Home- Feel Better. Move Better. Live Better!

About us- Our Physical Therapists are highly trained and licensed healthcare professionals who treat not only symptoms but individuals as a whole with injuries or health related problems that limit their ability to move/perform their daily activities.

Meet our Physical Therapists:

Waqar A. Muhammad, DPT

Since childhood Waqar was always interested in how the body works and the ways an individual can heal through the touch of skilled hands. He pursued his passion by received B.S. in Health Sciences with concentration in Disability Studies from Stony Brook University and achieved his BS/DPT from Touro College Bayshore, NY. Over the past 3 years as a DPT, Waqar has attained valuable academic knowledge as well as clinical experience which he feels he must give back in some way. He goes above and beyond in providing the best individualized plan of care for his patients. He has been a member of APTA since 2011 and continues to attain further education in the field of Physical Therapy.

Anjum A. Qureshi, PT

Will send info on her by tom

Goal:

Our Goal is to eliminate pain and bring movement back into your life!

Patient Education:

What do Physical Therapists do?

Physical Therapists help decrease pain and increase/restore movement, most often without pricy surgery while decreasing/eliminating need to depend on prescription medications.

Common conditions we treat:

 Acute & chronic pain

 Neck & back pain

 Frozen Shoulder (Adhesive Capsulitis)

Rotator Cuff Tendonitis

Impingement syndrome

Superior Labral Tears

AC Joint Injuries

Tennis or golfers elbow

Post UCL re-construction

Post Total Elbow Arthroplasty

Pronator Teres Syndrome

Post Total Hip and Knee Replacements

Patellofemoral Pain Syndrome

Post Patellar Tendor & Quad Tendon Repair

Patellar Tendonitis

Post ACL re-construction

Hip bursitis

 Herniated/Bulging Disk

 Sciatica

 Planter Fasciitis

Achilles Tendonitis

Peroneal Tendonitis

 Ankle sprain

 Carpal Tunnel Syndrome

 Post-surgical rehab

 Weight management

 Sports injury

 Spinal & joint dysfunction

 Balance Training

 Headaches & dizziness

 General de-conditioning

If you have some other condition not listed here which restricts your daily activities please contact us!

Insurances:

We accept all major insurances!

Aetna

Affinity

Empire Blue Cross Blue Shield

Cigna

Fidelis Care

Health First

Health Plus

GHI

HIP

MagnaCare

Medicare & Medicaid

No Fault

Metroplus

Oxford

QHP

United Health Care

Workers Compensation

If you don’t see your insurance company here please contact us!

Contact Us:

We are conveniently located at 341 N Central Ave, Valley Stream, NY, 11580

THE N1 BUS WILL DROP YOU RIGHT INFRONT OF OUR OFFICE!

\*\*Please put driving directions for people coming from Queens, Brooklyn and Eastern Long Island.