

ORTHOPEDIC CARE FOR THE ENTIRE FAMILY

FROM SOUTH ISLAND ORTHOPEDICS



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What is Orthopedics?

Orthopedics is a medical specialty that focuses on the body's musculoskeletal system. This system includes the hundreds of bones, muscles, joints, ligaments, and tendons found throughout your body. It gives your body shape and stability and supports movement.

South Island Orthopedic's team of board-certified orthopedic surgeons and therapists provide care and treatment for injuries and conditions related to your musculoskeletal system. Whether you're an athlete who has been injured on the playing field, a child who has fallen off your bike, or a more senior adult managing arthritis, our team provides superior orthopedic treatment to help alleviate pain, restore or maintain mobility, and keep you moving forward.

Our team is committed to setting and providing the highest standards of orthopedic care for all ages. From state-of-the-art diagnostics to advanced non-surgical and surgical treatment methods, we focus on providing high-quality, compassionate, and personalized orthopedic care for all ages.

Orthopedics is the medical specialty that focuses on the musculoskeletal system.

Adult Orthopedics

Our board-certified providers treat adult patients with a wide range of orthopedic conditions. From degenerative diseases that cause ongoing pain to acute injuries that need immediate treatment, our team offers the highest quality, comprehensive orthopedic care from diagnosis through recovery. Our services for adults include:

- Arthritis
- Osteoporosis
- Foot and ankle
- Hands and wrist
- Knee
- Neck and back
- Shoulder

Learn more about the [adult orthopedic](#) conditions we treat.

When to See an Orthopedic Specialist

Your primary care provider may recommend seeing an orthopedic specialist for certain conditions, such as arthritis. You can also make an appointment if you are experiencing any of the following:

- Soft tissue injury that worsens within 48 hours
- Chronic joint or bone pain (longer than three months)
- Limited mobility or instability in joints
- Instability when walking
- Suspected broken bone or severe sprain
- Bone or joint deformity, unexplained swelling, bruising, or redness
- Ongoing pain or stiffness



Pediatric Orthopedics

Children are constantly growing. This means that treatment for orthopedic injuries and conditions should be catered to their unique needs, keeping their future growth in mind. When it comes to our pediatric patients we understand how important it is to recognize their emotional needs as well. A broken bone or another orthopedic injury can be frightening—we get it.

South Island Orthopedics's Pediatric Orthopedic Specialists provide optimum pediatric care with expertise and compassion.

Our kid-friendly care includes treatment of:

- Congenital abnormalities
- Childhood diseases
- Broken bones
- Playground accidents
- Sports injuries
- Aches and pains associated with the growth spurts of puberty

For a comprehensive list of pediatric conditions and degenerative diseases our team treats visit [Pediatric Orthopedic Services](#).

When to See an Orthopedic Specialist

Your primary care physician may refer your child to an orthopedic specialist. You can also make an appointment any time you see the following signs and symptoms:

- Complaints of pain for longer than a day or two
- Injuries that don't improve with rest
- Swelling, bruising, or redness in the joints, with or without injury
- Concerns about your child's posture or gait
- Limb weakness or avoiding using a limb
- Concerns about your child's growth
- Complaints of stiffness or soreness
- Balance issues





Common Orthopedic Treatments

South Island Orthopedics offers a range of non-surgical and surgical treatments tailored to the individual patient and focused on the ultimate goal of full recovery, pain relief, and improved function. From bracing, casting, and physical therapy to surgical procedures, our priority is always the least invasive, most effective treatment options. For our patients' convenience, we offer many services, including diagnostics, in our offices to help speed treatment and get you back to what you love as quickly as possible. These diagnostic services include:

- Digital X-rays
- Arthrograms
- MRIs
- Discographies

Surgery

When conservative treatments aren't effective, South Island Orthopedics team may recommend surgical intervention. Many procedures are arthroscopic. This form of surgery requires smaller incisions and often has quicker recovery times.

Surgeries performed include:

- Ligament repairs (including ACL and MCL)
- Joint replacement (shoulder, hip, and knee)
- Joint fusion
- Rotator cuff repair
- Carpal tunnel release
- Trigger finger release
- Spinal decompression (laminectomy)
- Spinal fusion

In addition to offering limited minimally-invasive surgical services in our Woodbury, Cedarhurst and Rockville Centre offices, South Island Orthopedics partners with several local surgical centers to perform more advanced surgical procedures.

Our physicians are affiliated with some of the top surgical locations across Long Island, Queens, and Brooklyn. You can rest at ease knowing procedures take place close to home with the added security of having your South Island Orthopedics physician involved every step of the way.

Our affiliated surgical centers include:

- Mercy Medical Center
- East Hills Surgical Center
- North Queens Surgical Center
- All Family Surgical Center
- South Nassau Hospital
- Plainview Hospital
- Syosset Hospital
- Mineola Day-Op
- Rockville Centre

Pain Management

Chronic pain can result from many conditions, ranging from previous injuries and disease to degenerative conditions. Pain management typically involves treating both the underlying causes of the pain and relieving symptoms to improve quality of life and eliminate pain.

Pain management at South Island Orthopedics follows a personalized, multidisciplinary approach, which may include:

- Epidural injections
- Medication management
- Injections
- Electrical stimulation
- Surgery



Platelet Rich Plasma Therapy

Ligaments and tendons damaged from overuse or injury often benefit from platelet-rich plasma or PRP therapy. PRP is plasma with a high concentration of protein-rich platelets that can speed healing by initiating and accelerating new tissue growth within the tendons and ligaments. PRP injections can effectively treat a range of conditions including:

- Arthritis
- Tendonitis
- Bursitis
- Joint pain
- Ligament sprains or tears
- Nerve inflammation
- Shin splints
- Plantar fasciitis

PRP therapy has also been used as a postoperative treatment to help speed healing and recovery.

Sports Medicine

Sports medicine deals with the prevention, diagnosis, treatment, and rehabilitation of injuries resulting from athletic activity. Whether you have a wear and tear injury caused by overuse, or a sprain or fracture from a collision (or hard fall on the field), we provide expert diagnosis and treatment to get you back in the game as soon and safely as possible.

Specialized sports medicine at South Island Orthopedics includes treating common injuries, including ACL tears, stress fractures, and sprains and strains. Treatment may include surgery (including minimally-invasive arthroscopic procedures), physical therapy, and orthotics.

We provide expert diagnosis and treatment to get you back in the game as soon and safely as possible.



Meet the Doctors of South Island Orthopedics

The doctors of South Island Orthopedics are some of the best in the field, with decades of experience in pediatrics, surgery, and other subspecialties.

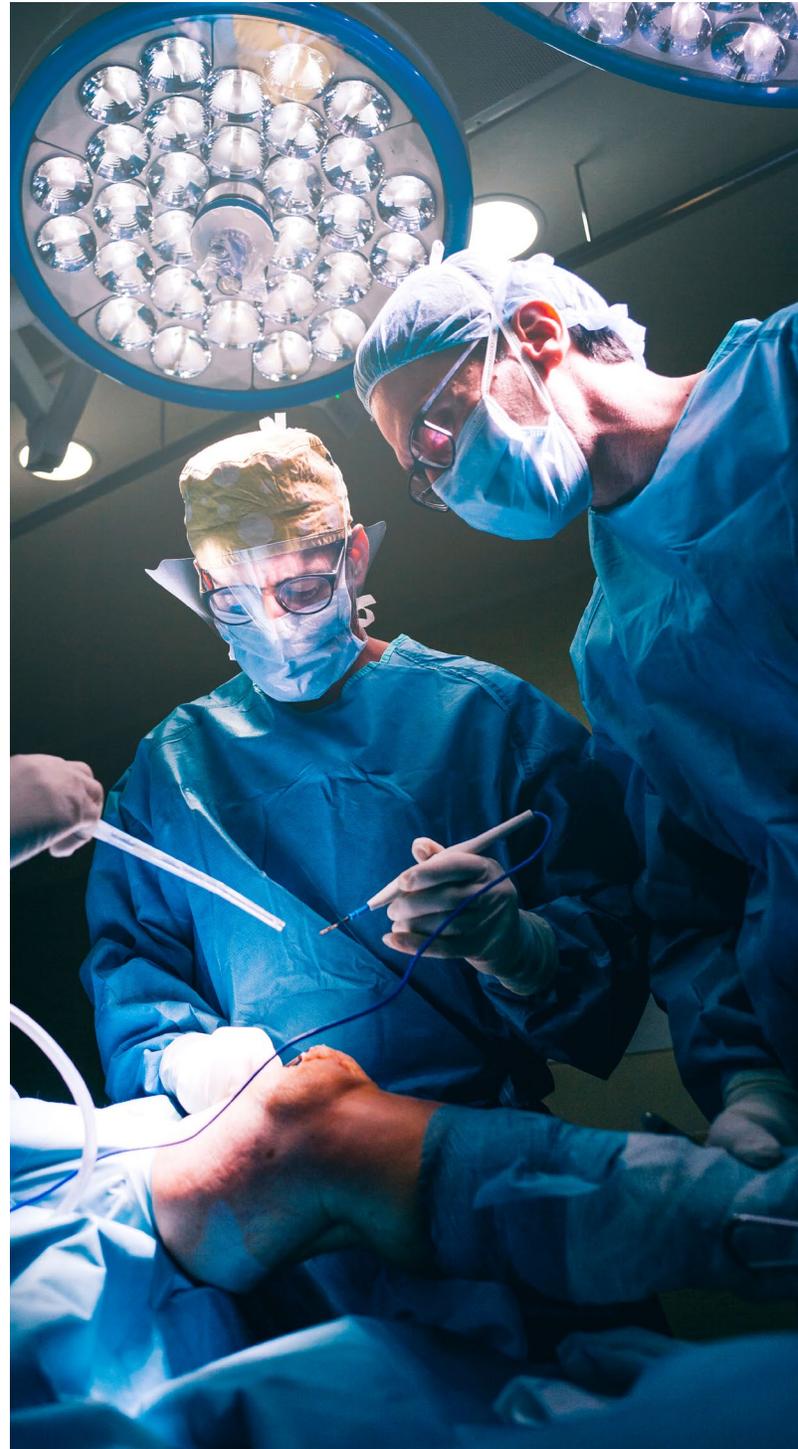


Dr. Eric Freeman, MD, FAAOS
Practice Owner

South Island Orthopedics owner Eric L. Freeman, MD, FAAOS is a leading orthopedic specialist serving Long Island and the surrounding areas. A graduate of Northwestern University Medical School, he was a member of the Honors Program in Medical Education. Dr. Freeman completed postgraduate training in orthopedic surgery at Albert Einstein College of Medicine and served as chief resident during his final year.

Dr. Freeman also completed a fellowship in arthroscopic surgery and sports medicine at Orthopedic Research of Virginia. During his fellowship, he served as an associate physician with the Pittsburgh Steelers.

In addition to practicing at SIO, Dr. Freeman is a Fellow of the American Academy of Orthopedic Surgeons (AAOS) and a member of, and instructor for, the Arthroscopy Association of North America. His work has been published in leading orthopedic journals and presented at local hospitals and society meetings. His expertise encompasses multiple areas of orthopedics, including arthroscopic, spine, hand, and shoulder surgery, and hip replacements.



The Providers of South Island Orthopedics



Nicholas DeBellis, MD

Dr. DeBellis has extensive experience in sports medicine, having served as the assistant team doctor for the University of Southern California (USC) football and women's volleyball teams. A graduate of Penn State, he earned his medical degree at New York Medical College School of Medicine, and completed his training at Memorial SloanKetteringCancerCenter, WestchesterMedical Center, Mount Sinai, and USC.



David Godfried, MD

Pediatric orthopedic specialist Dr. Godfried is a board-certified orthopedic surgeon with extensive experience working with children. He studied at Columbia University and completed his internships and residency at the University of Minnesota. His experience includes serving as Director of the Center for Children and the Ignacio Ponseti Clubfoot Center at the NYU Langone Orthopedic Hospital, and Chief of the Pediatric Orthopaedic Division at Northwell Health's Children's Hospital.



John Joseph Leppard III, MS

Dr. Leppard is a board-certified orthopedic surgeon with a Certificate of Additional Qualification (CAQ) in Surgery in the hand and upper extremities including shoulder and elbow. He earned his medical degree at Wake Forest University and completed residencies at The Roosevelt Hospital and The New York Orthopaedic Hospital at Columbia Presbyterian Medical Center, in New York, as well as St. Vincent's Hospital in Indianapolis, Indiana.



Paul Kubiak, MD

U.S. veteran Dr. Kubiak is a board-certified orthopedic surgeon. A graduate of Harvard University, he trained in orthopedic surgery at UMDNI-Robert Wood Johnson in Piscataway, NJ, St. Luke's-Roosevelt Hospital Center Department of Orthopaedic Surgery in New York, NY, and the PresbyterianHospitalJointArthroplastyFellowship in Albuquerque, New Mexico.

**Lee Kupersmith, MD**

Dr. Kupersmith is a board-certified orthopedic surgeon best known for hand surgery, in particular, treatments for carpal tunnel and trigger finger. He studied at State University of New York Health Science Center in Syracuse, New York and completed training at Mount Sinai in New York. He also completed a Hand Surgery Fellowship at SUNY Stony Brook.

**Franklin Lee, DO**

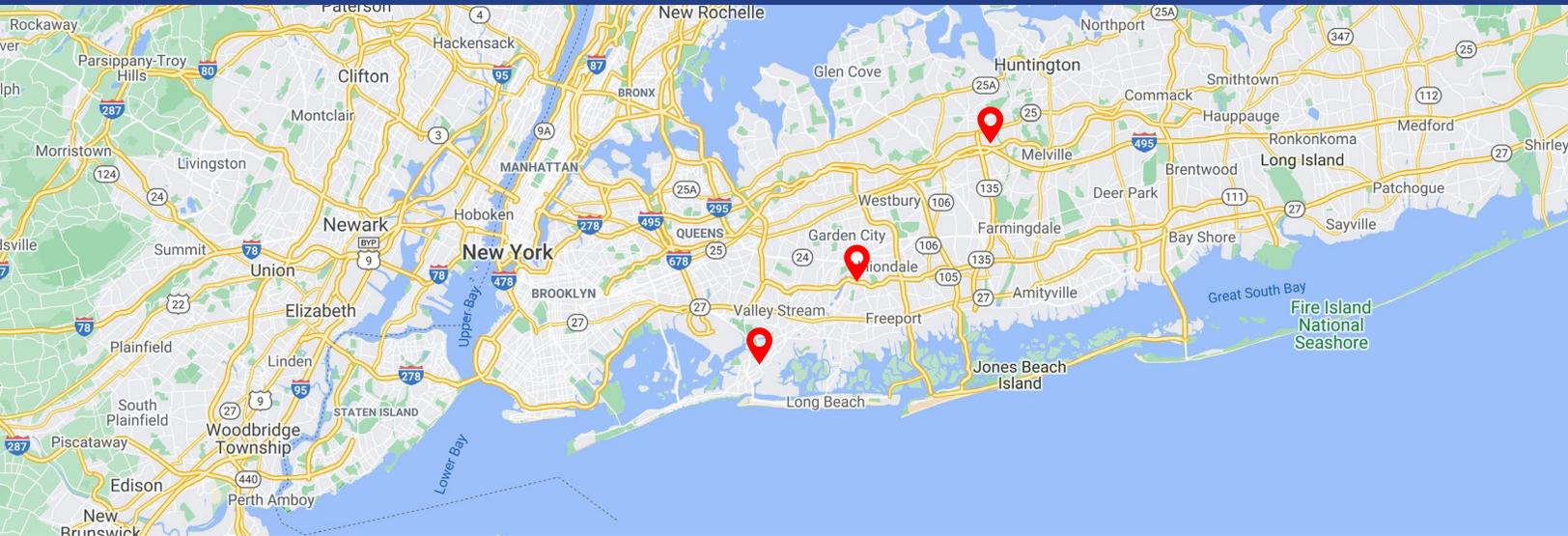
Dr. Lee specializes in spinal conditions and spine surgery. He is extensively published in the field of spinal surgery and the treatment of spinal conditions. A graduate of the University of Florida, he earned his D.O. from Lake Erie College of Osteopathic Medicine and completed training at Plainview Hospital in Plainview, New York, and hospitals in the Baltimore, Maryland area.

**Jonathan Mallen, MD**

Board-certified orthopedic surgeon, Dr. Mallen is well-known in New York for hip and knee replacement surgery. He studied at New York Medical College and SUNY Binghamton, and completed postdoctoral training at Brigham and Women's Hospital in Boston, and Westchester Medical Center, St. Vincent's Hospital and Medical Center, and Beth Israel Medical Center in New York.

**Garrett Moss, MD**

Dr. Moss recently returned to South Island Orthopedics after five years as the Director of Adult Reconstruction at Catholic Health Services of Long Island Mercy Medical Center. Although he grew up in Boulder, Colorado, Dr. Moss is a native of New York, and has been a practicing orthopedic surgeon since completing his fellowship at Columbia University Medical Center in New York City.



Our Locations

South Island Orthopedics is committed to being there when you need us the most.

Woodbury Location

205 Froehlich Farm Boulevard
Woodbury, NY 11797
Phone: 516-364-0070 Fax: 516-364-0242

[Visit Woodbury](#)

Cedarhurst Location

657 Central Ave
Cedarhurst, NY 11516
Phone: 516-295-0111 Fax: 516-295-9438

[Visit Cedarhurst](#)

Rockville Centre Location

2000 N Village Avenue, Suite 311
Rockville Centre, NY 11570
Phone: 516-665-9200 Fax: 516-442-5720

[Visit Rockville Centre](#)

Make an Appointment Today!

If you have questions about an injury, treatment options, or you need to see an orthopedic specialist, reach out to South Island Orthopedics today. You can also [request an appointment](#) by calling one of our offices or visiting us online at www.SIOrtho.com.