



PHYSICAL THERAPY CAN HELP YOU GET YOUR HEALTH BACK ON TRACK

Are you struggling with pain intense enough that it affects your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and doing what you love! Whether you have recently had surgery or are recovering from a new injury, physical therapy at Hands On Physical Therapy can help you be your best.

October is National Physical Therapy Month, and as physical therapists, we want to ensure that you have a reliable source to help you resolve whatever physical concerns you face. Our team is highly trained and experienced in treating musculoskeletal disorders. From diagnostic testing to customized treatment plans, we're here to help you find solutions that work!

Request an appointment with us today so we can help you get back to the life you deserve.

Good Physical Therapy Starts with Diagnostics

There are several reasons to choose physical therapy over costly surgeries and medications. One of its most significant benefits is that it can uncover the underlying reasons for your injuries and/or pain. In fact, we offer several diagnostic services that help us pinpoint the exact source of your discomfort:

- EMG/NCS Tests measure electrical activity in your muscles and nerves. They can help identify herniated

discs and neuromuscular conditions such as muscular dystrophy.

- SSEP/VEP/BAER Tests measure various neurological functions and can help evaluate spinal cord disease and other neurological conditions.
- MSKUS is an ultrasound test that can help us better evaluate your joints, muscles, ligaments, and even nerves.
- VNG Tests evaluate your inner ear function and can help us better treat vestibular and balance disorders.

Of course, diagnosing the underlying cause of your discomfort is only the first step in treatment. But this information allows us to better understand the specific areas you can work to improve—and how we can help you improve them.

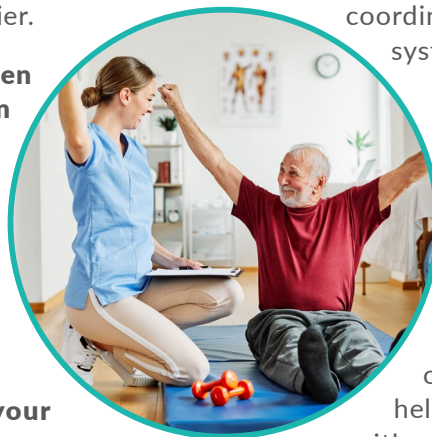
Here are just a few of the impairments our physical therapists can help address:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).



WHAT PHYSICAL THERAPY CAN DO FOR YOU

- 1. Physical therapy can help improve your joint range of motion and overall mobility:** Our body's joints work together to help us walk, jump, run, work, play, and so much more! By improving joint range of motion, you can improve your overall mobility and activity tolerance, making day-to-day tasks much easier.
- 2. Physical therapy can help strengthen muscle weakness and compensation patterns:** Through injury or surgery, muscles become weak, impacting your overall function. With our diagnostic tools and hands-on evaluations, we'll identify weaknesses and teach you how to restore strength and function.
- 3. Physical therapy can improve your overall health and well-being:** When you visit us to help resolve an injury, you'll receive not only the benefits of rehabilitation but a total body approach to your health. We can recommend nutrition to decrease pain, reduce inflammation, and restore overall wellness. In addition, physical therapists are movement experts and trained to help you move more, no matter your limitations or restrictions. More activity equals improved health!
- 4. Physical therapy can help you reduce the risk of injury:** By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy, plus specialized training such as gait modifications and coordination exercises to stimulate the nervous system and help ensure proper biomechanics.



Call Us Today to Request an Appointment!

At Hands On Physical Therapy, we use compassion, encouragement, and motivation when working with our patients. We aim to positively impact people's health and improve their quality of life. Your therapy will be centered around helping you get back to doing what you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either. If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success. Contact us to learn more about National Physical Therapy Month and the benefits of physical therapy.

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492> • <https://academic.oup.com/ptj/article/90/7/1014/2737793> • <https://bjsm.bmj.com/content/52/24/1557.citation-tools> • <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

Visit Us Online handsonpt.org or Call Today 888-261-0164

CALL A CLINIC NEAREST TO YOU

ASTORIA CLINIC

32-44 31st Street
Astoria, NY 11106

Tel: (718) 626-2699
Fax: (718) 626-0923

QUEENS CLINIC

220-01 Jamaica Avenue
Queens Village, NY 11428

Tel: (929) 438-0007

HICKSVILLE CLINIC

337 Jerusalem Avenue
Hicksville, NY 11801

Tel: (516) 324-3480

THROGS NECK CLINIC

3867 East Tremont Avenue
Bronx, NY 10465

Tel: (332) 246-0507

PARKCHESTER CLINIC

1800 White Plains Road
Bronx, NY 10462

Tel: (347) 696-0752

FIND US ON SOCIAL MEDIA!



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your
PT story and leave your
review. We look forward
to hearing from you!

★ REVIEWS

handsonpt.org

HandsOn
PHYSICAL THERAPY
Healing Hands Guided by Technology

Hands-On Physical Therapy Earns Prestigious Recognition as an “Amazing Workplace” in 7 Categories

HOPT, a leading provider of rehabilitation services, is thrilled to announce its recent accolade as an “Amazing Workplace” in not one, but seven outstanding categories. This recognition comes as a testament to the company’s unwavering commitment to fostering a supportive, inclusive, and innovative work environment.

The Amazing Workplace Awards, renowned for recognizing organizations that prioritize employee satisfaction, well-being, and growth, have distinguished Hands-On Physical Therapy across seven key categories, highlighting the company’s exceptional achievements in:

- | | |
|--------------------------------|---|
| 1. Happy Workplace Award | 5. Amazing Culture Award |
| 2. Happy Engagement Award | 6. Amazing Learning & Development Award |
| 3. Happy Leadership Award | 7. Amazing Productivity Award |
| 4. Distinguished Purpose Award | |

Hands-On Physical Therapy’s success in these categories underscores its dedication to creating an environment where team members are empowered to thrive both personally and professionally. The company’s innovative approaches to employee engagement, diversity and inclusion efforts, continuous training and development, and a commitment to health and wellness have all contributed to this remarkable achievement.

“At Hands-On Physical Therapy, our team has always been at the heart of our success. We take immense pride in our workplace culture, which fosters growth, teamwork, and a passion for excellence,” said Dr. Konstantine Rizopoulos, Co-Founder at Hands-On Physical Therapy. “Receiving recognition in seven different categories from Amazing Workplace reinforces our belief that a positive workplace environment leads to superior patient care and service quality.”

The award-winning initiatives of Hands-On Physical Therapy extend beyond its walls and into the community. The company’s strong commitment to corporate social responsibility has made a significant impact through volunteer work, charitable donations, and community outreach programs.

The Amazing Workplace Awards serve as an acknowledgment of Hands-On Physical Therapy’s dedication to its employees, patients, and the community at large. The company’s ongoing pursuit of excellence and its ability to inspire and empower its workforce are central to its identity.

For more information about Hands-On Physical Therapy and its recent achievements, please [click here](#).