



**Full Potential**  
Physical Therapy

**NEWS**

January 2020



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**POOR POSTURE?  
HOW PT  
CAN HELP!**



January 2020



## POOR POSTURE? HOW PT CAN HELP!

How do you maintain your posture throughout the day? Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave?

If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame. Fortunately, posture can be improved with the help of physical therapy. Contact Full Potential today to learn more about how we can improve your posture and lead a pain-free, active life!

### HOW DID MY POSTURE BECOME POOR?

According to the American Physical Therapy Association, "posture is the alignment and positioning of the body in relation to gravity, the center of mass, or the base of support."

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in bad posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about the way our bodies are positioned.

Improper posture isn't due to laziness or apathy; rather, it generally has something to do with a physical weakness within our bodies. We slouch and slump when we feel drained because our bodies (quite literally) get tired of holding us up.

Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments. It also weakens many of the core muscles that are needed in order to keep you upright and healthy. Posture changes occur over time and most people don't pay attention to them until they begin to notice aches and pains.

### BUT I EXERCISE - SHOULDN'T THIS HELP?

Even if you exercise regularly, it is possible that there are still a few weak muscles contributing to your posture that you may not even realize. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an important role in your posture. If even one of these is weak, your core will be affected, and your posture may suffer.

Your body is designed to align perfectly, in order to allow for proper movement of the muscles, breathing, and blood circulation. If poor posture continues, it can eventually lead to chronic conditions as you age.

### WHAT CAN PHYSICAL THERAPY DO FOR ME?

Physical therapy is a great way to regain a normal posture. Our physical therapists are experts in movement, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in the improvement of your balance, stability, flexibility, and mobility, all of which will positively affect your posture.





At your initial evaluation, your physical therapist will perform functional testing in order to identify which weakened areas of your body are causing your back pain. Afterward, they will create a customized treatment plan, tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. In fact, in a study published by the National Institutes of Health, exercise for postural improvement was proven to be successful, both in enhancing posture and improving pain among patients.

Titled, “Effect of an exercise program for posture correction on musculoskeletal pain,” this study followed 88 patients through their exercise program. By simply incorporating 20 exercise sessions into their daily schedule 3 times a week for 8 weeks, these patients reported, “lower [pain levels] after the exercise program than before the program, and significant differences in pain levels were noted in the shoulders, middle back, and

lower back.” Results also concluded significant improvement in posture, especially during sedentary work.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and (most importantly) relieving pain.

#### HOW CAN I GET STARTED?

If you are experiencing back pain, your posture may be to blame. Fortunately, Full Potential is ready to help you begin your journey toward long-lasting pain relief.

Find out for yourself why physical therapy is one of the most effective ways to address your posture issues and corresponding back pain, so you can start on the road to recovery. Contact our office today to schedule a consultation and figure out how physical therapy can help make you “posture perfect!”

## Healthy Recipe

### ROASTED CHICKEN WITH MEYER LEMONS & POTATOES



#### INGREDIENTS

- 1 whole chicken left at room temperature for 30 minutes
- 2 tbsp extra-virgin olive oil
- Kosher salt & ground pepper
- 4 Meyer lemons, halved
- 2 lbs baby potatoes, halved
- 2 tbsp thyme leaves, plus sprigs for garnish

#### DIRECTIONS

Preheat oven to 450 degrees. Arrange chicken on a rimmed baking sheet. Rub with 1 tablespoon oil and season with salt and pepper. Tie legs with twine and transfer to middle rack. Roast, turning once, until golden brown and a thermometer inserted in thigh reads 165 degrees, about 50 minutes. Remove and let stand 15 minutes before serving. Pour pan juices into a small container and skim fat. While chicken roasts, toss lemons and potatoes with remaining oil and thyme in a medium bowl and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and transfer to the lower rack. Roast, flipping occasionally, until tender and golden brown, about 40 minutes. Serve with chicken and pan juices.



# Vote Full Potential PT as Best of the Best 2020



Go to [Hollandsentinel.gannettcontests.com](http://Hollandsentinel.gannettcontests.com)

Go to Best of the Best contest

Vote for Full Potential PT in the Physical Therapy Offices section under the Health and Wellness category!



## Help Us Win 5 Years In A Row!

Vote December 23rd-January 7th



**Full Potential**  
P h y s i c a l T h e r a p y

# You Help Us, Help Others!

Who Do You Know That Needs Our Help?



**Full Potential**  
PHYSICAL THERAPY

286 Hoover Blvd • Holland, MI 49423  
Phone: 616.392.2172 | Fax: 616.392.1726  
[tessa@fullpotentialpt.com](mailto:tessa@fullpotentialpt.com) | [fullpotentialpt.com](http://fullpotentialpt.com)

\_\_\_\_\_  
*Your Name*

\_\_\_\_\_  
*Our New Patient's Name!*

*Don't miss this opportunity to help your friends and family!  
They will thank you, and we will too.*

## PLAY THE REFERRAL GAME!

At Full Potential, we know that a referral from our patients is the biggest compliment. Let us thank you with these **3 simple steps!**

1. Write your name on this coupon.
2. Give this coupon to family and friends!
3. Be sure they bring this coupon to their first appointment.
4. Receive a Meijer gift card to those that refer us to a patient!

## WHAT HAS NOT CHANGED



As this year draws to a close, so much could be said about how life has changed in twelve months. But, perhaps a more upbeat subject would be to talk about what has not changed. It is here we can draw some sense of stability

and consistency and feel some confidence that just because the world is changing faster than ink can print, does not mean there is not a place you can rely on that is not of that trend.

Full Potential, believe it or not, celebrates its 25th anniversary this month. From a one-man operation to about 16-18 of us who are consistently here to be a resource for you as life throws a bump in your road and body says, "Time out, I need a tune-up." In a quarter of a century, a lot has changed especially in health care. Yet, we are basically still helping our patients one at a time where you get our full attention and for the most part, that attention comes from the same PT or PTA each visit.

Maybe I should have named our business Full Attention PT because that is one quality that governs how well a patient can reach their full potential. Our goal is to continue to treat and help you find your answers for a body problem that will not go away as we have done for the last 25 years. It has worked well so far and you know the old saying, "If it is not broke, do not fix it." Just because the times are changing and becoming more impersonal does not mean how we help our patients needs to follow in step.

As well, we have some great young doctors on staff who, through their training, have developed effective ways to help you get back to the life you want to live. Take a few minutes to go to our website ([fullpotentialpt.com](http://fullpotentialpt.com)) and read about our staff. They are pretty impressive.

As an example, Dr. Amanda Collins just completed a 13-week course on exercise concepts for helping people with pelvic pain, weakness, or incontinence. Such a good course and so applicable for many people with lower back and pelvic pain. As well, we have another PT, Jeremy Decker who has his doctorate and his certification in the McKenzie method which is probably one of the most researched methods for helping people with spinal problems. So, we are a well-educated and motivated group who want to continue to get you the answers you need.

As another point to remark upon, for the last 4 years we have been voted the Best of the Best in this area for physical therapy. There are many good therapists in Holland so to receive that honor is outstanding and says a great deal about the people who work here.

This contest is an annual event and the second round of voting starts, December 23rd to January 7th. If you have found us to be an organization who has been helpful or instrumental in helping you through some problem, we would appreciate your 2021 vote of confidence again and help us make it five in a row. See our announcement in this issue on how to access the site to vote. And, thank you in advance for being so willing to help us.

To Wellness,

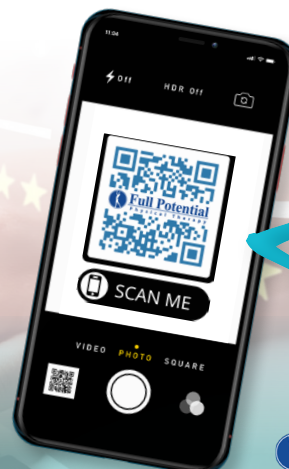
*Vincent Hanneken P.T.*



**Full Potential**  
**PHYSICAL THERAPY**

### *We Make It Easy To Leave A Review!*

1. Use the camera app on your phone to scan the QR code on the right.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!



## EXERCISE ESSENTIALS:

### IMPROVE YOUR POSTURE

1. Lay on a foam roller or if you do not have a roller use a rolled up blanket and tape it into a 4-5" diameter roll.
2. Keep your knees up and arms by your sides. Make sure your head and neck are comfortable. Sometimes you may need a folded towel behind your head for comfort.
3. Try to relax, put on some calm music, focus on allowing your body to exhale longer and breath lighter with less big breaths.
4. Keep your attention off your problems or "to do" list. Just observe your breathing.
5. Lay here for 5 minutes at first and get used to it for several days, progress by a few minutes up to 10-15 minutes to really allow gravity to help your posture.
6. A great way to get the day and bad postures off your body.
7. See the two articles on posture to understand more of the goal with this exercise.



*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

### Patient Success Story!



***"I am now able to reach up in my cupboard again!"***

"I am now able to reach up in my cupboard to get and put things away again! I can also put my coat and sweatshirt on without needing to stop to reposition because of the pain. My physical therapists always made sure that the exercises I was doing were comfortable for me." — **Kirsten B.**



***"Really nice to be without constant pain."***

"My discomfort and pain are now very mild. I am able to do my day-to-day tasks without feeling pain at the end of the day. I have much better posture now and am ready to take care of my baby! It has been really nice to be without constant pain. The staff is welcoming, nice, and know what they are talking about. They also genuinely care about their patients well-being." — **Gustavo M.**