

## 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

“Just wants to say I think Nisha is outstanding as a therapist. If the doctor decides more rehab would be useful, I would certainly return. As far as all the office staff, I never learned all the names, but all were very friendly and helpful. The same goes for the aides.”

~Edith R.

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

~Carol A.



#### TRIBUTE TO 9/11

We will never forget the lives lost and the hero's that rushed to save them. Like our president said “kids born right after 9/11 are teenagers and have no idea of what happened during 9/11” A book with detailed description and photographs is available for review. You don't have to be a patient to review the book so take a trip, it will be well worth it.

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**

(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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Thanks for July 2017 referrals from common people like you (this does not include any doctors).

1. Indira P.
2. Ranjeet S.
3. Paulose A.
4. Albert M.
5. Sajjida T.
6. Chandrika B.
7. Riju V.
8. Lefea C.
9. Mary Z.
10. Basmati R.
11. Rajan V.
12. Sita B.
13. Sosamma V.
14. Plya M.
15. Sheeba M.
16. Alba C.
17. Ravinder S.
18. Valiakala C.
19. Shaw J.
20. Geena J.

## Insider-Only HT Newsletter

What is happening at Healing Touch?

### What's Happening at Healing Touch!

Healing Touch underwent a massive renovation of all electric lights. LED lights which are more appealing to the eyes of the clients have been replaced from regular lights.

We are celebrating "Patient Of The Month" every month at Healing Touch. 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. 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?***

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

#### Honey Garlic Shrimp

##### Ingredients:

- 1/3 cup honey
- 1/4 cup soy sauce
- 1 Tablespoon minced garlic
- **optional:** 1 teaspoon minced fresh ginger
- 1 lb medium uncooked shrimp, peeled & deveined<sup>1</sup>
- 2 teaspoons olive oil
- optional:** chopped green onion for garnish

##### Directions:

1. Whisk the honey, soy sauce, garlic, and ginger (if using) together in a medium bowl.
2. Place shrimp in a large zipped-top bag or Tupperware. Pour 1/2 of the marinade mixture on top, give it all a shake or stir, then allow shrimp to marinate in the refrigerator for 15 minutes or for up to 8-12 hours. Cover and refrigerate the rest of the marinade for step 3. (Time-saving tip: while the shrimp is marinating, I steamed broccoli and microwave some quick brown rice.)
3. Heat olive oil in a skillet over medium-high heat. Place shrimp in the skillet. (Discard used marinade<sup>2</sup>.) Cook shrimp on one side until pink-- about 45 seconds-- then flip shrimp over. Pour in remaining marinade and cook it all until shrimp is cooked through, about 1 minute more.
  - Serve shrimp with cooked marinade sauce and a garnish of green onion. With brown rice and steamed veggies.

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

“Therapist Akriti was excellent on doing treatment. I could feel my neck and an arm getting better each time, especially the massage was excellent. Her hands are divine. Nisha was also very good. All the staffs were very helpful.”

~Geetha J.

“I love this place! All are very professional. Good luck for all.”

~Niru M.

“Excellent service. Very experienced and friendly staff. I like the massages given as a part of the treatment. It is a very good physical therapy and Rehab center.”

~PritiPaul N.



**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 **Sheeba M.** 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 July. 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>Massage Therapy Services Only 70 cents per minute.</b>	<b>Sports Enhancement.</b>

“The greatest weapon against stress is our ability to choose one thought over another.”

~William James

“All our dreams can come true if we have the courage to pursue them.”

~Walt Disney

“Giving away is hard because of all the hard work it took to save but the ironic thing about giving is the more you give the more you make-make yourself in the giving end and you will soon find yourself in the receiving end”

~healingtouchservices.com

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!