. Recovery plans are tailored to support healing, restore strength, and get patients back to the activities they enjoy.

Tips for a Successful Joint Replacement Recovery

- Follow your surgeon's rehabilitation and physical therapy plan
- Maintain a healthy weight to reduce stress on the joint
- Engage in low-impact activities like swimming, cycling, or walking
- Monitor for signs of infection, swelling, or unusual pain and report promptly
- Pace your return to high-impact or strenuous activity gradually

Whether you're considering partial or total joint replacement, the right surgical plan can dramatically improve quality of life. Our team at Orthopedic Associates of Long Island is dedicated to helping patients regain mobility, reduce pain, and enjoy an active, fulfilling lifestyle. By choosing the right procedure and following a personalized recovery plan, you can take confident steps toward long-term joint health.

Meet Our Total Joint Replacement Team



John Brennan, MD, is a board-certified orthopedic surgeon with additional certification in sports medicine. He earned his medical degree from SUNY Health Science Center at Brooklyn after attending St. Louis University, and completed his internship and residency in orthopedic surgery at St. Luke's-Roosevelt Hospital Center in Manhattan. His training also included rotations at Alfred I. DuPont Children's Hospital in Delaware, Memorial Sloan-Kettering Cancer Center, and The Blackrock Clinic in Dublin, Ireland.

Dr. Brennan has been providing orthopedic care on the East End since 1999 and now sees patients at Orthopedic Associates of Long Island's East Setauket, Riverhead, and Southampton offices. He is a member of the American Association of Hip and Knee Surgeons, the Medical Society of the State of New York, the Suffolk County Medical Society, and the Irish-American Orthopedic Society.



Anthony Cappellino, MD, is a board-certified orthopedic surgeon specializing in sports medicine. A Long Island native from New Hyde Park, he attended Yale University, earning the Chester J. Laroche Scholar-Athlete Award while playing four years of varsity football. He received his medical degree with honors from SUNY Stony Brook, where he was elected to the Alpha Omega Alpha medical honor society, and completed his orthopedic residency at Yale-New Haven Hospital, serving as Chief Resident. He then pursued a sports medicine fellowship at the Kerlan-Jobe Clinic in Los Angeles, where he served as assistant team physician for the Los Angeles Lakers, Dodgers, Kings, Anaheim Angels, and USC Trojan football team.

Dr. Cappellino is actively involved in the local community, providing care for multiple high school football teams. He is board certified in Orthopaedic Surgery and Sports Medicine and currently serves as Chairman of Orthopaedic Surgery at Good Samaritan Hospital Medical Center. He sees patients at Orthopedic Associates of Long Island's West Babylon office.



Christopher Mileto, MD, is a fellowship-trained orthopedic surgeon specializing in adult joint reconstruction. He earned his medical degree from New York Medical College in 2010 and completed his orthopedic surgery residency at Maimonides Medical Center in Brooklyn. Dr. Mileto then completed a fellowship in adult reconstruction at the Hedley Orthopedic Institute in Phoenix, AZ, training under Dr. Anthony Hedley in complex primary and revision joint surgeries.

Dr. Mileto focuses on comprehensive musculoskeletal care with an emphasis on hip, shoulder, and knee replacement. He employs minimally invasive, muscle-sparing techniques and cutting-edge technology—including patient-specific guides and robotics—to optimize surgical precision and recovery. He also prioritizes conservative, nonoperative treatments, such as physical therapy, braces, shockwave therapy, and biologic options like PRP and stem cell therapy. Dr. Mileto sees patients at Orthopedic Associates of Long Island’s Commack, East Setauket, and Patchogue offices.



Gregory Minutillo, MD, MPH, is a fellowship-trained orthopedic surgeon specializing in adult hip and knee reconstruction, including total and partial joint replacement, complex revision surgeries, and orthopedic trauma. He earned his undergraduate degree from James Madison University and a Master’s in Pharmacology from Tulane University School of Medicine, where he also completed his MD and MPH with a focus on epidemiology. Dr. Minutillo completed his residency at the University of Pennsylvania, serving as Chief Resident and receiving the DeForest P. Willard Award, and completed a fellowship in adult joint reconstruction at Rush University Medical Center, where he was named “Fellow of the Year.”

An active researcher, Dr. Minutillo has published extensively and presented at major conferences including the American Academy of Hip and Knee Surgeons and the American Academy of Orthopedic Surgeons. He uses state-of-the-art techniques—such as direct anterior and posterior hip replacement, robotically assisted surgery, and minimally invasive procedures—to help patients safely regain active lifestyles. Dr. Minutillo sees patients at Orthopedic Associates of Long Island’s East Setauket, West Babylon, and Commack offices.



Douglas Matthew Petraco, MD
Total Joint Replacement Team

Douglas Petraco, MD, is a board-certified orthopedic surgeon and fellow of the American Academy of Orthopaedic Surgeons, specializing in hip and knee replacement surgery. He graduated cum laude from Yale University and earned his medical degree with honors from Cornell University Medical College. Dr. Petraco completed his internship at NYU Medical Center and his orthopedic surgery residency at The Hospital for Joint Diseases – Orthopaedic Institute, serving as Executive Chief Resident, and completed a research fellowship in biomaterials and biomechanics.

Dr. Petraco offers advanced joint replacement techniques, including mini-incision hip and knee replacement and MAKOpasty® robotic partial knee resurfacing, allowing for precise, minimally invasive procedures and faster recovery. He currently sees patients at Orthopedic Associates of Long Island's East Setauket, Riverhead, and Wading River 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?

A screenshot of a patient portal login interface. At the top, a teal header contains the text "PATIENT PORTAL" and "Welcome to Orthopedic Associates of Long Island Physicians and Medical Group, PLLC". Below this, on a light gray background, are two input fields: "USERNAME" with a placeholder "Username" and "PASSWORD" with a placeholder "Password". At the bottom is a teal "LOGIN" button.

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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