

## Insider-Only HT Newsletter

# Healing Touch PT & Rehabilitation P.C.

1605 Hillside Ave New Hyde Park NY 11040 516-616-0942 [www.healingtouchpt.com](http://www.healingtouchpt.com)

### Testimonials

“Nisha and Akriti are very wonderful to work with. They are very knowledgeable and professional. I recommend Healing Touch for anyone living with Pain.”

~ Rosemarie R.

“Akriti and her team is excellent at what they are doing. This place is appropriately named as ‘Healing Touch’. Your staff is very courteous and helpful. My special thanks to Akriti, Bhumi and Sneha.”



### Tribute to Fire Fighters

We absolutely admire the courage of rushing into danger while everyone else is rushing out to safety. You can be sure that we are here to help you.

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**

### **Where Does Physical Therapy Stand on Foot Drop Treatment**



Foot drop syndrome is a neuromuscular disorder characterized by weak muscles in the front of the lower leg. This can result in partial or total loss of control over the foot. This affects the ability to lift the foot at the ankle.

Damage to the nerve fibers that allow the flexing of the ankle and toes can cause several problems. For example, the toes point towards the floor when the foot is lifted up from the ground. When patients attempt to walk, they tend to drag the foot along the ground. They further compensate by lifting the knee higher than usual.

Foot drop can often be the sign of a major underlying complication, rather than a 'simple' inability to raise the foot. It can be caused by a nerve injury, spinal or brain disorder or muscle disorder. Foot drop can affect one foot or both feet and can be temporary or permanent, depending on the cause. Physical therapy plays an important role in the management of foot drop. It allows patients to experience better mobility, which leads to an improved quality of life.

**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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## Exercise Goes a Long Way...

### Exercise Therapy

Exercise is the primary treatment for patients with foot drop. Strengthening exercises of the muscles within the foot and the lower limbs help maintain muscle tone. Such exercises will help strengthen and stretch the foot while returning mobility to the ankle. Stretching exercises are an excellent treatment for foot drop. Physical therapists will advise patients to sit on the floor, place a towel around the foot, hold onto both ends and gently pull the towel towards them. This helps stretch the muscles of the calf and foot. Other exercises include leg flexes and toe curls. Several sets and repetitions are required to stimulate the muscles sufficiently.



### Electrical Stimulation

In some patients with foot drop, physical therapists may advise a treatment regime that includes electrical stimulations of the nerves and muscle fibers. This helps generate electrical impulses within the muscles and can, to an extent, help increase the tone and the contractility.

### Gait Training

Gait signifies the way a person walks. A gait abnormality is a deviation from normal walking.

Gait training is recommended for those patients with significant gait problems. This treatment helps a patient walk more efficiently and improve stability by incorporating different strength and balance exercises. At times, gait training requires the use of walkers, canes and parallel bars to safeguard the patient. A gait belt is an assistive device used to help a patient maintain balance during training.

### Braces and Splints

For individuals with limited control over their foot muscles, an "Ankle-Foot-Orthosis (AFO)" is used to help improve gait. AFO are L-shaped braces designed to support the function of the ankle and foot by keeping them perpendicular (at an angle of 90 degrees). This helps to keep the foot off of the ground while walking.

## The Road to Recovery



Foot drop can be rather debilitating for patients and can affect mobility to a great degree. While there are several causes of foot drop, physical therapy is the most effective treatment option. Long-term outcomes vary but many patients can regain significant function and mobility following a physical therapy plan of care.

As your trusted healthcare professionals with several years of experience in treating muscular and neurological conditions, we promise to take good care of you. Together, we will walk the road to recovery. Don't hesitate, reach out to us today and give us the opportunity to show you how physical therapy can change your life.

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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### What is happening at Healing Touch?

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

1. Kunjamma P.
2. Mohinder K.
3. Rupert W.
4. Bushrs S
5. Surinder S..
6. Alex S.
7. Panagiota G.
8. Dalilah M.
9. Daisy A.
10. Balwinder P.
11. Peter B.
12. Shamsheer S.
13. Gurmeet K.
14. Elsy J.
15. Yeshi M.
16. Oliver K.
17. Molly T.
18. Rekha T.
19. Ferdous A.
20. Wilford S.
21. Bina K.

**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: \$225 for 3 visits, \$350 for 5 visits, \$650 for 10 visits, and \$1200 for 20 visits.**

Watch Neck and Back Pain and Injury Prevention videos at [www.healingtouchpt.com/webinar](http://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](http://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.**



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

## Testimonials

“Bhumi is very professional, caring and is very much concerned about the patients’ privacy, and always makes sure that the curtains are always closed for privacy and that is very important to me. Plus, she knows her job well! Very hard worker and smart young lady.”

- Maureen R.

“The staff was very friendly and helpful. The physical therapist and staff are very knowledgeable and makes you feel like a family.”

-Alice J

### Employee of the Month:

Congratulations to **Akriti Y, Tushar B. , Nisha P.** We salute you for showing exemplary patience, understanding, kindness, and above all humbleness.

### Patient of the Month:

Congratulations **Dijina M.** 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 October. Join us to be pain free!

Following services are available: login to [healingtouchpt.com](http://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.

“Fear of failure is keeping most people from moving forward and those who don’t have the fear of failure win outrageously”  
~ healingtouchservices.com

“The people who succeed are irrationally passionate about something.”  
~Naval Ravikant

“Whenever you feel at risk, ask yourself “what is the worst that can happen?” then prepare yourself for it”  
~ 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 \$1200, which includes 20 PT visits per year and no other out of pocket expenses. Just \$900 for 20 visits! That is \$60 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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