

## About the doctor



Born in 1957, Dr. Giuseppina "Jo" Benincasa-Feingold graduated from medical school at the University of Perugia in Italy, followed by residency training at New York University-Bellevue Hospital Center in New York City. She began to pursue the benefits of Hyperbaric Oxygen Therapy after her second daughter was born with Cerebral Palsy. Dr. Jo is Assistant Director of Pediatric Emergency medicine at Our Lady of Mercy Medical Center in the Bronx, New York.

integrity  
open-mindedness  
compassion

At Valley Health, we are dedicated to extending our knowledge and care beyond our immediate clients to embrace families, communities and the world as a whole.

Automatic Patterning with  
The Quadriciser®

Hyperbaric Oxygen Therapy

Integrative Manual Therapy

Sensory Learning Process

Suit Therapy with  
The Therasuit™

## Our Offices

311 Clock Tower Commons  
Route 22  
Brewster, NY 10590

P: 845.278.6363

F: 845.278.5225

*We offer a free-standing multiplace chamber at our Brewster office along with nutrition counseling.*

Delamere Building  
410 Route 6  
Mahopac, NY 10541

P: 845.208.3624

F: 845.208.3626

*We offer two free-standing monoplace chambers at our Mahopac office along with IV therapies and supplements.*



Valley Health &  
Country Medical

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Country Medical



*specializing in*

*Complementary  
Medical  
Treatments*

*Giuseppina Benincasa-Feingold, MD  
Medical Director*



### Hyperbaric Oxygen Therapy

Hyperbaric Oxygen Therapy is a medical treatment that enhances the body's natural healing process through the inhalation of 100% pure oxygen in a chamber where atmospheric pressure is controlled and maintained above atmospheric pressure. It is simply short term, high dose oxygen inhalation therapy, but with long lasting effects. It is an extremely valuable tool in the treatment of a multitude of acute and chronic disease states, as well as in traumatic, and before and after certain types of surgery. Depending upon the patient, the oxygen level in the bloodstream is raised by a factor of up to 10 times normal. In this type of environment, oxygen is also delivered to tissues differently and more efficiently —the oxygen is carried in the plasma and other cells in addition to the red blood cells. Among other actions, this leads to the promotion of healing of damaged tissue and control of infection.

### Automatic Patterning with The Quadrisciser®

The Quadrisciser® is a passive/isometric (motorized) therapy system. It is designed to exercise upper and lower body extremities with timed sessions and variable speed control providing for a choice of duration and cardiovascular intensity. A bungee cord design provides for variable resistance and isometric exercise capabilities. The Quadrisciser originated out of the theory that exercising the muscles, ligaments and heart through continuous and passive exercise could have a significant impact on any population

that does not have the option of active exercise. This may include individuals who are medically classified as quadriplegics as well as those recovering from surgery or a serious accident.



### Integrative Manual Therapy

This form of therapy is a non-invasive, drug-free treatment technique based on years of clinical and scientific research. It is implemented gently with human hands and has yielded dramatic results for people with a wide variety of ailments. Patients seeking treatment bear a broad range of conventional labels: Chronic pain, Spinal cord injuries, Brain injuries, Cerebral palsy, Attention Deficit Disorder, Autism and many more. Many case studies corroborate that the results of Integrative Manual Therapy are undeniable—even life-changing. This unique technique's approach to health can make a difference in most situations, whether related to disease, pain, habilitation or rehabilitation.

### Sensory Learning Process™

The Sensory Learning Process uses three therapeutic techniques simultaneously to create a comprehensive approach for sensory integration. It begins with an evaluation of an individual's auditory and visual perception to determine how these systems are functioning. Once this information is collected, the custom software program is set based on the client's individual needs. Using computer assisted technology that allow the integration of the three sensory systems: vision, vestibular (balance) and auditory, The Sensory Learning Process re-educates the systems to work together more efficiently.

### Suit Therapy with the Therasuit™

The Therasuit™ creates a breathable soft dynamic orthotic. Its major goal is to improve and change proprioception (pressure from the joints, ligaments, muscles), reduces patient's pathological reflexes, restores physiological muscles synergies (proper patterns of movement) and loads the entire body (anti-musculature) with weight (process similar to a reaction of our muscles to gravitational forces



acting up on us for 24 hours). All of the above normalizes afferent vestibular-proprioceptive input (information arrives to vestibular system). The vestibular system is a tremendously important center. It processes, integrates and sends back all the information that arrives from muscles, joints, tendons, etc. It influences muscle tone, balance and position of the body in space.