

INSURANCE PLANS WE PARTICIPATE IN

- ✓ Aetna-US Healthcare
- ✓ Anthem Health
- ✓ Better Health
- ✓ Blue Shield
- ✓ Empire Plan (MPN)
- ✓ Fidelis
- ✓ HIP-HMO
- ✓ Independent Health
- ✓ Magna Care
- ✓ MDNY
- ✓ Medicare
- ✓ Multiplan
- ✓ No Fault
- ✓ NSLIJ Health Systems
- ✓ Oxford
- ✓ PHCS Guardian
- ✓ Prudential
- ✓ Select PRO
- ✓ United Healthcare
- ✓ Workers Compensation

Contact Harriette for insurance related matters.

DIRECTIONS TO PHYSICAL THERAPY WORKS

From the Long Island Expressway (495): Take Exit 35 - Shelter Rock Road. Travel north on Shelter Rock Road approximately 2 miles. Turn left on Northern Blvd; turn right on Plandome Road. We are 5 traffic lights down on the left hand side.

PARKING

Parking is available in front of the building on both sides of Plandome Road. There is additional parking available at a metered parking lot behind the building on Colonial Parkway. Meters take quarters.

Physical Therapy Works, P.C.
585 Plandome Road
Manhasset, NY 11030
Phone: 516-869-5576
Fax: 516-869-5578
www.ptworks.com

PHYSICAL THERAPY WORKS, P.C.



Murray C. Oransky, M.S., P.T.
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WHY PHYSICAL THERAPY WORKS

- ☉ Increases strength
- ☉ Relieves pain
- ☉ Improves circulation
- ☉ Promotes healing
- ☉ Prevents injury
- ☉ Improves flexibility

HOW PHYSICAL THERAPY WORKS

- ☉ Performing comprehensive examinations
- ☉ Personalized treatment programs
- ☉ Interaction with your physician
- ☉ Education on injury prevention
- ☉ Individualized home programs

PHYSICAL THERAPY WORKS ON:

- ☉ Orthopedic and sports injuries
- ☉ Joint replacements
- ☉ Chronic or acute musculoskeletal pain
- ☉ Post-op rehabilitation
- ☉ Arthritic conditions
- ☉ Spinal, neck, and back injuries
- ☉ Stress reduction
- ☉ Neurological conditions

BACKGROUND

Physical Therapy Works is owned and operated by *Murray C. Oransky, M.S., P.T.* He has been a physical therapist for over 27 years and in private practice in Manhasset for over 16 years. After serving in the Air Force, he graduated from NYU with a B.S. and Certificate in Physical Therapy. He has an M.S. in Physical Therapy from LIU. He is a member of The American Physical Therapy Association, The Private Practice and Orthopedic Section of APTA, and the Arthritis Association. He sits on the advisory board of NYIT's Physical Therapy Curriculum.

Murray has extensive experience in treating a wide variety of orthopedic and neurological conditions. He keeps up to date with the latest developments in the field of physical therapy by attending continuing education courses. He has developed individual protocols designed for each patient's specific needs.

WHAT WE OFFER

- ⇒ Traction - Lumbar and Cervical
- ⇒ Whirlpool
- ⇒ Ultrasound, Phonophoresis
- ⇒ Electrical Stimulation
 - ◇ Neuromuscular Stimulation
 - ◇ Iontophoresis
 - ◇ TENS
- ⇒ Balance and Posture Training
- ⇒ Gait Training
- ⇒ Massage
- ⇒ Moist Heat and Ice
- ⇒ Magnetic Therapy
- ⇒ Cybex Cable Column
- ⇒ Cybex Leg Extension
- ⇒ Cybex Isokinetic Dynamometer
- ⇒ Total Gym
- ⇒ Fitron Cycle Ergometer
- ⇒ Treadmill
- ⇒ Body Blade
- ⇒ Free Weights

This is a partial list of our services. We are constantly updating our office to keep up with the newest technology to best serve our patients.