

## 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)  
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!"

- Professor Shinu K.

"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."

- Kulsum J.

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

- Brian. M



### Tribute To Dr. Martin Luther King, Jr.

"If You've Got Nothing Worth Dying For, You've Got Nothing Worth Living For."

- Dr. Martin Luther King, Jr.

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?

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

## Choose Life, Choose Physical Therapy

Did you know that YOU have the right to choose your physical therapist? When you get a physical therapy referral from your physician, you can visit any provider you like. It's common for the physician's office to recommend a provider if the office is familiar with or has an affiliation with that provider. The choice is yours. You can either visit the provider recommended by your physician, or any other provider that you feel comfortable with.

### Did you know?

- Most states allow the patient to see a physical therapist without a physician's referral. If you don't know whether you need a referral, don't worry. Just call our office and we'll get the answer for you.
- Some insurance policies may require a visit to your primary care physician before attending physical therapy or may require you to use 'preferred providers' only. This is also something we can look into for you when you give us a call.



Due to increased demand we are now open Monday & Thursday 7am to 10pm, Tues, Wed & Friday 7am to 9pm, every Saturday 8:30am to 4:30pm & Alternate Sunday 12pm to 8pm.

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- Your physician may advise you to visit their own in-office physical therapy facility or one that is run by a large hospital. You can do so, or research and use an independent physical therapist in private practice - the choice is yours.
- You are not obligated to go to any particular physical therapy office / clinic; even if your surgeon or physician suggests that office.
- The American Physical Therapy Association (APTA) requires its members to abide by the Association's Code of Ethics. This ensures that they are committed to providing competent and compassionate care.

### Choosing The Right Physical Therapist For You

As a consumer, you have the opportunity to research your physical therapy provider before you make a decision. After all, you want to feel comfortable with your decision. Here are a few guidelines to keep in mind when choosing your physical therapist:

- Any physical therapist you choose should be licensed by the state he / she is practicing in.
- Physical therapist assistants (PTAs) should always be supervised by a licensed physical therapist.
- Make sure the clinic participates with your specific insurance company and plan. Ask them and they will find out for you.
- There are times when you may find a physical therapist who specializes in a skill that is related to your particular needs / condition that may not participate with your insurance. To ensure that your needs are best met, you may consider paying out of pocket for these specialized skills.
- Find out if your physical therapy clinic submits insurance claims on your behalf. If not, then you will have to submit your own claims.
- Your insurance company should be able to verify how many visits they allot for your particular problem and be able to tell you what your co-pay is. In most cases, the physical therapy clinic can also verify this information for you. You should also ask whether or not you have met your insurance deductible amount.
- Ask the physical therapist's clinic to help you determine what you will be responsible for financially.

### First Visit - What To Expect

Your first visit to your physical therapist office will include a detailed initial evaluation. This evaluation will help the therapist to identify your problems using special testing procedures.

Once your physical therapist has evaluated your condition, they will be able to design a plan of care that specifically meets your needs. If you have certain concerns or goals, make them known at this time so your therapist understands what you are expecting from your visits. As a part of the program design, expect a treatment timeline with realistic goals. This timeline may be changed as you progress, depending on how well your body responds to treatment.

Along with regular visits to your therapist's clinic, you will most likely receive a home exercise plan (HEP) in which you will be given specific exercises to do at home in between your regular office visits. This will help facilitate faster recovery, so stick with the program at home!

Always speak openly with your therapist if you have any concerns or limitations. As your physical therapists, we will work with you closely and help you recover as quickly as possible. We hope to get the opportunity to work with 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.)**

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**Thanks for December 2019 referrals from common people like you (this does not include any doctors).**

1. Rajeshkumar S.
2. Shashi C.
3. Vidhur M.
4. Jiji O.
5. Amita S.
6. Nisha S.
7. Teresa G.
8. Uldis R.
9. Anjali N.
10. Roshan A.
11. Attallah B.
12. Manisha M.
13. Ferdousi N.
14. Shamim A.
15. Marykutty M.
16. Surjit S.
17. Philip V.
18. Karen J.
19. Geena J.
20. Charles R.
21. Shamsun N.
22. Balbir K.
23. Davinder G.
24. Bushra S.
25. Gurdeep B.
26. Joginder K.
27. Kerry H.
28. Kalathil P.
29. Umair H.
30. Joseph J.
31. Dilip R.
32. Zahidul H.
33. Maria V.
34. Kantaben P.
35. Geetha K.
36. Sangita K.
37. Cherian A.
38. Bhagirath T.
39. Vivek S.
40. Rajni S.
41. Bakula P.
42. Nisha P.
43. Claurine B.
44. Ravi S.
45. Manjari P.
46. Reji A.
47. Chandradat S.
48. Thampy T.
49. Bert W.
50. Bhaba B.
51. Saroj A.
52. Harjit 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 therefore we will buy 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 NEW YEAR 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 'HAPPYNEWYEAR' at checkout.**

**GREAT VALUE!** On package prices. Take advantage of it now-get the 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 discounted **unbelievable package prices: \$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 understand that you are a parent, spouse etc. and can function better in that role with a pain free body therefore we will do everything we can to make that happen. Call & schedule your appoint now at 516 616 0942

**We take all insurance including Healthfirst Medicaid and Wellcare.**

**We are open Monday & Thursday 7am to 11pm, Tues, Wed & Friday 7am to 9pm, every Saturday 8:30am to 5pm & Alternate Sunday 12pm to 8pm. Complementary transportation available to all our patients.**

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**You can go anywhere for therapy but will they treat the cause of pain rather than masking the symptoms? What about medical bills after treatment is finished?**

“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.

“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.”

-Jyoti R.

### Employee of the Month:

Congratulations to **Akriti Y, Nisha P, Dany P & Dharmi S**. We salute you for showing exemplary patience, understanding, kindness, and above all humbleness.

### Patient of the Month:

Congratulations **Noor S.** 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 April. Join us to be pain free!**

**Following services are available: login to [healingtouchpt.com](http://healingtouchpt.com) for more details \*explained in website.**

<b>Want to increase the chances of getting job? Pre-employment testing available.</b>	<b>1 on 1 Care: We are flying in a World class therapist from New Mexico .</b>
<b>Website only offer : Free treatment for Neck &amp; Back pain.</b>	<b>Wellness program is available to anyone for just \$10 month.</b>
<b>Secrets of Neck &amp; Back Pain report.</b>	<b>Screening for Athletes.</b>
<b>Home Modification Services</b>	<b>Sports Enhancement.</b>

“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 \$1200 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!

