



**Manhattan Sports and Manual Physical Therapy** is an independent, non-physician owned Physical Therapy practice founded in 1996. Owned and operated by **Dr. Tsahi (Zack) Niv, D.P.T., M.T.C.**, our clients benefit from

over 22 years of combined experience in the field of Orthopedic, Manual, and Sports Physical Therapy.

Our approach is always individualized and intelligent. We provide the best in traditional, manual, and manipulative physical therapy utilizing the most modern, research backed and driven therapeutic techniques. We also attend to our clients' holistic aspects, fully understanding that health cannot be limited to one isolated body part.

**The professionals of MSMPT have successfully treated a variety of conditions, including:**

- Traumatic or degenerative musculoskeletal problems -- spinal, myofascial, or extremity related.
- Conservative (non-surgical) Management of Appropriate orthopedic or sports related injuries and conditions.
- Transient or chronic headaches.
- Rehabilitation following orthopedic surgical procedures.
- TMJ (TMD) and Orofacial pain disorders.
- Impaired function in work or sports.
- Declining bone health and mineral density.
- Rheumatic conditions, such as Fibromyalgia or Rheumatic Arthritis.
- Chronic sinus conditions.
- Pain or discomfort related to a specific activity such as Sitting, Exercising, Working, or Sleeping.
- Neurological disorders, including Multiple Sclerosis, Parkinson's, and Post CVA (stroke)
- Anxiety and stress management.
- Breathing disorders or faulty breathing patterns.
- Injury prevention and ergonomic issues.
- Pre- and post-natal dysfunctions including 3<sup>rd</sup> trimester lower back pain.
- General and sports-specific (golf, tennis, basketball, rugby) training and conditioning.

**MSMPT** is a member of the Hospital for Special Surgery Rehabilitation Network, and is an international teaching facility for physical therapists in training, as well as a Training Facility for the NYU School of Physical Therapy's master clinician program and Ohio State University School of Physical Therapy.

**MSMPT is a participating service provider with most health insurance plans.**

Please call us or visit our web site to confirm our participation in your plan.



*The Caring Intelligent Touch*

**10 East 33<sup>rd</sup> Street, 2<sup>nd</sup> Floor, New York, NY 10016**  
**Tel. (646) 487-2495 • Fax (646) 487-2497**  
**info@msmpt.com • www.msmpt.com**

**Location:**

Our comfortable, fully equipped physical therapy facility is located in easily accessible midtown Manhattan. An elevator takes you to the 2<sup>nd</sup> floor to accommodate any physical needs.

**Hours:**

Monday thru Friday: 7:30am - 8:00pm  
 Saturdays: 9:00am - Noon (pending availability)

**Transportation:**

**By Train**

6 train to 33rd Street & Park Avenue South N, Q, R, V, W, B, D & F to 34th St. and Herald Square

We are a 10 minute walk from Penn and Grand Central Stations and a 5 minute walk from the 33<sup>rd</sup> Street PATH station.

**By Bus**

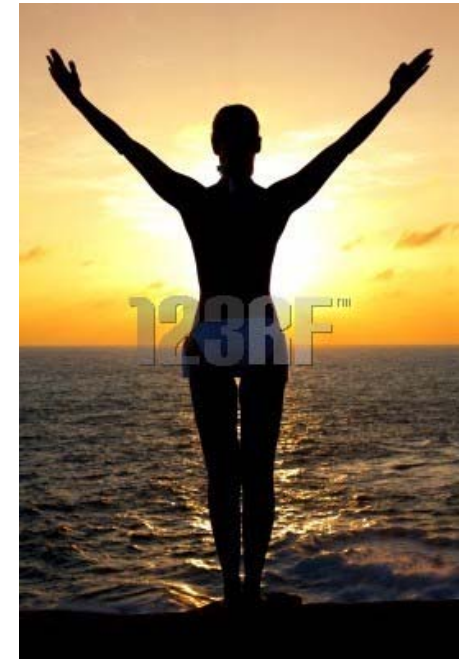
M34 or M16 buses to 34th Street & 5th Avenue  
 M1 to 33rd St. & Park Avenue South  
 M2, M3 or M5 to 5th Avenue & 31st/32nd St.



*The Caring Intelligent Touch*

[www.msmpt.com](http://www.msmpt.com)

The experienced, professional, comprehensive, and client-focused approach to Physical Therapy.



MSMPT's highly skilled professionals will provide you with the unparalleled personalized care, concern and intelligent intervention you need to maximize your potential for better living.

