

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

"I was here due to severe pain in the upper part of my left foot. I was limping while walking. Orthopedist's suggestions didn't help much. I was privileged to get therapy services from Nisha & Akriti. They both are friendly, as well as professional. They were able to explain the cause, the rationale of doing each exercise and how each exercise is going to help me. Also, carryover exercises to do at home and what to be careful about. Aides and receptionists were friendly. I will continue to recommend friends and relatives to this facility."

~Ashly M.

"I am so grateful to have all of them to help me. Specially, my number one is Akriti. She is a very good PT and works with passion. I thank god every day for her because she helped me a lot. She comforts me, encourages me every day. Bless her."

~Marie M.



Tribute to Armed Services

We appreciate the courageous service men and women who sacrifice so much for our freedom. There are many consequences of war and you can be confident that we are here to help you.

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

Benefits of Physical Therapy on Brain Injury Treatment

A traumatic brain injury (also known as TBI) occurs as a result of trauma to the head, leading to damage to the brain itself. Traumatic brain injuries can result from numerous types of injuries including automobile accidents, contact sports, or falls. Symptoms can vary from mild to severe; ranging from headaches and general confusion to partial paralysis and loss of sensation. In fact, any injury to the brain is a serious condition that requires hospitalization and immediate medical attention.

A mild TBI may be associated with a change in the mental state of the individual or a short-term loss of consciousness. A severe TBI may result in a coma, memory loss and loss of muscle control. Over a period of time, this can cause loss of muscle strength and a deterioration of balance, which can lead to falls.

Although the severity of a brain injury can vary immensely, the importance of physical therapy cannot be overstated. Some brain injuries may require a few weeks of rehabilitation; while severe injuries can require several months of neurological re-education under the supervision of an experienced physical therapist.



Due to increased demand we are now open Monday & Thursday 7am to 11pm, Tues, Wed & Friday 7am to 9pm, every Saturday 8:30am to 5pm & Alternate Sunday 12pm to 8pm.

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Benefits of Physical Therapy on Brain Injury Treatment

Every instance of TBI is unique and different and a physical therapist can conduct a detailed evaluation to determine the extent of impairment. This initial evaluation will help determine extent of sensation, consciousness, body awareness, memory, muscle tone, movement, balance and gait.

Based on the evaluation, the physical therapist may design a program consisting of neuro-developmental training, joint mobilization, functional training and self-stretching exercises. The five most common benefits of physical therapy include:

1. Memory assessment and improvement.
2. Motor function and muscle strength increase.
3. Improved responsiveness to sensation and awareness of the surrounding.
4. Lifestyle counseling to enhance independence with daily activities
5. Improved balance to facilitate standing and walking.



With brain injury, time is of the essence. Don't delay – seek medical attention and start working with a physical therapist as soon as possible.

Benefits of Physical Therapy on Brain Injury Treatment

A brain injury has the potential to affect the quality of life and limit the individual's ability to do simple things. Expect your physical therapist to work closely with other members of the healthcare team to improve your 'brain health' and speed up the recovery process.

The goal is to help the individual resume full function in a gradual, controlled manner under the supervision of the physical therapist. Your therapist can recondition your brain and nervous system, bridging the gap between medical intervention and full recovery.

The bottom line - physical therapy treatment will help regain function and improve quality of life. As your physical therapists, there is a lot that we can do a lot for you; including boosting your 'brain health'. Call us today and we'll show you what we can do for you and your brain.



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

1. Ann S.
2. Vidhur M.
3. Rosy V.
4. Dulce T.
5. Angela S.
6. Virginia H.
7. Madeline Q.
8. Rosamma C.
9. Danae S.
10. Sudhir J.
11. Akhil N.
12. Mursal M.
13. Julia B.
14. Susan S.
15. Manoj G.
16. Divin M.
17. Chanchal S.
18. James F.
19. Daisy A.
20. Sita R.
21. Diluka W.
22. Anulawathi L.
23. Jacob G.
24. Susamma V
25. Indira C.
26. Rajeswari D.
27. Ramesh P.
28. Gianna A.
29. Jelisa T.
30. Anjum M.
31. Suzanne R.
32. Hassan A.
33. Soany A.
34. Rosamma T.
35. Cheryl K.
36. Kavita J.
37. Jeanette H.
38. Purnima P.
39. Yamuna K.
40. Nayana J.
41. John P.
42. Barbara U.
43. Satwant S.
44. Luthel S.
45. Kelly W.
46. Musarrat S.
47. Nargis S.
48. Sakshi L.
49. Bhupinder K.
50. Rafael F.
51. Suphat K.
52. Ravi S.
53. Thomas L.
54. Sureshbabu S.
55. Cherian A.
56. Farhat Q.
57. Sharine C.

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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 THANKSGIVING DAY? Why not give your loved one a Pain Free Body*? Get 3 Visits gift certificate for only \$97 regularly it's \$300. Use code 'THANKSGIVING' 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 **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 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 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.

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Complementary transportation available to all our patients.**

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Testimonials

"I call my friends and family, telling about healing touch physical therapy – me as an example. When I came in and explained my pain all over my body, they all paid attention and helped me go through with a lot of patience. So I invite anybody to come and join the club of being pain free."

~Carlos A

"This is a nice experience for me. The therapist and the employees are very nice and helpful. They were here always if I had any concern."

~Shankar

"My experience with your facility has been refreshing and wonderful. The staff is very friendly and accommodating. Will recommend future clients to this facility. Thank You!"

~Shondel

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 **Akriti Y. Nisha P. & Sara V.** We salute you for showing exemplary patience, understanding, kindness, and above all humbleness.

Patient of the Month:

Congratulations **Bruce 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 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.
Home Modification Services	Sports Enhancement.

"You all know the old saying, fortune favors the bold and success loves speed so don't hesitate-just do it like Nike says" ~ healingtouchservices.com

"If you have an idea, do the basic thinking and implement it- the more you analyze it, the more you become paralyzed" ~ healingtouchservices.com

"You can perfect it as you go along- important thing is getting started" ~ 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!

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