

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

My best wishes to Healing Touch PT & Rehab: I was n't able to walk properly or more than few steps when I started my physical therapy at Healing Touch. With the tremendous and exceptional help of Nisha PT, Dharmi and all staff members I am feeling better now and able to walk one hour at a time. I am getting the feeling of my home by welcoming and caring staff members who is always ready to help. I most like to appreciate & give all credit to the captain of the ship, who is a lifeline of this organization. I would like to refer my family members and friends on their needs. My best wishes to Healing Touch PT & Rehab and God bless all.

By Satya V.

Right from entering the office till the moment I walked out the staff was very helpful, courteous, knowledgeable, and helpful. Thanks to all the staff of this facility.

By Kulsum J.

The staff was very pleasant and helpful with suggestions for my need of recovery and give good advice.

By Brian M.



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 one month FREE Wellness Program. All officers (different branches) are welcome for the GIFT certificate.

If you are honest and straightforward 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 Malayalam, Hindi, Gujarati, Punjabi, Tamil & Spanish 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

Preparing for Spring with Physical Therapy

With the coming of spring, the urge to get outside and “do something” to alleviate cabin fever will be strong. After a winter of relative inactivity or virtual hibernation, it's a good idea for the body to get a tune up to prepare it for the stresses of emerging gardening, biking and baseball season.

Even people who regularly participate in winter sports and recreational activities would do well to see a physical therapist before attempting strenuous landscaping or sports-related activities. People don't use the same muscle sets for snowmobiling or skiing that they will utilize to fertilize the begonias, rollerblade or go hiking. Being mentally ready to do something isn't the same as being physically fit enough to accomplish it.

The majority of individuals overestimate their fitness level. Simply going to the gym and working out over the winter won't prepare a person for spring. To avoid repetitive motion injuries or damage to the neck and spine, the body must first be aligned properly and have the strength to perform when it's called upon to do so.

Back and neck pain, and injuries resulting from repetitive motions required in golf, baseball and even swimming can result in sore, strained or sprained muscles and tendons. Injuries to hamstring muscles, the heel, knees, back and shoulders are also common and can require substantial time to heal.



Due to increased demand we are now open Monday & Thursday 7am to 11pm, Tues, Wed & Friday 7am to 9pm, every Saturday 8:30am to 5pm & Alternate Sunday 3pm to 8pm.

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Start Out Slowly

Most people throw themselves into spring activities wholeheartedly without regard for stretching or warming up first. Failure to prepare the body sufficiently before jogging or even cleaning the garage is the best way to incur an injury. The same rules for adults apply equally to youngsters participating in organized sports.

A physical therapist will help:

- Improve balance and coordination
- Increase endurance
- Build strength
- Aid in preventing falls and injuries
- Improve flexibility
- Improve performance



Those who visit the gym regularly may be able to lift an impressive amount of weight, but that ability won't help with a rotator cuff injury. Even muscles that are conditioned need to be slowly acclimated to the increased workloads

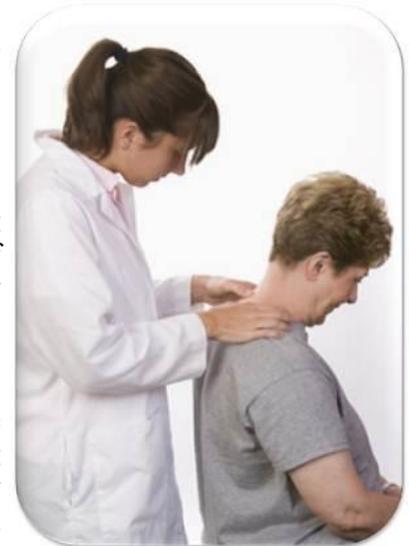
Spring Into Physical Therapy

Your physical therapist will ensure your neck and spine are correctly aligned that will aid in reducing the risk of injury and relieve any pressure on the neurological system that can impair performance. A program of exercises will be developed that addresses your strengths and any areas of weakness. You'll learn how to stretch and warm up properly before putting specific muscle groups into action.

People tend to eat less healthy fare in the winter. Your physical therapist can help with your nutritional needs and recommend dietary supplements that help meet any deficits to provide you with specific nutrients for your selected activities. If you've had an injury in the past that has lingering effects, braces and other supportive aids are available to reduce the potential for another injury.

The therapies available through your physical therapist are effective for improving performance and building strength, balance and coordination to reduce the risk of falls. Your therapist can provide suggestions for protective gear and proper footwear that offers the traction and support needed for specific activities. Orthotics can be prescribed to address any imbalances for comfort and to relieve pain.

Lifting, bend, twisting and turning can easily strain the muscles and tendons. The quick stops and starts of basketball and the pounding the body takes while jogging can be mitigated with physical therapy. Your physical therapist can show you new ways to move to perform tasks that will be easier on your body and reduce the risk of an injury.



Before spring actually arrives is the time to get your body tuned up and ready for the upcoming season. Spring is a

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 March 2019 referrals from common people like you (this does not include any doctors).

1. MONIAMMA J.
2. JUAN R.
3. ANNAMMA T.
4. JAMES H.
5. EILEEN B.
6. NEERU K.
7. EUGENE M.
8. JOHN L.
9. IVELISE L.
10. SYLVIA M.
11. CELIN P.
12. ANTHONY P.
13. YOVANI W.
14. GOKULADAS N.
15. MEGHA G.
16. PANAGIOTA G.
17. MADHUBEN P.
18. JOSEPH V.
19. MARILYN S.
20. ALEYAMMA A.
21. SOBIA P.
22. RAVESH C.
23. GURBIR B.
24. NADIA A.
25. AIZA N.
26. DIANN P.
27. BHUPINDER B.
28. ENOSH M.
29. ROOSEVELT B.
30. LEEZAMMA A.
31. LEELAMMA R.
32. SHAKUNTALA K.
33. MARINIKE R.
34. GABOR K.
35. SABREENA P.
36. KATHLEEN B.
37. SARAMMA S.
38. VELLOLIPPIL G.
39. ALICE P.
40. AARON P.
41. ALEXANDRA C.
42. PARUL P.
43. MARIE C.
44. RAFAQAT S.
45. BHOJRAM N.
46. AJIL S.
47. ANGELINA P.
48. WAYNE V.
49. SUKHMINDER K.

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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 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!! Have you purchased any gift for EASTER? Why not give your loved one a Pain Free Body*? Get 3 Visits gift certificate for only \$97 regularly it's \$225. Use code 'EASTER' at checkout.**

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.**

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Testimonials

I have been using Healing Touch Physical Therapy for a few weeks. The Therapists are very organized and very knowledgeable. They treat you respectfully and they are conscientious about helping their clients. Overall, it's a good place for therapy.

~ Marcia M. Dec 2018

I attended Healing Touch Physical Therapy for three months. The Physical Therapists are very patient, helpful, caring, and knowledgeable. It is also very easy to schedule appointments. I would highly recommend this place for anyone who wants immediate care and attention.

Harman K. ~ Nov 2018

“My experience with your facility has been refreshing and wonderful. The staff is very friendly and accommodating. Will recommend future clients to this facility. Thank You!”

Shondel M – Nov 2017

“This is a nice experience for me. The therapist and the employees are very nice and helpful. They were here always if I had any concern.”

Gurpreet K- Oct 2017



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 **Jose L.** for your dedication towards being pain free.

Winner of the Year for referring patients (2018):

Congratulations **Rama S & Dinesh S** winner of the year for referring patients.

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

“Instead of blaming the other person for your misfortune, closely examine yourself”

~ healingtouchservices.com

“It’s always been the other person’s fault but never yours!”

~ healingtouchservices.com

“How are you with words? sometimes the best thing you can say is not to say anything at all”

~ healingtouchservices.com

“Try doing your share and watch the miracle happening”

~ 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!