

## 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

“A very accommodating facility. A very hard working, knowledgeable staff. The staffs are very patient and helpful to patients.”

~Nisha S.

“The staff was very friendly and helpful. I enjoyed coming here. I will miss them. Akriti has good knowledge and was very polite and helpful.”

~Shahwar H.

“The office staff and therapist was very friendly, knowledgeable and helpful.”

~Alberto M.



### Happy Halloween

Face your fears, we can help you - In a world full of no, HTPT hero says “yes you can”  
Have a safe trick or treat!

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

## The Definitive Bone Strengthening Protocol

Osteoporosis is a condition in which the amount of calcium and minerals in the bone decreases, leading to a reduction in bone density. As a result, bones become fragile and prone to fractures. A fracture can occur from a minor fall or simple actions like sneezing or bumping into furniture.

Treatment involves calcium supplements and prescription medication. Physical therapy plays an important role in maintaining quality of life for patients with osteoporosis, and for good reason. Muscles and tendons can be strengthened to provide a protective effect for bones. Although it cannot be cured, the rate of progression of osteoporosis can be decreased with physical therapy and medication.



## Living with Osteoporosis

Here are important factors to consider when living with osteoporosis:

### 1. Dietary measures

A diet rich in calcium and vitamin D provides the body with important minerals that form the building blocks of bones.



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.

# Insider-Only HT Newsletter

Continue...

## 2. Weight bearing exercises

Always seek approval from a physician before starting any exercise program, especially if have been diagnosed with osteoporosis. Simple exercises like walking and climbing up a flight of stairs are beneficial. A physical therapist will prescribe an exercise program tailored to the needs of the patient.

## 3. Muscle strengthening exercises

Supervised weight training helps improve muscle strength. A physical therapist may recommend the use of tools such as elastic bands, free weights and exercise equipment. Patients are also encouraged to use their own body weight to perform a number of exercises.

## 4. Core stabilization exercises

These exercises improve posture and balance. They help in the prevention of falls, injuries and fractures. Yoga and Pilates are examples of exercise used to improve posture and balance. All exercises should be done under the supervision of a licensed physical therapist.

## New Horizons Await You

If you have been diagnosed with osteoporosis, don't despair. Millions of individuals with this condition live healthy, productive lives. As long as you work with a physical therapist and take the right precautions, you can experience a renewed awareness of movement and function.

Physical therapy can improve balance, increase strength and reduce the incidence of falls. Ask your physical therapist for precautions about movement, lifting, and injury prevention. In the unfortunate event that you do experience a fracture, your physical therapist is uniquely qualified to help you in the recovery process. The use of assistive walking devices (cane, walker) may be suggested by your therapist.

Don't allow fear of injury to hold you back. Talk to a physical therapist and learn about the differences between safe and unsafe exercise. A new world of freedom and independence awaits you. We are here to help you improve your life with the benefits of physical therapy.



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.)**

**1605 Hillside Avenue. New Hyde Park. NY. 11040. 516-616-0942. [www.healingtouchpt.com](http://www.healingtouchpt.com)**

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

Copyright free, please feel free to copy and distribute. If you want copies of this news letter for your office / place of worship, let us know.

## 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 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!! Have you purchased any gift for COLUMBUS 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 'COLUMBUSDAY' at checkout.**

**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: \$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 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 & 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.**

**1605 Hillside Avenue. New Hyde Park. NY. 11040. 516-616-0942. [www.healingtouchpt.com](http://www.healingtouchpt.com)**

1. Lukose T.
2. Carmela D.
3. Chandrika B.
4. Kanwaljeet K.
5. Dibyendu B.
6. Nicolas J.
7. Anu G.
8. Zehra B.
9. Roshnie S.
10. Ismot H.
11. Susan J.
12. Vidhur M.
13. Margaret W.
14. Lizamma J.
15. Anil M.
16. Terrissa R.
17. Omorede J.
18. Torian G.
19. Kanwaldeep S.
20. Salimul C.
21. Qadry K.
22. Mary J.
23. Rashida T.
24. Shahwar H.
25. Helen P.
26. Mary P.
27. Aleyamma A.
28. Batool H.
29. Helen L.
30. Bruce S.
31. Jorawar S.
32. Balwinder S.
33. Bharat P.
34. Claressa N.
35. Akila G.
36. Rubina S.
37. Annamma J.
38. Kazi K.
39. Manjari P.
40. Valsamma J.
41. Lalitaben P.
42. Harshadbhai P.
43. Milagro H.
44. Aaron J.
45. Pradeep M.
46. Gurdip K.
47. Adriana S.



## Testimonials

The entire staff was very friendly, helpful & so organized. I'm grateful my doctor recommended Healing Touch to help me with my needs to feeling better. Thank you all.

~Catherine V.

“The staff was very friendly and helpful. I enjoyed coming here. I will miss them. Akriti has good knowledge and was very polite and helpful.”

~Shahwar H.

“I saw your sign and you were in my plan. I had a numb hand with no feeling, shoulder pain and back pain. The best thing about Healing Touch is the staff. It is such a great place that I even referred my aunt to come here.”

~Paula J

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

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

Congratulations **Rashida T.** 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>

- “You will get lots of feedbacks when you fail!” ~ [healingtouchservices.com](http://healingtouchservices.com)
- “Like the saying “fortune favors those who are bold” ~ [healingtouchservices.com](http://healingtouchservices.com)
- “Expect the best but be prepared for the worst outcome” ~ [healingtouchservices.com](http://healingtouchservices.com)
- “What would happen if a child gives up learning to walk because of all the falls?” ~ [healingtouchservices.com](http://healingtouchservices.com)
- “No one can make you angry, ultimately you choose the act. Outside world will always try it but ultimately you decide, if they win at it or not” ~ [healingtouchservices.com](http://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!

**1605 Hillside Avenue. New Hyde Park. NY. 11040. (516)-616-0942**

