

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

“This is the second time that I have come to this office for a session of treatment. Being a medical health provider myself, I was very impressed with the exceptional care and treatment from the receptionist to the therapist. They were very accommodating. I highly recommend this rehabilitation office.”

-Devi 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



Tribute To Rosa Parks

We admire and applaud everyone who stands up for what they believe is the right thing. We like to reward anyone who stands up for the right thing with a 30 minute gift certificate for massage by a N.Y. licensed massage therapist. All you have to do is come get the gift certificate either for you or someone else.

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. Peruvungal 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

Physical Therapy - The Secret to Athletic Excellence

The vast majority of people believe the primary use of physical therapy is for back pain or rehabilitation of an injury such as fracture leg or whiplash. While physical therapy is beneficial in all those situations, it's equally advantageous for individuals who want to improve their athletic performance. Athletes don't have to seek the services of a personal trainer or strength coach if they want to run faster or jump higher. Physical therapists are experts in how the musculoskeletal system works and how to maximize the potential of any individual whether they're a high school athlete, participating at the collegiate level, or competing in professional events.

Physical therapy is so effective that world-class Olympians regularly receive care from a physical therapist to keep their bodies in top condition and improve agility, stamina, and endurance. Different sports and activities all require specific muscle sets. The same muscles used for performing a high jump aren't the same that an individual utilizes for rowing and each need a different approach. The time to begin a physical therapy training program is before an individual will call upon their body to perform. For those who regularly compete, physical therapy is a valuable tool for maintaining performance and fitness levels during the off season.



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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Training for a Lifetime

A physical therapist can identify a wide variety of functional problems that include muscle weakness or gait dysfunction. Training and conditioning provided by a physical therapist is beneficial throughout an individual's lifetime. A physical therapist can help with:

- Increased strength, speed and agility
- Improved stamina and endurance
- Reduced risk of injury
- Reduced risk of overtraining
- Gait and postural assessments
- Sport-specific enhancement

As part of a physical therapy athletic program, individuals will receive information about nutrition and dietary supplements that address any deficits in diet and offer the essential elements needed for successfully honing the body.



Physical therapy aids in multiple sports endeavors. It helps in basketball with improved vertical extension. Football players will find they have better explosive speed and strength for blocking and tackling. Baseball players can increase arm strength and batting speed. Techniques are equally applicable for amateur athletes who participate in activities such as biking and running.

Be the Best Version of You



Your physical therapist has a number of assessments that he/she can perform to determine your strengths, areas of weakness, and any functional problems that may be interfering with your ability to compete at peak performance. Exercise and strengthening programs will be tailored to your individual needs, any specific sport in which you may be competing, your level of fitness and any pre-existing conditions.

Your physical therapist is also your best line of defense against overtraining. In the quest to become the best, you may be tempted to put in more training time than you should. That path can actually lead to a loss in overall performance and increases the risk of injury. Your physical therapist will guide you in stretching and warm-up exercises and the proper amount to train without injuring yourself. Manual manipulation and adjustments to the neck and spine help your body move smoothly and relieves pressure on the neurological system that surrounds the spine. Cupping, acupuncture and dry needling may be employed to reduce muscle tension and increase circulation.

Therapeutic massage stimulates the immune system, increases circulation and helps detoxify the body. It loosens and relaxes muscles making them less susceptible to an injury. Hydrotherapy utilizes the power of water as a type of resistance training. It's an effective treatment for building strength, balance and stamina. It doesn't matter whether you're a world-class athlete or you want to play a little one-on-one basketball in the backyard. Physical therapy significantly reduces the risk of injury and enables you to be the best version of yourself you can be.

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 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 December 2017 referrals from common people like you (this does not include any doctors).

1. Howard M.
2. Celi G.
3. Kesavan R..
4. Darjit K.
5. Niraj J.
6. Mohd S.
7. Fayyaz A.
8. Anie J.
9. Haadi A.
10. Kavita J.
11. David P.
12. Leelamma R.
13. Rajendra T.
14. Prince I.
15. Devsia P.
16. Elizabeth D.
17. Patricia F.
18. Mihaela D.
19. Manjari P.
20. Bindu B.

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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!! 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.



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

Testimonials

öThe ad about convenient transportation for the needy people brought me to healing touch. The therapists are very knowledgeable and give good treatments. They smile all the time! The staff is excellent.ö

-David Z.

öMy injury for ankle is much better. Awesome place to be, very nice staff- Therapists, drivers, assistants all are absolutely wonderful, especially Akriti, Akhil, Nisha and Amal. Made my experience here really comfortable. I will miss all the staffö

-Raad Q



Employee of the Month:

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

Patient of the Month:

Congratulations **Thomas K.** for your dedication towards being pain free.

Winner of the Year for referring patients (2017):

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

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

- öThe new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.ö ~Melody Beattie
- öOne must be prepared for riotous and endless waves of transformation.ö ~Elizabeth Gilbert
- öWhen everything seems to be going against you, remember that the airplane takes off against the wind, not with it.ö ~Henry Ford

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!