

## 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

### Physical Therapy Becomes Fun:

Dr. Mathew works well with special needs population. He demonstrates a passion for his profession, seems dedicated to patient care, very knowledgeable, has an excellent way with children and manages them expertly so that physical therapy becomes fun. Arun is extremely patient, empathetic and gracious.

By Mother of Rey R.

### My best wishes to Healing Touch PT & Rehab:

I wasn'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.



## Happy Birthday America!

This is the best place that allows you to be the best you can or worst you can be. It is totally up to you, you decide your fate.

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 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

## TMJ Management Thru Physical Therapy

The temporomandibular joint (TMJ) is what connects the bottom jaw to the skull. The joint is a hinge that makes it possible to eat and speak, but it can be subject to pain and inflammation from multiple sources. It's a complex system composed of bone, muscle and ligaments and any disturbance or misalignment to the area can result in dysfunction.

The condition is common, but it's often difficult to discern the exact cause. People with the condition may hear and feel clicks and pops when they move their jaw and in some instances it can feel as if the jaw is "stuck" for a brief moment. People who clench their teeth during the day or engage in nocturnal teeth grinding often experience TMJ dysfunction.

TMJ pain can occur on one or both sides of the face. Patients with the condition may experience headaches similar to migraines, feel pressure behind the eyes, have an earache, or a change in the way their teeth fit together. Pain may be present when they chew or yawn. In the most severe cases, the jaw may become locked in an open or closed position.

The pain of TMJ dysfunction can appear after a blow to the jaw, an accident in which whiplash was a factor, as a result of a dental problem, or a misalignment of the neck, spine or jaw. Any action or change that causes trauma to the jaw can result in swelling of the joint and surrounding soft tissues.



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### There's Help for TMJ Disorder

TMJ dysfunction affects more women than men and is typically diagnosed for the first time when patients are in their 20s-40s, though the symptoms may have existed for much longer with lesser severity. The early signs of TMJ disorder are often overlooked. For those with TMJ pain, physical therapy can help with:

- Alleviating pain
- Reducing inflammation
- Reducing muscle spasms
- Releasing scar tissue when applicable
- Relaxing surrounding muscles, tendons and ligaments

One of the most common causes of TMJ disorder is bad posture. Sitting at desks and hunching over keyboards can place the neck, spine and jaw at an unusual angle, putting undue pressure and strain on the area. Conditions in which arthritis is a symptom can cause pain in the jaw joint.

Stress can result in chronic jaw clenching and teeth grinding, both of which can cause damage and strain on the joint. The disc that cushions movement of the joint can become displaced, resulting in the popping and clicking noises associated with TMJ dysfunction.

More than 10 million people have been diagnosed with TMJ disorder. Other reported symptoms with the condition include jaw fatigue, particularly when chewing, along with ringing in the ears, neck pain and even dizziness.



### Relief and Function with Physical Therapy

The focus of your therapy will be to realign the joint and relax the muscles, tendons and ligaments around it. Your physical therapist will want to ensure that all of your bones and joints are in alignment and in their proper place.

Depending upon what your physical therapist finds during his/her examination, manual manipulation may be employed to increase movement, relieve pain and align the joint in its proper position. Your therapist will provide you with exercises that you can perform to strengthen the joint and area around it to restore motion and alleviate pain in the future as TMJ disorder can often return.

Heat and cryotherapies may be applied to relieve pain and reduce inflammation and swelling. Electrical stimulation or ultrasound therapy can be used to accomplish the same goals. If the disorder is due to a dental problem, your physical therapist can refer you to a dentist specializing in TMJ dysfunction.



Your physical therapist can recommend ergonomic solutions to lessen stress on the back, neck and jaw and offer suggestions on how to perform tasks in different ways that won't place undue strain on the jaw joint and soft tissues. You'll also receive information and instruction on sleep positions that will open the airways and won't stress the neck, spine or back.

TMJ dysfunction can happen to anyone. It's a painful disorder that affects the way you eat, your diet, and your ability to communicate. Your physical therapist has the means to restore your TMJ to full functionality and aid in reducing the chances of another episode.

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.**

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Thanks for JUNE 2020 referrals from common people like you (this does not include any doctors).

1. Robert K.
2. Paulose A.
3. Baldev S.
4. Keval D.
5. Bangalore S.
6. Ram S.
7. Rajalakshmi S.
8. Alpa J.
9. Nadine P.
10. Yasmeen S.
11. Satyanand S.
12. Michael A.
13. Simica V.
14. Beena M.
15. Romy M.
16. Lissy S.
17. Usha V.
18. Padmaja G.
19. Biren P.
20. Edgar B.
21. Atul K.
22. Bernardo D.
23. Kurian X.
24. Bannis M.
25. Neeru G.
26. Elena M.
27. Allen T.

## Insider-Only HT Newsletter

### 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 INDEPENDENCE DAY? Why not give your loved one a Pain Free Body\*? Get 3 Visits gift certificate for only \$197 regularly it's \$450. Use code 'INDEPENDENCEDAY' 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!

**\$150 per visit** but here is our discounted **unbelievable package prices: \$700 for 5 visits, \$1300 for 10 visits, and \$2400 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 insurances including Healthfirst Medicaid and Wellcare.**

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## Testimonials

Came to have shoulder pain treated and I am happy with my progress so far. I will definitely continue my treatment here and recommend others. I feel so much better already.

~ Susan S.

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.

Feel like a new person: Just this week for the 1st time I try the "Repex Table", at first I was worried that it would make my back have more pain, but to my surprise I was able to sleep better. After 2 times I was able to get up on Sat morning 1/25/2014. I can get out off bad NO PAIN Thanks to my therapist Nisha. She is Great asset to your company. We need more of her. Please treat her good Thank you. For the record I will continue to promote Healing Touch to everyone on my Job. Thank you

~ Maureen R.

**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?**

### Employee of the Month:

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

### Patient of the Month:

Congratulations **Alba P. & Lizzy P.** for your dedication towards being pain free.

### Winner of the Year for referring patients (2019):

Congratulations **Darjit K.** winner of the year for referring patients.

**We welcome the new patients in the month of June 2020. 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>

“ Your mind is designed to figure out the next step is; don’t short circuit it by over thinking!”  
~ healingtouchservices.com

“Don’t make things hard on yourself!-decide what you want and let the mind come up with the steps to achieve it”  
~ healingtouchservices.com

“Time for you on Earth is not infinite so don’t relax and take it easy”  
~ healingtouchservices.com

“Strike fast to ensure victory”  
~ 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 \$2400, which includes 20 PT visits per year and no other out of pocket expenses. Just \$2400 for 20 visits! That is \$150 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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