

# Articulation

Hanneken Full Potential Physical Therapy Newsletter January 2011

## MEET OUR NEW THERAPIST



**Jim Stark PT CMP**

Jim is a graduate of the Grand Valley State University Masters in Physical Therapy program. He utilizes a variety of manual and exercise based therapies with most of his patients. He recently became certified to provide manual

therapy techniques utilizing the techniques developed by Brian Mulligan PT. Jim is the only Certified Mulligan Practitioner in the lakeshore area. These techniques are designed to be pain free and to provide immediate and long lasting relief of pain and to increase range of motion for many conditions.

He loves to teach and has been a clinical instructor of PT students from seven different universities, including many students from GVSU, CMU and Andrews University.

Jim is the proud father of Kyle, his 16 year old daughter, and he loves to read, and to enjoy the outdoors by gardening, cycling or especially cross country skiing.

"In my experience, I've found that the way that Physical Therapy is practiced at

Full Potential is different than most clinics. Here we try to not only treat the pain but also the sometimes remote source of the pain. The immediate source is easy to find, the challenge is to determine why the problem exists in the first place. That is the true test of the effectiveness of therapy. The Mulligan approach works wonderfully to decrease the immediate pain, the key is to keep it from coming back. That is always our goal. You need to distinguish between pain relieving activities or exercises and pain preventing activities. You need to see the pattern of dysfunctional movement and make long term changes to that pain. When you have both then you have good therapy. That is what we strive for here at Full Potential."

## QUOTES FOR 2011

**"Take care of your body. It's the only place you have to live."**

*---Jim Rohn*

**"Sometimes your body is smarter than you are."**

*---Author Unknown*

**"The human body is the only machine for which there are no spare parts."**

*---Hermann M. Biggs*

# ENJOY "Spicy Tortilla Soup" THIS WINTER

(serves 4)

- 1 - 9 ounce package soft corn tortillas or buy unsalted baked tortilla chips to save time.
- 2 - 32 ounce boxes or cans low sodium chicken broth
- 2 cups shredded rotisserie chicken
- 1 large red onion, coarsely chopped
- 2 large tomatoes, diced
- 2 medium jalapenos, sliced
- 8 ounces crumbled Feta cheese or other fresh white cheese
- Juice of 1 lime
- 1 can black beans
- 1 ½ cup fresh cilantro leaves
- 1 ripe avocado, peeled and cubed

## DIRECTIONS:

Heat oven to 350 degrees F. Cut the soft corn tortillas into ½ - inch strips. Arrange on a baking sheet and bake 8-10 minutes or until crispy.

In a large saucepan, simmer the chicken broth and meat for 10 minutes.

Stir in red onion, tomatoes, jalapenos, and lime juice. Heat about 5 minutes. Add black beans.

Ladle soup into 4 bowls and top with cilantro, avocado, cheese and tortilla strips.

## Full Potential News

### What Our Clients Have To Say:

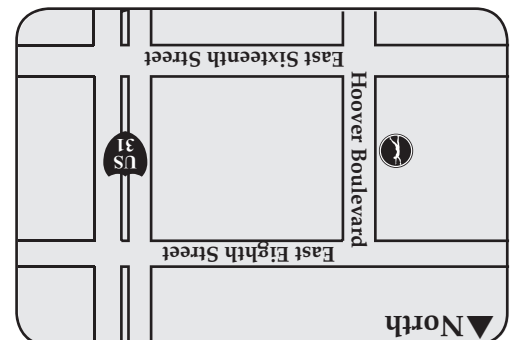
"Wonderful team of therapists and support staff. I appreciate all you do and will recommend you to anyone who crosses my path that is in need of your services. Thank you!"

---Wendy Hanko

For more patient testimonials, please visit [fullpotentialpt.com](http://fullpotentialpt.com)!

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