

Mitchell K. Long, DO

ORTHOPEDIC SPINE SURGEON

SUMMARY

Dedicated board-certified, fellowship-trained orthopedic spine surgeon specializing in degenerative conditions of the spine, spinal trauma, and complex spinal deformity. Recognized for good patient outcomes, strong patient relationships, and mentoring resident physicians. Strong commitment to patient care and advancing my skill set.

CORE QUALIFICATIONS

- Degenerative conditions of the spine
- Minimally invasive spine surgery
- Cervical disc replacement
- Treatment of spinal tumors and infections
- Spine trauma
- Adult spine deformity
- Complex spine reconstruction
- Revision spine surgery

WORK EXPERIENCE

- 09/2026 – Present **New York Brain, Spine & Joint**, West Islip, NY
- Provided comprehensive operative and nonoperative spine care across multiple clinical locations in Long Island.
 - Helped develop preoperative and postoperative spine surgery protocols to aid with patient communication, empathy, and outcomes.
- 08/2023 – 09/2026 **Total Orthopedics & Sports Medicine**, Syosset, NY
- Managed the full spectrum of spine conditions across multiple Long Island, Brooklyn, and Bronx offices. Conducted successful surgeries at Nassau University Medical Center, Mount Sinai South Nassau Hospital, and the Syosset Surgery Center.
 - Covered level 1 spine trauma call for the first half of every month at Nassau University Medical Center
 - Mentored orthopedic surgery residents to enhance their practical skills and knowledge in orthopedic spine surgery

EDUCATION

- 08/2022 – 07/2023 **Upstate Orthopedics**, Syracuse, NY
Spine Surgery Fellowship
- 07/2017 – 06/2022 **Nassau University Medical Center**, East Meadow, NY
Orthopedic Surgery Residency
- 07/2016 – 06/2017 **Nassau University Medical Center**, East Meadow, NY
Traditional Rotating Internship
- 07/2012 – 05/2016 **Des Moines University College of Osteopathic Medicine**, Des Moines, IA
Doctor of Osteopathic Medicine
- 08/2005 – 05/2010 **University of California, Irvine**, Irvine, CA
Bachelor of Science in Biology

BOARD CERTIFICATION

- 05/2022 **American Osteopathic Board of Orthopedic Surgery**
Part I Exam: Pass
- 07/2025 **American Osteopathic Board of Orthopedic Surgery**
Part II Exam: Pass

LICENSURE

- 04/2023 – Present **New Jersey**
Orthopedic Surgery, Spine Surgery

04/2023 – Present **New York**
Orthopedic Surgery, Spine Surgery

RESEARCH EXPERIENCE

- 08/2022 – 07/2023 **Department of Orthopedic Surgery, Upstate University Hospital, Syracuse, NY**
- Conducted clinical research focused on the effects of different types of spinal instrumentation on patient outcomes
 - Interpreted and analyzed quantitative and qualitative results for clinical correlations
- 07/2016 – 06/2022 **Department of Orthopedic Surgery, Nassau University Medical Center, East Meadow, NY**
- Developed clinical research proposals and conducted analytical processes of data
 - Prepared and submitted multiple manuscripts and abstracts for publication
- 06/2013 – 09/2013 **Zhang Research Laboratories, Loma Linda University School of Medicine, Loma Linda, CA**
- Evaluated the effects of hematopoietic growth factors on the neonatal rat brain
 - Completed data analysis and interpreted statistical results to derive key conclusions
- 12/2009 – 06/2010 **The Rose Laboratory, University of California, Irvine, Irvine, CA**
- Genetic studies with *Drosophila melanogaster* to evaluate for speciation
 - Collaborated with fellow student researchers, observed mating patterns of segregated *Drosophila* populations, completed data analysis

PUBLICATIONS

- Duell B, **Long MK**, Divella M, Fogel J, Ruotolo C. Transosseous Repair With Nice Knot Augmentation Versus Knotless Suture Anchor Repair With Suture Tape for Quadriceps Tendon Rupture: A Cadaveric Study. *Orthopedics*. 2022 Dec 13:1-6.
- **Long MK**, Ward T, DiVella M, Enders T, Ruotolo C. Injuries of the Pectoralis Major: Diagnosis and Management. *Orthop Rev (Pavia)*. 2022 Nov 30;14(4):36984.
- **Long MK**, Enders T, Leven D, Cappellino A. Migration of a Lumbar Spinal Fusion Rod Into the Posterolateral Knee: A Case Report. *Spine (Phila Pa 1976)*. 2021 Feb 1;46(3):E213-E215.
- Kim KH, Duell B, Munnangi S, **Long M**, Morrison E. Radiographic Predictors of Delayed Carpal Tunnel Syndrome After Distal Radius Fracture in the Elderly. *Hand (N Y)*. 2022 Jul;17(4):652-658.
- Hoehmann CL, Thompson J, **Long M**, DiVella M, Munnangi S, Ruotolo C, Galos DK. Unnecessary Preoperative Cardiology Evaluation and Transthoracic Echocardiogram Delays Time to Surgery for Geriatric Hip Fractures. *J Orthop Trauma*. 2021 Apr 1;35(4):205-210.
- Thompson J, **Long M**, Rogers E, Pessa R, Galos D, Dengenis RC, Ruotolo C. Fascia Iliaca Block Decreases Hip Fracture Postoperative Opioid Consumption: A Prospective Randomized Controlled Trial. *J Orthop Trauma*. 2020 Jan;34(1):49-54.
- **Long M**, Enders T, Trasolini R, Schneider W, Cappellino A, Ruotolo C. Pectoralis Major Tendon Reconstruction Using Semitendinosus Allograft Following Rupture at the Musculotendinous Junction. *JSES Open Access*. 2019 Dec;3(4):328-332.
- Kim KH, **Long MK**, McCormack R, Ruotolo C. Use of a Safety Clamp When Performing Arthroscopic Knot Tying Preserves the Suture When It Is Placed Under Excessive Tension. *Orthopedics*. 2019 Jan 1;42(1):e25-e28.
- Li L, Tian J, **Long MK**, Chen Y, Lu J, Zhou C, Wang T. Protection against Experimental Stroke by Ganglioside GM1 is Associated with the Inhibition of Autophagy. *PLoS One*. 2016;11(1):e0144219.

POSTER PRESENTATIONS

- **Long MK**, Enders T, Leven D, Cappellino A. Migration of a Lumbar Spinal Fusion Rod Into the Posterolateral Knee: A Case Report. 2023 Spring Meeting. April 2023. Nashville, TN. Accepted for presentation.
- Thompson J, **Long M**, Rogers E, Pessa R, Galos D, Dengenis RC, Ruotolo C. Fascia Iliaca Block Decreases Hip Fracture Postoperative Opioid Consumption: A Prospective Randomized Controlled Trial. 2020 OTA Annual Meeting. September 2020. Nashville, TN. Accepted for virtual presentation.

- Hoehmann C, Thompson J, **Long M**, Divella M, Munnangi S, Galos D. Unnecessary Pre-Operative Cardiology Evaluation and Transthoracic Echocardiogram Delays Time to Surgery for Geriatric Hip Fractures. 2020 OTA Annual Meeting. September 2020. Nashville, TN. Accepted for virtual presentation.
- **Long MK**, Enders T, Leven D, Cappellino A. Migration of a Lumbar Spinal Fusion Rod into the Posterolateral Knee: A Case Report. NYCOMEC's 19th Annual Trainee Research Poster Competition. June 2020. Queens, NY.
- Thompson J, **Long M**, Rogers E, Pessa R, Galos D, Dengenis RC, Ruotolo C. Fascia Iliaca Block Decreases Hip Fracture Postoperative Opioid Consumption: A Prospective Randomized Controlled Trial. 2020 AAOS Annual Meeting. March 2020. Orlando, FL. Accepted, not presented due to meeting cancellation from COVID pandemic.
- Thompson J, **Long M**, Rogers E, Pessa R, Galos D, Dengenis RC, Ruotolo C. Fascia Iliaca Block Decreases Hip Fracture Postoperative Opioid Consumption: A Prospective Randomized Controlled Trial. 2019 AOA Fall Annual Meeting. October 2019. Colorado Spring, CO.
- Thompson J, **Long M**, Rogers E, Pessa R, Galos D, Dengenis RC, Ruotolo C. Fascia Iliaca Block Decreases Hip Fracture Postoperative Opioid Consumption: A Prospective Randomized Controlled Trial. NYCOMEC's 18th Annual Trainee Research Poster Competition. June 2019. Queens, NY.
- **Long M**, Enders T, Trasolini R, Schneider W, Cappellino A, Ruotolo C. Pectoralis Major Tendon Reconstruction Using Semitendinosus Allograft Following Rupture at the Musculotendinous Junction. 2018 AOA Fall Annual Meeting. October 2018. Atlanta, GA.
- **Long M**, Enders T, Trasolini R, Schneider W, Cappellino A, Ruotolo C. Pectoralis Major Tendon Reconstruction Using Semitendinosus Allograft Following Rupture at the Musculotendinous Junction. NYCOMEC's 17th Annual Trainee Research Poster Competition. June 2018. Queens, NY.
- **Long M**, Enders T, Trasolini R, Schneider W, Cappellino A, Ruotolo C. Pectoralis Major Tendon Reconstruction Using Semitendinosus Allograft Following Rupture at the Musculotendinous Junction. NUMC Annual Academic Research Day. May 2018. East Meadow, NY.

HONORS & AWARDS

- 12/2013 – 05/2016 **Sigma Sigma Phi – National Honorary Osteopathic Fraternity**
- Induction based on scholarship, leadership, and service
 - Organize events aimed at improving student exposure to opportunities in medicine while maintaining continued scholastic achievement and philanthropy

PROFESSIONAL ORGANIZATIONS

- 07/2017 – Present **North American Spine Society, Member**
- 07/2017 – Present **American Academy of Orthopaedic Surgeons, Member**
- 07/2017 – Present **American Osteopathic Academy of Orthopedics, Member**
- 07/2012 – 05/2016 **Student American Osteopathic Academy of Orthopedics, Executive Board Member**
- Gain early exposure to the field of Orthopedic Surgery while developing activities focused on helping students become future competitive applicants
- 07/2012 – 05/2016 **Student Osteopathic Surgical Association, Member**
- Gain early exposure to the field of Surgery while engaging in activities focused on becoming proficient in suturing and other basic surgical techniques
- 07/2013 – 06/2014 **Student Government, Legislative Representative**
- Aid in the organization and execution of student government events

PERSONAL INTERESTS

Exercising, Swimming, Paddle boarding, Pen and ink drawing, Culinary adventures, Overlanding, Camping