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Rotator Cuff Injuries
When Is Surgery The Best Option?

The rotator cuff is a group of four muscles and tendons that surround the shoulder joint, holding the arm securely in place and allowing you to lift, rotate, and reach with ease. When these tendons become irritated, partially torn, or fully torn, even simple tasks—reaching for a seatbelt, brushing your hair, sleeping on your side—can become painful and frustrating.

Rotator cuff injuries are common, especially among active adults, athletes, and anyone over 40. They can develop suddenly from a fall or lifting injury, or gradually from years of repetitive overhead motion and natural wear. Typical signs include a dull ache deep in the shoulder, weakness when lifting the arm, and pain that worsens at night.

Starting With Non-Surgical Care

The good news is that many rotator cuff problems respond well to non-surgical care. Rest, activity modification, anti-inflammatory medication, targeted physical therapy, and occasionally cortisone injections can relieve pain and restore strength—particularly for partial tears, tendinitis, and impingement. For a large number of patients, these conservative approaches are all that's needed to get back to the activities they love.

When Surgery Becomes the Right Choice

So when is surgery the best option? Surgery is typically considered when symptoms don't improve after several months of conservative treatment, when a tear is large or complete, or when significant weakness limits daily function or athletic performance. Patients with an acute, full-thickness tear from a recent injury—and otherwise active, healthy shoulders—often benefit from earlier surgical repair. Today, most rotator cuff repairs are performed arthroscopically, using small incisions for a quicker, more comfortable recovery.



Orthopedic Associates of Long Island provides cutting-edge solutions for joint pain and sports injuries through total joint replacement and surgical sports medicine. Our expert team of orthopedic surgeons, physical therapists, and medical professionals is dedicated to restoring your mobility and helping you achieve a pain-free, active lifestyle.

Sports-related injuries can severely impact your daily activities and overall quality of life. At OALI, we deliver personalized care, combining the latest surgical techniques with comprehensive rehabilitation to ensure optimal recovery and long-term health.

Our Approach to Surgical Sports Medicine

We believe in a patient-centered approach that combines the latest surgical techniques with personalized care. Our comprehensive services include:

In-depth Diagnostic Evaluations: Use advanced imaging and diagnostic tools to assess your condition accurately.

Customized Treatment Plans: Develop individualized plans that include both surgical and non-surgical options to address your specific needs.

Patient Education: Empowering you with the knowledge to make informed decisions about your treatment and recovery.

Comprehensive Rehabilitation: Offering extensive post-surgical rehabilitation programs to ensure a successful recovery and long-term health.

Meet Our Surgical Sports Medicine Team



Dr. Gregg Jarit specializes in the orthopedic care of athletes at all levels, with particular interest in acute and chronic sports injuries. He offers conservative, arthroscopic, and minimally invasive treatment using the latest techniques to help patients safely return to play. He also provides general orthopedic surgical and nonsurgical fracture care, and holds subspecialty certification in orthopedic sports medicine.

He is a Fellow of the American Academy of Orthopaedic Surgeons and a member of the Arthroscopy Association of North America and the American Orthopaedic Society for Sports Medicine.



Dr. Michael J. Sileo specializes in the arthroscopic and minimally invasive treatment of shoulder, hip, and knee injuries, and is one of the few surgeons in the tri-state area who routinely performs hip arthroscopy for labral tears and femoroacetabular impingement. He has published extensively on shoulder, knee, and ankle injuries and has a particular interest in caring for competitive and recreational athletes—often found on the sidelines of local football teams. His practice also emphasizes injury prevention, rehabilitation, cartilage and meniscal care, PRP therapy, and fracture care.

Dr. Sileo is board-certified in both Orthopedic Surgery and Sports Medicine and is a Fellow of the American Academy of Orthopaedic Surgeons. He serves as Director of the Division of Sports Medicine at St. Charles Hospital and as President of the St. Charles Medical Staff.



Dr. David R. Swanson III specializes in surgical sports medicine and shoulder replacement surgery, as well as robotic total knee replacement and direct anterior total hip replacement. He also provides non-surgical treatment for musculoskeletal conditions of the shoulder, elbow, spine, hip, knee, and ankle. He has a particular interest in ortho-biologics, including platelet-rich plasma (PRP) therapy, and works closely with each patient to build a treatment plan tailored to their goals—whether that's returning to sports, work, or everyday activities.

A board-certified, fellowship-trained orthopedic surgeon, Dr. Swanson completed advanced fellowship training in sports medicine and arthroscopic surgery at New England Baptist Hospital in Boston, where he served as one of the team physicians for the Boston Celtics. He is a member of the American Academy of Orthopaedic Surgeons, the American Orthopaedic Society for Sports Medicine, the Arthroscopy Association of North America, and the American Shoulder and Elbow Surgeons.



Dr. Mikhail Zusmanovich specializes in general orthopedics and sports medicine surgery, including hip, knee, and shoulder arthroscopy, internal fracture fixation, and general fracture care. He cares for athletes and active patients of all levels, drawing on advanced training to help them recover and return to the activities they enjoy.

A fellowship-trained orthopedic surgeon, Dr. Zusmanovich completed his residency at NYU Langone Health and his orthopedic sports medicine fellowship at the Cedars-Sinai Kerlan-Jobe Institute in Los Angeles, where he served as assistant team physician for the LA Galaxy, LA Angels, Anaheim Ducks, and LA Sparks. He is a member of the American Academy of Orthopaedic Surgeons and the American Orthopaedic Society for Sports Medicine, and is fluent in Russian.

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.

"All the help I needed was done so promptly and kindly. The doctor set a good example for the person learning from him. He was careful, listened and spoke to be well understood. The staff were all so patient and individualized my care. I would recommend this practice."

-Paula B.



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