

## 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

"I decided to come here since this is close to my area. I like the personal service and great people. I highly recommend others to come."

~Anthony P.

"Very friendly staff. I would definitely recommend others. You all were very kind and helped me very much. Thank You!"

~Carol A.

"I came here through insurance referral for my back pain. The staff is very knowledgeable and personal. They are very friendly and welcoming. It is a good place with warm and knowledgeable people."

~Sonia G.



### 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. Peruvinal P.T, D.P.T

**FREE EDUCATIONAL WORKSHOP THAT INCLUDES LUNCH**

(see page 3 for more detail).

Request **FREE REPORTS** from pre-record message: 347-601-4878

**How Can We Guarantee Pain Free Body?, Neck & Back Pain Solution and Guide to understanding insurance policy.**

Fluent in Hindi, Punjabi, Gujarati, 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

### Spring Injury Prevention 101

It's not just extreme sports enthusiasts who sustain injuries during the spring. Sprains and strains from shoveling and cleaning off vehicles, along with slipping and falling on wet floors are all dangers with which a physical therapist can help. One of the best strategies for avoiding typical spring injuries is by warming up with stretches to help prevent strained and sprained muscles and tendons. Spring cleaning begins with pushing it instead of lifting. Don't twist and bend at the same time when cleaning to avoid placing extra stress on the spine. It may seem like a lot more work, but it's not a good idea to wait until a significant amount of leaves have piled up before shoveling. Moving heavy weights while bending and twisting can lead to a back injury. Proper footwear with good tread is indispensable for the season. Slippers and house shoes don't provide sufficient grip on the ground to prevent a fall. Remaining hydrated is an often overlooked part of spring work or play. The body must have water to transport nutrients throughout the body, including the muscles. People who fail to remain hydrated often experience muscle cramps. Well-fitting protective gear for specific recreational activities is critical for avoiding concussions and broken bones.



Due to increased demand we are now open 7am to 9pm Monday thru Friday and 9am to 5pm on every Saturday.

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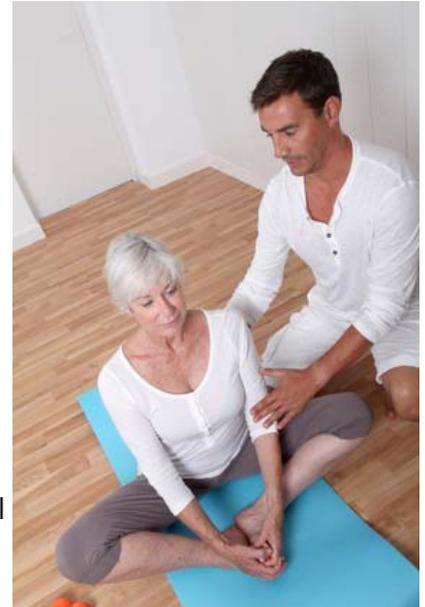
## Reducing Risk with Physical Therapy

Taking the proper precautions when moving, dressing for the weather and performing activities during the spring will significantly reduce the potential for injuries, but physical therapy provides the means to prepare the entire body for the specific challenges of the season.

Physical therapy benefits for the spring include:

- Better balance and coordination
- Increased flexibility
- Increased muscle strength and endurance
- Better overall fitness level
- Reduce the need for prescription pain medication
- Avoid surgery if an injury does occur

People use different muscle sets during the spring than they do in the summer and even those who regularly work out at the gym are at increased risk when it rains. Individuals often over-estimate their fitness level for managing spring challenges. Soccer and baseball require entirely different muscle usage than summer golfing, kayaking and swimming.



## Don't Let Spring Slow You Down

One of the first things that your physical therapist will do is align your spine to prepare you for the spring. It reduces pressure on nerves and joints that can easily be damaged. Spinal injuries are a major concern during the spring due to falls and the contortions people go through trying to catch themselves if they slip or fall on wet floors.

Your physical therapist has multiple treatments to get you in shape for spring, and associated recreational activities. Customized exercise programs are beneficial for keeping you limber, flexible and strengthening the muscles you'll be using. Clinical Pilates and hydrotherapy are techniques that can be employed to build core strength that improves balance, coordination and endurance.

Therapeutic massage is effective for keeping muscles, tendons and joints relaxed to reduce the risk of serious injury if an accident occurs.

Your physical therapist has the extensive knowledge and training needed to help you prepare your body for the many challenges and unanticipated situations that are regular parts of the spring season. Physical therapy isn't just for treating and rehabilitating injuries after they occur. It's an effective means of reducing the risk of an accident before it happens for fun and safe spring season.



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

1. Jacob J.
2. Ajay N.
3. Nicole D.
4. Abdul S.
5. Steven L.
6. Durga J.
7. Joseph M.
8. Leelamma K.
9. Mohammaad S.
10. Leelamma J.
11. Khaleda A.
12. Francis A.
13. Shibu K.
14. Silvana R.
15. Neethi J.
16. Annamma S.
17. Alejandro B.
18. Mathew J.
19. Vijish V.
20. Annie T.

## Insider-Only HT Newsletter

What is happening at Healing Touch?

**We have the hot pack machine in a separate room- away from the treatment area to avoid burns from any children or adults touching it.**

**Submit your cherished recipes to be published and shared with others in this newsletter, anyone can participate in it!**

We are celebrating "Patient Of The Month" every month at "Taste of Cochin" (Indian Restaurant) 248-08 Union Turnpike, Bellerose, NY 11426. There will be an educational workshop regarding common diagnosis. All are welcome. There is a limit of 2 people per house-hold as space is limited. Please register for it at Healing Touch Physical Therapy as the restaurant needs to estimate the food. Lunch is included and there is no cost to you, so please invite as many friends and family as you want, as long as there are only 2 people attending from each household. Remember space is limited so do it as soon as possible! You don't have to be Healing Touch Patient to be educated about your health.

**Topic for educational workshop: *What is the secret of treatment of neck?***

**When: Saturday, August 5th 2017 Time: 1:30 PM**

This report is also for sale at \$19.99 at [htphysicaltherapy.com](http://htphysicaltherapy.com)

**Free Neck and Back pain solution at [healingtouchservices.com](http://healingtouchservices.com)**

## Recipe of the Month: Greeshma Thomas

### Lemon Custard with Berries

#### **Ingredients:**

1. 2/3 cup sugar
2. 1/4 cup fresh orange juice
3. 1/2 cup fresh lemon juice
4. 6 large egg yolks
5. 1/8 teaspoon salt
6. 3 tablespoon butter—small pieces
7. 2 teaspoons grated lemon rind
8. 1 1/2 cup blueberries
9. 1 1/2 cup raspberries
10. 8 teaspoons graham cracker crumbs.

#### **Direction:**

- Combine the first 5 ingredients in a small, heavy saucepan over medium heat.
- Heat to 180° or until thick (about 6 minutes), stirring constantly with a whisk; remove from heat.
- Add butter and rind, stirring until butter melts.
- Place curd in a medium bowl.
- Cover surface of curd with plastic wrap, and chill completely.
- Spoon 2 tablespoons curd into each of 8 small cups. Top each serving with 1 1/2 tablespoons blueberries and 1 1/2 tablespoons raspberries. Repeat layers of curd and berries. Top with 1 teaspoon crumbs.

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

“I had therapy at healing touch before and I was happy. What I like about healing touch is that there is great communication between the patient and the therapist. Therapists are knowledgeable and clinically competent. Therapy is precise and focused.”

~Mohammad I. MD

“I was very pleased with the treatment. I also appreciate how respectful and kind the staff was during my therapy services. I read the great reviews and decided to come to healing touch. The warm and caring staffs made me feel welcome. Whoever wants to come here, you will have a great experience and won't be disappointed.”

~Baljeet B.



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

### **Patient of the Month:**

Congratulations **Francs A.** for your dedication towards being pain free.

### **Winner of the Year for referring patients (2016):**

Congratulations **Greeshma T.** winner of the year for referring patients.

**We welcome the new patients in the month of May. join us to be pain free!**

#### Following services are available:

[login to healingtouchpt.com](http://login.to.healingtouchpt.com) for more details

<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>Massage Therapy Services Only 70 cents per minute.</b>	<b>Sports Enhancement.</b>

“Success is liking yourself, liking what you do, and liking how you do it.”

~Maya Angelou

“Follow your bliss and the universe will open where there were only walls.”

~Joseph Campbell

“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/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!