

Insider-Only HT Newsletter

Healing Touch PT & Rehabilitation P.C.

1605 Hillside Ave New Hyde Park NY 11040 516-616-0942 www.healingtouchpt.com

Testimonials

“I saw your sign and you were in my plan. I had a numb hand with no feeling, shoulder pain and back pain. The best thing about Healing Touch is the staff. It is such a great place that I even referred my aunt to come here.”

- Paula J.

“Excellent care and professional work. They are very good professionals and excellent work with health.”

- Washington & Nancy Q



Tribute To Law Enforcement

We are thankful for the sacrifices you make while enforcing the laws. We can conduct any business without fear of criminals. We are thanking law enforcement officers by giving away GIFT certificate for 30 minutes massage by a N.Y licensed Massage Therapist.

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, Punjabi, 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

Everything You Need to Know about Degenerative Disc Disease

Degenerative disc disease, despite the name, is not a disease but a deterioration of the discs of the spine. It occurs over a period of time, resulting in neck or back pain and other musculo-skeletal and neurological symptoms. It is common in adults in their thirties.

Types of degenerative disc disease

1. Cervical: affects the neck and is referred to as cervical degenerative disc disease
 2. Lumbar: affects the lower back and is called lumbar degenerative disc disease
- The cervical and lumbar regions of the spine are susceptible to damage due to increased movement capabilities. Constant motion over time results in the wear and tear of the discs.

Signs and Symptoms of DDD

Most patients report one or more of the following symptoms.

- Pain is triggered by an activity
- Pain flares up periodically and then settles to a low-grade pain/discomfort
- Sitting or standing for long periods of time worsen the pain
- Activities such as walking may alleviate the pain
- Relief upon changing body position
- Muscle spasms
- Tingling sensations in the extremities

Any activity that triggers pain in the neck or lower back should be ceased immediately. If there is no relief with rest, consult with a physical therapist. Early intervention could save you from further damage to the disc, muscles and ligaments.



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

1605 Hillside Avenue. New Hyde Park. NY. 11040. 516-616-0942. www.healingtouchpt.com

Insider-Only HT Newsletter

Management of Degenerative Disc Disease

Physical therapy helps treat the underlying factors such as the instability of the intervertebral joints and the associated inflammation. Your physician may recommend prescription medication to provide relief. Once the pain is reduced, specific exercises and specialized physical therapy techniques are utilized to achieve lasting relief.

Treatment falls into one of the following three categories:

Medical

- Pain control with acetaminophen, prescription medications, narcotics, etc.
- Nonsteroidal anti-inflammatory medication (NSAID, steroid injection etc.)**Surgical (if required)**
- Fusion of the discs
- Replacement of the damaged disc with an artificial disc

Conservative (Physical therapy)

- Exercise: Progressive controlled exercises under supervision. These include stretching, strengthening and low-impact aerobics.
- Lifestyle modification: Improved posture and movement patterns reduce stress on the spine. Ergonomically designed chairs can also relieve pressure on the spine. Self-care including weight management, treatment of depression, etc.



A Stronger Spine

Prevention Tips

Poor posture, especially in a sitting position, can cause bone and joint issues over time. If your job is sedentary it is important to:

- Perform stretching exercises at regular intervals.
 - Adjust the height of your desk chair and computer to minimize strain on your neck and lower back. (Come to our office for an evaluation and we will identify the most appropriate height for you).
 - Invest in footwear to reduce stress on the lower back
- Call our office without delay if you are at risk of developing DDD. If you, or someone you know, has been diagnosed with DDD, a physical therapy program, combined with traditional medicine, is critical for recovery.

Physical therapy interventions include:

- Strengthening
- Postural retraining
- Ergonomic intervention
- Use of modalities including electrical stimulation for muscle reeducation

Physical therapy will improve blood circulation to the affected region and reduce pain by facilitating the release of endorphin (pain relief chemicals naturally produced by the body). The long-term goal is to reestablish range of motion over time and assist in recovery. Call us today to learn more about what physical therapy can do for you.



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.)

1605 Hillside Avenue. New Hyde Park. NY. 11040. 516-616-0942. www.healingtouchpt.com

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

1. Saju T.
2. Joan G.
3. Jose M.
4. Dharmi S.
5. Dakshaben P.
6. Rosemarie C.
7. Anjana M.
8. Mohmmad R.
9. Ferdousi B.
10. Nisha S.
11. Shaukat S.
12. Sukhminder K.
13. Jacob M.
14. Jatinder S.
15. Devsia P.
16. Manirul I.
17. Stephin K.
18. Nirappel K.
19. Rizwana Z.
20. Thresiana G.

Insider-Only HT Newsletter

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 but you don't 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 hospitality and service of the staff at healing touch I liked the best. I would tell someone who was thinking about going here that service is good, transportation is available and there is staff that cares for their patients. The environment is pleasant.

- Afrose S.

Thank you for everything and for helping me get back on track.

- Simranjit M.

If anyone desires to have personal touch and home like treatment should not miss visiting this place for speedy recovery and due results. Each member is obsessed to devise ways to make pain free so as to lead normal life.

- Sudershan V.



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., Nisha P.** We salute you for showing exemplary patience, understanding, kindness, and above all humbleness.

Patient of the Month:

Congratulations **Samson J.** for your dedication towards being pain free.

Winner of the Year for referring patients (2016):

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

We welcome the new patients in the month of February. 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.

“Peace begins from within. If you are not peaceful inside, the world you see will be chaotic. “ ~healingtouchservices.com

“You can’t use up creativity. The more you use up, the more you have.” ~Maya Angelou

“Being defeated is often a temporary condition. Giving up is what makes it permanent.” ~Marilyn V Savant

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/hophysicaltherapy>)

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!