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Bryan Munoz's BR3 Health & Performance: In-Person Physical Therapy at Home

By Elizabeth Kratz

Many people associate the idea of medical professionals making housecalls with “the olden days” when a white-haired doctor with a weathered black bag would show up in the middle of the night to minister to a sick child. Today, with most physicians either providing telemedicine or COVID-safe office visits to their patients, concierge medicine is all but a memory. It only seems to exist on “Royal Pains,” a popular USA television series that featured a concierge medical practice based in the Hamptons, catering to an ultra-rich clientele.

However, the pandemic has created a need for concierge physical therapists to bridge a gap in care for people unable or reluctant to go back to traditional physical therapy offices. Physical therapists help treat injuries, provide post-surgery care and empower patients with specific movement challenges that arise from aging, overuse or injury. Doctor of Physical Therapy Bryan Munoz aims to do just that, with his new mobile concierge PT practice, BR3 Health & Performance.

Munoz studied at Northeastern University in Boston and then moved back to Teaneck and began his professional focus in orthopedics. He has worked in multiple private practices and treats an array of conditions that include rotator-cuff repairs, knee injuries, low back pain and neck strains.



Bryan Munoz

“Prior to the pandemic, I used to see clients in an office setting but the world changed this year and I needed to reinvent myself to serve my community. BR3 Health & Performance L.L.C. launched in October 2020 to address the health, wellness, physical therapy and sports performance needs of Bergen County,” Munoz told The Jewish Link.

“Our mission at BR3 is to empower people with the resilience they need to perform daily life activities without feeling restricted by pain or injury. We have a specific three-phase approach to ensure success: restore, resilience and reinvent. The best part is we bring the services to you,” he said.

“There’s a lot of things we can’t control right now, and it’s easy to become complacent and take it easy. But we can try to improve, stay active and take charge of our health,” he added.

Munoz said he and his team take all the CDC/COVID-safe precautions necessary,

and “the client will let us know where they are most comfortable—at home, in their workplace or a nearby park.” BR3 brings the equipment to the client for a fully customized therapy session.

Munoz said it was his view that virtual physical therapy sessions make it very difficult to replicate the same one-on-one office experience, replete with the accountability of regular sessions, that people look for in their healthcare providers.

He said concierge physical therapy is a new opportunity. “During the initial lockdown, I decided to purchase exercise equipment to set up my own personal gym space at home and as time went on an idea came to mind. Why not bring the doctor’s office and gym space to peoples’ homes? From that moment on I started the process to launch my mobile concierge business.”

“I want to meet the individual’s needs without restrictions from insurance and help people to be a better version of themselves. That is why I am not contracted with insurance, with the exception of Medicare,” he said, though his PT receipts can be submitted to insurance, often for the same level of reimbursement as a traditional PT visit.

“I wanted to get back to what healthcare is about and that is assisting people to fulfill their potential. In the state of New Jersey, there is direct access, which allows physical therapists to see patients direct-

ly without a referral. I want people to have the necessary tools to feel resilient to participate in the activities that they love doing without feeling limited by pain or injury,” Munoz said.

Munoz added that in a busy PT clinic, one may receive a part of the therapist’s attention, but at a cash-based clinic like BR3 Health & Performance, Munoz and his team are able to give people full attention (60 minutes of undivided attention). “The cash-based model can save you time because



Dr. of Physical Therapy Bryan Munoz unveils his new business.

you reduce commute time during your busy schedule, get results faster and possibly save ... money in the long run especially with those high deductibles,” he explained.

Interested to learn more? Visit BR3’s website at www.br3healthandperformance.com. Follow Bryan on Facebook for health and wellness tips and tricks @Br3healthandperform.

Agra D’Pirka’s Live Streams Legal Holiday Weekend Shiurim to Thousands

By Margie Pensak

On Thanksgiving, while most Americans were thinking about eating turkey, Agra D’Pirka’s legal holiday program had a top lineup of rabbanim *talking* turkey! Agra D’Pirka is a morning learning program that under normal times is held in communities throughout the U.S. It continues to draw approximately 400 balebatim daily—even during COVID—by telephone conference and Zoom; starting December 10, snowbirds can attend live, socially distant Agra D’Pirka shiurim in W. Palm Beach.

Thanks to Torah Anytime and CHAZAQ, Agra D’Pirka’s inspirational special legal holiday shiurim have also continued—via livestream. Thanksgiving weekend shiurim that took place in Knesses Bais Avigdor in Flatbush included Rav Lipa Geldwerth, shlit”a, mara d’asra, Kol Torah, who spoke about “Yemei Hallel V’Hoda’ah”; Rav Moshe Tuvia Lief, shlit”a, mara d’asra, Agudas Yisroel Bais Binyomin, who covered “Chanukah in Today’s Times”; and, Rav Aharon Kahn, shlit”a, mara d’asra, Knesses Bais Avigdor, who addressed “Rav Dovid Feinstein, Posek Hador: An Appreciation.”

Rav Geldwerth noted, “The Rambam designates the mitzvah of Ner Chanukah as מצות נר חנוכה מצוה חביבה היא עד”



מאוד” —“mitzvah chaviva hi ad meod, a “most beloved mitzvah.” What is the singularity of this mitzvah to label it in this manner?

“It is further interesting that when discussing the נס חנוכה, Tosafos in Shabbos (44a) and Sukkah (46a), as well as the Rosh in Pesachim (7b), refer to its uniqueness with the same term: הכיבוד, “chavivus haneis, love for the neis.” Also, hidur (embellishment) of a mitzvah has definite limits. Ner Chanukah is exceptional in that it entails *mehadrin min hamehadrin*, multiple hidurim. Why?

“The key to all this may lie in the very nature of the neis. The Pnei Yehoshua (Shabbos 21b) explains that though the neis was halachically not necessary since the precept that tumah is deflected in the face of

the needs of the tzibbur (“*tumah dichuya bitzibbur*”) applies, Hakadosh Boruch Hu saw fit to provide a miracle nonetheless. This was performed to demonstrate that we were once again beloved—*chiba rishona*—in the eyes of Hashem.

“Thus, the entire neis is one of chavivus, which is demonstrated when one goes beyond the requisite need. Therefore, we too go beyond the normal parameters to display both the miracle and our own reciprocated chiba to Hashem. ... Agra D’Pirka, similarly, is an endeavor that goes beyond. It is beyond what has been provided before, and is a manifestation of chibas HaTorah, and it is a zechus to be part of it.”

Rav Lief, who refers to Agra D’Pirka as the “bar bei rav d’chad yoma of our dor,” discussed Parshas Miketz where Yosef comes to Pharaoh, who holds he is a god, and says, “*livado*,”—I am nothing. “He jeopardizes everything because he is nothing, and that is Chanukah. According to the Tar-



gum, this is the opposite of Malchus Yavon, which was a hedonistic society that created its own gods. How did they become an eved avoda zara? They weren’t happy with the rules; they wanted zenus and Hashem said no, so they created another god—that was Yavon. In a hedonistic society it is all about me, all about what I want. We are the antithesis of this. They don’t see God in anything; we see God in everything. We are closer to being malachim than to being people, and it starts with Yosef. The Megaleh Amukos notes the gematria of Melch Yavon is Yosef. There is no commonality; this is the antithesis.”

Rav Kahn provided a glimpse into Rav Dovid Feinstein’s, zt”l, special middos. “When the Rosh Yeshiva had someone in front of him, that is what mattered—that was the toeles that he was focused on. ... The toeles was every Yid, every talmid, every child is important; everyone who meets me is important. That is a critical nikuda.

“There was a certain tznius—a self-efacement—that the Rosh Yeshiva had, a certain desire not to be in the limelight.... He was an unbelievable anav; I think his anava allowed him to be so beloved. I don’t know of anyone who was such a masmid that was so accessible.

“He was a masmid atzum whose brain is racing to pasken a shaila in seconds. ... He was oblivious to the world when he



was learning, but the minute he became conscious of your presence, all of a sudden that became his agenda. That is far beyond anava; that’s sacrifice, because a person only has so much time in the day.”

On Friday, Rav Noach Isaac Oelbaum, shlit”a, mara d’asra, K’Hal Nachlas Yitzchok, presented “The Essence of Chanukah B’Halacha V’Agada.” The rav, who feels that “Agra D’Pirka has proven to be a life-changing program,” discussed the psak in the Shulchan Aruch based on the Trumas Hadeshen regarding lighting the menorah on Erev Shabbos. If the ner Chanukah extinguishes—even before you are mekabel Shabbos—you don’t have to relight it if you prepared everything properly with enough oil to burn 30 minutes after tzeis hakoachavim. Because you did a ma’ase hadlaka, you are yetzei.

“The Shulchan Aruch says a very big chidush. If there is still time to relight it before Kabbalas Shabbos, you don’t have a chiyuv to relight because you did a ma’ase hadlaka. ... Not everyone agrees with this psak, however. The Taz says you have to relight it since it was lit before the zman. The Bach and the Maharshal also say there is a chiyuv to relight it. How do we pasken? The Mishnah Berurah says we have a chiyuv to be machmir like those who pasken like the Bach and the Maharshal.”

Rav Kahn notes, “R’Ezra Klein is one of those great dreamers who dream but do not sleep, as the Ponevezher Rav would say. Agra D’Pirka keeps growing and the dream keeps growing. At first, our shul, then another community, and suddenly a dozen and, eventually, with Hashem’s help,



Agra D’Pirka will be the venue for balebatim throughout the country and beyond to learn Torah a great part of the day. First-rate magidei shiur, excellent limudim and even something to eat—can there be a better combination? Eventually, we will number in the thousands; Agra D’Pirka will change the face of America.”

To listen to Agra D’Pirka shiurim, Monday and Tuesday at 12 p.m., and on legal holidays, call: 646-558-6338 – ID: 49099323#.

Unlock YOUR potential and let the transformation begin!

WHAT IS BR3?
BR3 Health & Performance L.L.C. is a mobile concierge physical therapy practice in Bergen County, New Jersey. It was formed in 2020 to assist the health and wellness needs of NJ.

WHAT MAKES THE BR3 EXPERIENCE DIFFERENT?
It is tailored to YOUR specific goals and getting you the results that you deserve so you feel like the superman or superwoman you always wanted to become. The best part? BR3 provides personalized care to YOU wherever that may be...your home, work, basement gym, or even at the park.

PHYSICAL THERAPY

WELLNESS

SPORTS PERFORMANCE

Dr. Bryan Munoz,
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Mobile Concierge Physical Therapist
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CERTIFICATIONS:

- Licensed Physical Therapist - NJ
- NSCA Certified Strength and Conditioning Specialist (CSCS)
- Hospital for Special Surgery Sports Safety Educator (HSS-SSE)
- Champion Performance Specialist (C-PS)

BR3 Health & Performance L.L.C.

www.br3healthandperformance.com

**Each person’s health will be protected through frequent cleaning of portable treatment table, exercise equipment, and appropriate use of Personal Protective Equipment (PPE). **

Se Habla Español!