

Insider-Only HT Newsletter

Healing Touch PT & Rehabilitation P.C.

1605 Hillside Ave New Hyde Park NY 11040 516-616-0942 www.healingtouchpt.com
World's Best Physical Therapy!

Testimonials

“I was here due to severe pain in the upper part of my left foot. I was limping while walking. Orthopedist's suggestions didn't help. I was privileged to get therapy services from Nisha & Akriti. They both are friendly, as well as professional. They were able to explain the cause, the rationale of doing each exercise and how each exercise is going to help me. Also, carryover exercises to do at home and what to be careful about. Aides and receptionists were friendly. I will continue to recommend friends and relatives to this facility.”

~Ashly M.



Birthdays Of Francis Scott Key

Star-Spangled Banner author Francis Scott Key (1779-1843) was born in Frederick County, Maryland. After witnessing the British bombardment of Fort McHenry on the night of September 13-14, 1814; he was enthralled to see the American flag still flying over the fort at daybreak. He then wrote the poem originally entitled *Defense of Fort McHenry* which became the U.S. National Anthem in 1931.

If you are honest and straight forward we can serve you, otherwise there is nothing common between us, therefore have a good day.

Dr. J. Peruvinal P.T, D.P.T

Request a **FREE REPORT** from pre-record message at
347-601-HTPT

How Can We Guarantee Pain Free Body?
Fluent in Hindi, Gujrati, Malayalam, and Tamil besides English

We appreciate all our past and present patients, so sign up for the Patient Appreciation Day and invite all your friends.

Your medical bill at Healing Touch is ZERO

Can Physical Therapy Help with Shin Splints?

The shinbone or the tibia is the front surface of the lower leg. This part of the body is under constant stress and strain when we walk, jump and run.

An overuse injury happens when a certain threshold of tolerance is crossed. This is a condition called shin splints. Intense pain occurs on the front, inside, outside and at times, the back of the lower leg. If left untreated, this pain can lead to stress fractures of the tibia. Shin splints occur due to damage and inflammation of the muscle tendons attached to the tibia. The pain can be rather unbearable, forcing individuals to take prolonged periods of rest to allow for the inflammation to heal. Physical therapy plays an important role in the treatment of shin splints.

Visit your physical therapist if:

1. There is a lingering pain after exercising or physical activity.
2. The pain does not subside after 3-4 days of resting and icing the joint or limb.
3. There is a dull pain, which recurs with activity.
4. Pain does not resolve with over the counter pain relief medication.
5. The lower leg is swollen or shows signs of bruising after activities.

Tips for Prevention of Shin Splints:

- Individuals with flat feet should wear well-padded shoes.
- Warming up the limbs and body followed by stretching is recommended.
- Wear a neoprene sleeve to keep the lower leg warm
- At the first sign of shin pain, discontinue the workout.
- Avoid running on concrete and other hard surfaces.
- Develop the habit of stretching periodically throughout the day.
- Lose weight if you are overweight to relieve load on the hip, knee and shin.



Due to increased demand we are now open 7am to 9pm Monday thru Friday and 8:30am to 5pm on every Saturday.

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Prevention, Diagnosis and Treatment of Shin Splints

Diagnosis of Shin Splints:

The history of the event that triggered the pain is an important clue. A clinical assessment that includes gentle pressure on the shin area and a variety of special tests will be conducted by the physical therapist. Stress fractures, compartment syndrome, nerve entrapment and popliteal artery entrapment are a few of the conditions that must be considered.

Treatment of Shin Splints:

Foundations of treatment include **ice** and **rest**.

Gait and footwear analysis

An analysis of how a person walks and runs is an important part of treatment. The wrong mechanism of walking can transmit a great deal of force through the shin to the knee and hip. In such situations, physical therapists will correct gait patterns and recommend footwear with shock absorbing capacity.

Muscle stretches and strengthening

The tibial and peroneal muscles are attached to the shin and must be stretched adequately before any form of exercise. Physical therapy includes various stretches of the foot that will help stretch and warm up these muscles. Strengthening the damaged muscles can also help.

Activity modification

Physical therapists may suggest alternative activities to minimize stress on the shinbones. These can include swimming and cycling.

Range of motion exercises

Exercises for the hip, knee, ankle and foot improve blood circulation, reduce inflammation and relieve pain.

Arch support

The absence or collapse of a normal foot arch can lead to shin splints. Physical therapists will recommend appropriate orthotics that can be custom made for the patient and provide the appropriate amount of arch support.



Getting You Back on your Feet...

The Recovery Phase

The recovery phase varies and can take between 3 weeks to 6 months. Take it easy and work your way back to your favorite activities under the supervision of the physical therapist. Low or non-impact activities such as swimming, walking, bicycling can pave the way for progressive, load bearing exercises.

The shin splint has healed when:

- The affected limb has regained strength and flexibility and is now comparable to the unaffected limb.
- There is no pain while jogging, sprinting and jumping
- X-rays reveal healed stress fractures

Physical therapy can help you get back on your feet, and every member of our team is standing by to help you. We can help prevent further injury and pain, which is why an appointment should be scheduled at the first sign of discomfort.

The sooner you give us the opportunity to assess the injury and initiate treatment, the faster you will recover. Thank you for your time, and we look forward to helping you get back on your feet.



We have the Repex II Table for lower back pain. What's great about this machine is that it does all the exercises for you; all you have to do is lie on it. Only 3 other clinics in New York State have these machines (that is NEW YORK STATE NOT NYC). Inventor's of J Traction and Extension table for disc problems. (U.S. Patent 7,648,473). In addition, we have received certification of excellence from American Red Cross.

Our wellness program is only \$10 per month with no initiation, termination fees, or contract. Massage by a licensed massage therapist is only \$1 per minute. (No fault covers medical massage.)

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Thanks for July 2018 referrals from common people like you (this does not include any doctors).

1. Margaret
2. Afroja K.
3. Kalaiwani S.
4. Susan C.
5. Mary J.
6. Manvinder K.
7. Neetu V.
8. Usha T.
9. Aveline L.
10. Aftabun K.
11. Mary Z.
12. Annamma G.
13. Jasmine C.
14. Harjit K.
15. Parveen P.
16. Varghese P.
17. Manjari P.
18. Rajmattee J
19. Michelle M.
20. Prince I.
21. Samawia H.
22. Paulose A.
23. Mathai T.
24. Ann I.
25. Maria G.
26. Ali K.
27. William L.
28. Dineshlumar S.
29. Dharmi S.
30. Mahdeer R.



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What is happening at Healing Touch?

Get involved in YEP ask us to email you or fax you the details.
It's a shame that you are living in pain while Healing Touch can easily take care of it!

We cannot get a sound sleep knowing that someone is living in pain so here is our **OFFER** We know how our Physical Therapy can have such a huge impact on your life therefore we will buy you, your first visit. After the first visit see if we made a difference, if not we don't deserve your business therefore walk way. We know that it is only a matter of time before you try us but we don't want you to endure the unnecessary pain. Call at **516-616-0942** and mention "**FREE EVAL**" code and the receptionist will schedule you but hurry there are only handful of people we can see for **FREE!! GREAT VALUE!** On **pain free body guaranteed*** package prices. Take advantage of it now-get the **pain free body guaranteed*** package so you don't have to deal with insurance authorizations and can be seen immediately. Put an end to the pesky pain that's been bothering you for some time!

\$100 per visit but here is our **unbelievable pain free body guaranteed* package prices: \$300 for 5 visits, \$500 for 10 visits, and \$900 for 20 visits.**

Watch Neck and Back Pain and Injury Prevention videos at www.healingtouchpt.com/webinar for free-No opt in required!

Low Back Pain Prevention Package.

Why should we wait until you get hurt to make you better? Go to healingtouchpt.com/webinar to watch the FREE videos we put together (no opt in required) to get good understanding of Neck and Back pain as well as proper lifting techniques. We recommend anyone 40 of age or more to buy our Low Back Pain Prevention Package for only \$497. This service is ideal for people that had a back pain episode, as you know how excruciating the pain can be. People that want to prevent back pain altogether should take up on this offer.

With the Low back Pain Prevention package, you will be seen by a P.T- instructed on ways to prevent back pain and taught proper lifting techniques. There after you will be seen monthly once to make sure everything is going right and to address any musculo-skeletal questions or concerns you might have for next 11 months. You will get to use the repex II table with every visit. You don't have to do any work, the machine does all the work for you. All you have to do is lie on it! Only 3 other clinics in N. Y has it, that is New York state not New York City. Low Back Pain Prevention package is not the appropriate choice for people in pain as the frequency of us seeing you is not enough.

We want you to be pain free and now we are guaranteeing it! We are offering pain free body guaranteed*® and no more medical bills*®. Complimentary transportation is available to all our ambulatory patients so what are you waiting for? Call and Schedule your appointment now and be pain free.

We take all insurance including Healthfirst Medicaid and Wellcare.

Pain free body guaranteed*®

**We are open Monday through Friday 7am to 9pm, Saturday 9am to 5pm
Complementary transportation available to all our patients.**

Testimonials

The staff was amazing, Very Friendly –Always with a smile on their faces. Tushar was very kind and knowledgeable about my condition. He was very informative and explained every step very patiently. Akriti was also sweet, Kind & Friendly-Always smiling-very informative as well. They both were wonderful to work with. Thank you both very much and to all the staff at Healing Touch!!

~Neetu V.

“ There are some people who are excellent at what they do. And then there are people who are sincere, caring and kind hearted. You happen to be both, and for that I am very grateful”

- Clairine B

You can go anywhere for therapy but will they guarantee a pain free body* and no more medical bills*?

Employee of the Month:

Congratulations to **Akriti Y, Akhil N.** We salute you for showing exemplary patience, understanding, kindness, and above all humbleness.

Patient of the Month:

Congratulations Bakula P. for your dedication towards being pain free.

Winner of the Year for referring patients (2017):

Congratulations **Dharmangini S.** winner of the year for referring patients.

We welcome the new patients in the month of May. Join us to be pain free!

Following services are available: login to healingtouchpt.com for more details *explained in website.

Want to increase the chances of getting job? Pre-employment testing available.	1 on 1 Care: We are flying in a World class therapist from New Mexico .
Website only offer : Free treatment for Neck & Back pain.	Wellness program is available to anyone for just \$10 month.
Secrets of Neck & Back Pain report.	Screening for Athletes.
Massage Therapy Services Only 70 cents per minute.	Sports Enhancement.

“It only took few minutes to take down twin towers but took years to build it; well success in any form is no different” ~healingtouchservices.com

“It will take you years to build your reputation but it can be ruined in just few minutes! Be careful out there!” ~healingtouchservices.com

“Why are you so afraid of tomorrow? The combined experience of yesterday and today is more than enough to face tomorrow” ~healingtouchservices.com

You can find more quotes and writings of Dr. J. Peruvinal P.T, D.P.T. on the Healing Touch Facebook Page. (<https://www.facebook.com/htphysicaltherapy>)

If we take you in as a patient, you won't see a bill from us unless your insurance gets terminated or if the insurance sends you the check directly.

Stop Dreaming about a pain free body*. Achieve it! Call now.

We have care packages for \$900, which includes 20 PT visits per year and no other out of pocket expenses. Just \$900 for 20 visits! That is \$45 per visit! If you want us to send this newsletter for free to someone, please let us know by email or call us!

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