

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

“Everything is efficient. Very good service because therapy is working good for my back.”

- Alice J.

“Therapy was very helpful. I got almost 90% relieve from therapy. Therapist an staff were friendly and cooperative.”

- Ghouse M.

“One of the most wonderful caring, professional practices I have been treated at. As a medical professional myself, I could not recommend anything better than this place!”

- Shinu K.



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. 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, Tamil, and Spanish besides English

Your medical bill at Healing Touch is ZERO

Treatment of Snapping Hip Syndrome

The treatment of snapping hip syndrome involves a combination of physical therapy, traditional medicine, and at times, surgery.

Physical Therapy: The use of 'Hydration, Ibuprofen, Rest, Ice, Compression, Elevation' (also known as **HI-RICE**) provides the patient with temporary relief in the acute stages. It is best to consult with a physician before taking any medication to rule out allergies and associated side effects. Expert supervision by the physical therapist is essential for gradual healing of the affected regions.

Traditional Medicine: A physician may recommend prescription medications for pain relief and reduction of inflammation. Corticosteroids injections are commonly prescribed. Talk to your physician about which medication is best for you.

Surgical Interventions: If a structural anomaly is causing the problem, surgery may be needed. In general, surgery is the last resort, when traditional medicine and physical therapy have failed. After surgery, physical therapy plays a critical role in the restoration of strength and flexibility.

If you believe you have snapping hip syndrome, and HI-RICE does not help, reach out to your physical therapist.



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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Snapping You Back Into Action!

Physical therapy provides exciting possibilities to promote strengthening, healing and rehabilitation of the hip and lower limbs. Here are some of the options in the arsenal of the physical therapist:

- Ultrasound to heal connective tissue (tendons and ligaments).
- Manipulative therapy that includes stretching and massage.
- Resistance training to build the muscle strength.
- Cold compress for acute injuries and heat to relax muscular spasms.
- Low level laser use for muscle and connective tissue injuries.
- Functional electrical stimulation to restore strength in the muscles.

The sooner the therapist assesses the injury and initiates treatment, the better the outcome. Some home remedies that the physical therapist may prescribe include:

- Active stretching
- Passive stretching
- Strengthening exercises
- Light aerobics

Don't let snapping hip syndrome (or any hip condition) hold you back from freedom of movement. Call us today, and we will help you snap back into action as quickly as possible. We hope this is music to your ears!



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

1. Bakula P.
2. Yamiley D.
3. Kulbir K.
4. Lasantha P.
5. Marshenga T.
6. Blessy V.
7. Ponnamma N.
8. Maria C.
9. Brianna C.
10. Indriawati M.
11. Gracy J.
12. Lutchmin H.
13. Deepa S.
14. Janice J.
15. Richard S.
16. Steven C.
17. Francine A.
18. Sandeep K.
19. Saly A.
20. Kamini S.
21. Mohan B.
22. Reda H.
23. Mark H.
24. Usha R.
25. Maritza C.
26. Shamsul K.
27. Musarrat S.
28. Alice V.



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

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

“1-1 therapy with Mr.Gilles was extremely helpful. Thank you each and everybody for your help!”

~Geetha K

“A very accommodating facility. A very hard working, knowledgeable staff. The staffs are very patient and helpful to patients.”

~Nisha S

“Such a helpful people.! Gives good care and treatment. Improved a lot with the treatment.”

~Neethi J

“Very kind, caring and flexible practice. Very helpful an friendly.”

~Harminder K

“Very comfortable here and best part is my favorite ride availability. Thanks to all the staff at Healing Touch.”

~Veena S

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

Patient of the Month:

Congratulations **Meena O.** 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 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.

“What they say is so true-what doesn’t kill you makes you stronger”

~Friedrich Nietzsche

“Begin to change yourself first instead of waiting for the other person to change”

~healingtouchservices.com

“A life not examined is not worth living it”

~Socrates

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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