

# Are you a prisoner of pain? Let us unlock the shackles of bondage from pain.

I am bothered and frustrated about all the nonsense going around back pain, so I want to put an end to it. Eighty percent of Americans can get back pain at some point in their lifetime according to WEBMD. Has it ever or is it happening to you right now? It makes a person work less and prevents you from contributing to all the household chores. Worse is turning away your kids/grandkids because you are not able to play with them. I have seen the devastation of neck and back pain firsthand in my clinic.

For neck pain patients there is a sharp pain while bending the neck, shaving, brushing, washing face etc. or while turning the head making it impossible for driving, and for back pain patients, they cannot even sit down as the pain is unbearable. Low back pain patients describe it as a sharp stabbing type of pain. Eighty percent is an alarming rate and there are so many myths going around such as 'back pain is the worst thing a living person has, and it is incurable.' If untreated, yes - but if you have precise diagnosis - it is one of the easiest things to get rid of.

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Hi, my name is J. Peruvungal, I am a N.Y licensed Physical Therapist with a doctorate degree who went nuts to find out about the root cause of neck and back pain. I do not believe in masking the pain with painkillers as this is not a permanent solution and will ultimately lead one to stomach ulcers. I do not believe in throwing something in the wall hope and wish it will stick, I have always believed in finding the true cause of pain to treat it for long term results. I found out about the root cause of pain for neck and back. I even have a U.S patent for [low back pain table \(U.S 7,648,473\)](#).



**In order to treat any pain effectively, we need to find the cause of it first!**

The cause of most back pain is not sprain/strain like most people think! Back muscles are well developed for a person to stand up and to sprain them while picking up a paper clip is a hard thing for me to believe. Then what is the explanation for the common back pain? Robin McKenzie has the following explanation-Sit to stand, sneezing, and coughing increases pain while walking briskly actually decreases it until it is prolonged. Let us rule out couple of things. If the cause was muscle, then one would increase the pain as they walk more since the muscles are being used. If there was anything wrong with the bone, then standing and walking would increase the pain since it is weight bearing. What if it is the joints in the back? then walking and weight bearing should increase the pain. We are only left with the disc.

Most people would not accept it until it is too late, but it makes perfect sense, think about it, if something in between the backbone (which is stacked one on top of each other with disc in between them as a shock absorber) is pushed out, how anyone can straighten out. With some walking disc may go into right place therefore easing the pain. Acute disc injuries are easy to self-correct and gives rapid result if you have precise diagnosis. Is it possible to develop back pain without lifting anything? Yes, it is possible - think about it, when we are going to work, we are sitting which means spine is in flexion, at work we are sitting on the way home we are sitting at home we are sitting on the couch to relax and at night spine is in neutral, do we ever go into extension? With all that flexion, is it possible for the disc to start to push out posteriorly (back) over time? Lifting could be an excuse for back pain.

Back pain is something that is very scary, but it is easily self-correctable if you have precise diagnosis. When someone try to bend the neck, the disc in between the vertebrae bone is pushed out-pushing the nerve which causes pain, is it any wonder why someone gets pain when they try to bend the neck? It is the same for low back also.

**Is TELETHERAPY effective in treating pain? Let's find out if we can help you or not.**

A patient with pain will fall into one of three categories.

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- **Mechanical (ex. Back pain)**
  - **Mechano-Chemical (ex. Tennis elbow)**
  - **Chemical (ex. Tumor)**

### Type of Treatment Approach

Mechanical pain:

1. Certain movements will increase the pain, while certain movements will decrease the pain. We will quickly find the direction that will decrease the obstruction and pain.
2. Physical Therapy

Mechano-Chemical:

1. Pain associated with inflammation.
2. Physical Therapy coupled with Anti-inflammatory drugs.

Chemical:

1. Pain that is always there, no directional Preference (most chemical pains are Mechanical pain to a trained eye).
2. Drugs

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Now, we know the cause of pain and if the disc is in the right place, it should relieve the pain. The question is, is it possible to keep it in the right place so healing would take place? Yes, we can with super therapy.

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Super Therapy is the most concentrated form of Physical Therapy. A Physical Therapist will spend 45 minutes with you only-that means getting you better is the only thing in their mind unlike regular Physical Therapy where you are one among many on his or her schedule. If your goal is to get better faster so you can return to work early and earn ten times the cost of Super Therapy or be with family pain free\* then Super Therapy is the way to go. Super Therapy is offered in two formats in office as elite or Teletherapy, which is through the computer. We will be with you every step of healing. Click on either elite or teletherapy to get started or call Dharmi at (516) 616-0942.

## WITH TELE-THERAPY OPTION, IF YOU DON'T THINK WE COULD HELP YOU THEN YOU DON'T EVEN PAY A PENNY?

*P.S With **SUPER THERAPY** you can attack the root cause of Neck and Back pain and end it in our office or from the comfort of your home/office!*

***In the current economy the last thing you want have is a painful body so for a very limited time we are offering 50% off for the first visit with entering the code SUPERTHERAPY at check out. That is only \$75 for Elite or Teletherapy session! But hurry as time slots is filling fast. Once they are full, offer is gone! Since you will be coming to us directly, you don't need a P.T script for 10 visits. Go to [healingtouchpt.com](http://healingtouchpt.com) now!!!***