

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 had the best experience after coming to Healing Touch Physical Therapy. The office staff and the therapist was friendly, knowledgeable and helpful. I achieved my treatment goals.”

~Gurpreet K.

“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.



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

FREE EDUCATIONAL WORKSHOP

(see page 3 for more detail).

Request **FREE REPORTS** from pre-record message: 347-601-HTPT or Call 516-616-0942: Check list of 10 Things to know before selecting a Physical Therapy office?

Fluent in Hindi, Punjabi, Gujarati, Malayalam, and Tamil besides English.

You are awesome & part of HTPT family therefore we love to serve you again & again!

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

Heel Pain and Injury: The Physical Therapy Solution

The feet bear the weight of the body upon them, but the heel of the foot receives little thought unless it begins to hurt. Pain can originate under the heel (plantar fasciitis) or the back of the heel in the Achilles tendon. Inflammation, swelling and pain are common complaints associated with the heel.

An injury to any part of the heel can be extremely painful, producing inflammation and swelling. Individuals may have difficulty flexing their foot up or down, standing on their toes, or even walking. A heel injury may also result in a tingling sensation indicating the need for immediate medical care that will often require rehabilitation with a physical therapist.

Everyone has an occasional pain in the heel after extensive walking, jogging or sports activities and it typically disappears within a day or so with rest. Heel pain that interferes in standing, walking, or lasts a week or more can be helped with physical therapy. Plantar fasciitis is the most common cause of heel pain resulting from running and jogging, obesity, and excessive standing. Pain may be present when people take their first few steps in the morning or after sitting down for an extended period of sitting.



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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Easy Does It

An injury to the heel can have a variety of causes, from arthritis and heel spurs to stress fractures and tendon injuries. It's important for individuals not to overwork the heel. People who aren't accustomed to extensive running, jogging and similar activities should never attempt participation without proper preparation.

Physical therapy can prepare your feet for rigorous usage and relieve the effects of overuse. Physical therapy can help in multiple areas that include:

- Foot or heel supports
- Remedy gait problems
- Reduce pain, inflammation and swelling
- Identify mechanical dysfunction
- Increased foot support
- Improved flexibility
- Build strength and endurance



Pain in the heel and bottom of the foot may be caused by micro-tears in the ligament that's responsible for supporting the arch. Any type of heel pain may develop over time and it can appear suddenly, representing an acute injury. If left untreated, heel and Achilles tendon pain worsens and can transition into a chronic condition.

Treat The Pain with Physical Therapy

Your physical therapist can help you reduce the risk of injuring your heel with specific stretches, exercises and warm-ups that will prepare your foot for action. He/she can help you choose the right shoes for specific activities. Footwear varies widely and a shoe that's appropriate for power walking won't be appropriate for jogging or running a marathon. Many people have developed mechanical dysfunction in their gait that leads to improper foot placement. Your physical therapist can examine your gait while walking, jogging and running to determine if retraining or realignment is necessary. He/she can help if arthritis or chronic conditions are involved. Orthotic devices can be prescribed to ease pain and distribute weight more evenly for comfort. If you're overweight or your employment requires extensive time in a standing position, your physical therapist can recommend accommodations and ergonomic solutions to relieve stress on the entire foot and the rest of the body.



Manual manipulation may be employed to improve flexibility and mobility. If heel pain is caused by a weakness in the lower leg, hip or core, you'll have access to technologically advanced methods to strengthen those areas and improve endurance. Pain in the heel can originate in the back and spinal adjustments are effective for relieving pain in any part of the body. Therapeutic massage and electro-stimulation may be used to loosen tight muscles in the calf and foot, relieve pain, and reduce inflammation and swelling. Braces and assistive devices can be obtained to provide support. Your physical therapist may also use dry needling, acupuncture, and joint mobilization to treat and reduce the risk of injury. You don't have to be a world-class athlete or compete in marathons to experience pain in your heel. It can result from an incorrect step, being overweight, or participating in active endeavors without the proper warm-up. No matter what the source, your physical therapist can help with preventative measures and treatment if an injury has already occurred.

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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What is happening at Healing Touch?

1. Shirley R.
2. Satya S.
3. Kiran S.
4. Mercy S.
5. Leelamma P.
6. Ally P.
7. Dally M.
8. Elisa G.
9. Mini C.
10. Benson B.
11. Rajalakshmi S.
12. Bhupinder J.
13. Shashi S.
14. Jin Z.
15. Veena G.
16. Karen J.
17. Lisa B.
18. Sanjeev J.
19. Howard M.
20. Shahina M.

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 but you don't 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!! 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* package prices: \$300 for 5 visits, \$500 for 10 visits, and \$900 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 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.**



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

Patient of the Month:

Congratulations **Rajalakshmi S.** 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 August. 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.

“Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart.”
~Roy T Bennett.

“For every minute you are angry, you lose 60 seconds of happiness.”
~Ralph Waldo Emerson

“Climbing on the top demands strength, whether it is to the top of Mount everest or to the top of your career.”
~A.P.J Abdul Kalam

You can find more quotes and writings of Dr. J. Peruvungal 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!

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.

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

~Neethi J.

