



FINDING RELIEF AFTER TOTAL JOINT REPLACEMENT

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FOR THE LOWER EXTREMITIES



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FINDING RELIEF AFTER TOTAL JOINT REPLACEMENT FOR THE LOWER EXTREMITIES

If you have received a total joint replacement of the knee or hip, physical therapy can benefit you. Our clinic provides joint replacement physical therapy rehabilitation to those whose mobility is limited due to a replacement procedure, or even those who experience impairing joint pain without having gone through replacement surgery yet.

If your knee and/or hip joints are a constant source of pain, Full Potential Physical Therapy can help provide you with some relief.

DO I NEED TOTAL JOINT REPLACEMENT?

Total joint replacement surgery is typically recommended for those who:

- **Have severe joint damage.** This is typically due to arthritic debilitation, either from osteoarthritis or rheumatoid arthritis.
- **Experienced a severe trauma to the joint(s).** Some injuries can only be addressed through surgical treatment, depending on how critical the damage was.

- **Live with chronic shooting pains.** If your pain is constantly affecting your daily life and no other treatments have seemed to help, your doctor may suggest surgery.

If you believe you may be in need of total joint replacement surgery, it is important to discuss that with your primary physician first.

If you have already received total joint replacement surgery, it is likely that your primary physician will refer you to a physical therapist for part of your recovery treatment.





TOTAL JOINT REPLACEMENT AND PHYSICAL THERAPY

Physical therapy will be important in the rehabilitation process after the total joint replacement of your knee or hip. Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, flexibility, strength, endurance, and overall mobility of the affected joint. Physical therapy treatments can also benefit you both before AND after your procedure, in order to make sure that your recovery process is as smooth as possible.

Your initial appointment will consist of a physical evaluation to determine what course of treatment will be best for your needs. Your physical therapist will create a specialized treatment plan based on your evaluation, aimed at rehabilitation and bringing you back to your optimum physical health.

At first, your treatment plan will consist of passive physical therapy, which is primarily focused on pain relief and recovery. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan.

After your passive therapy, you will continue into active physical therapy treatments. These will include strengthening exercises that you will do with the aid of your physical therapist, in addition to at-home treatments that you will do on your own at home. These will all help in making your recovery as quick and comfortable as possible, so your knee or hip can get back to its normal level of function!

HOW CAN I GET STARTED?

If you believe you could benefit from our total joint replacement rehabilitation services, contact Full Potential Physical Therapy today. We will get you back to living your best life, free from pain and limiting knee or hip pain!



Healthy Recipe

SLOW-COOKER CHICKEN & WHITE BEAN STEW



INGREDIENTS

- 1 lb. dried cannellini beans, soaked overnight and drained (see Tip)
- 6 c. unsalted chicken broth
- 1 c. chopped yellow onion
- 1 c. sliced carrots
- 1 tsp. finely chopped fresh rosemary
- 2 bone-in chicken breasts (1 pound each)
- 1 (4 oz) Parmesan cheese rind plus $\frac{1}{3}$ cup grated Parmesan, divided
- 4 c. chopped kale
- 1 tbsp. lemon juice
- $\frac{1}{2}$ tsp. kosher salt
- $\frac{1}{2}$ tsp. ground pepper
- 2 tbsp. extra-virgin olive oil
- $\frac{1}{4}$ c. flat-leaf parsley leaves

DIRECTIONS

Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker. Top with chicken. Cover and cook on low until the beans and vegetables are tender, 7 to 8 hours. Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones. Return the chicken to the slow cooker and stir in kale. Cover and cook on high until the kale is tender, 20 to 30 minutes. Stir in lemon juice, salt and pepper; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley. Tip: To save time, you can substitute 4 (15 ounce) cans no-salt-added cannellini beans (rinsed) for the soaked dried beans.



Thank you!

We are honored to have won Best of the Best for our 5th year in a row. We want to thank each of you who valued us enough to take the time to vote for Full Potential. To win this for the 5th consecutive year only happens when one has very loyal patients!

Seeing our patients improve and get back into their lives is what motivates us to continue providing the best care possible. This year came with many challenges, but you have rewarded our perseverance with another great acknowledgment.

We wish you all the best in this coming year, and we hope to continue to exceed your expectations!



Full Potential
Physical Therapy

You Help Us, Help Others!

Who Do You Know That Needs Our Help?



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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!**

YOUR BODY AND YOU *A MARRIAGE NOT ALWAYS MADE IN HEAVEN.*

In this world of ours we can say with fairly good certainty that we have a certain amount of choice in how we spend our time. In a week we have 168 hours to accomplish what is needed to live and survive. Sleep/hygiene needs alone amount to around 63 hours/week (8 hours sleeping, 1-hour hygiene) leaving about 105 hours for handling our weekly demands.

It is ironic we end up spending about a third of our life unconscious. If we lived to 90, only about 60 of those years were wakeful where we can use our conscious choice to determine our direction. If one were to step back and take a look at their life and see how nearly everything that goes on is dependent on one's body rising to the occasion and delivering what is needed, perhaps it could awaken us to a higher degree of appreciation for it.

Have you ever heard of the idea that what one has the most of over time, tends to be acknowledge or appreciate the least? It is the old taking it for granted idea. When we are born, we automatically get this personal possession called a body. It becomes so personal in its perpetual association with us we do not realize it is not us. Truth is, we can become so identified with it that we do not realize how dependent we are on it to make life satisfying and enjoyable. It is quite easy to take it for granted until it does not meet our expectations.

How do we eventually learn that our body is not really us? It usually does not occur when it is feeling good, performing as expected and rising to the occasion. That can be where we feel quite a bit of "oneness" with it. There is no differentiation because there is no discordant communication. Some would call this youth where the body is in a mode of "your wish is my command." Yet, somewhere along the timeline, one's commands need to be spoken louder and with more emphasis to get the needed response. The marriage of mind and body starts to have more than a little arguing. As one patient said it so poignantly, "The old gray mare ain't what she used to be and that is why I am here to see you." Or another more obvious example of how this truth gets rammed home is when one comes down with the flu and within a few hours the body starts aching, shivering, sweating, coughing and mentally we are seeing how separate the body is from our awareness. It is a rude discovery and we cannot wait for it to get back in harmony with us.

Decline and loss of those youthful qualities of energy, mobility, strength, balance, and flexibility along with more discomfort make us more acutely aware that our body is not us. We may ask the logical question, "Why is my body starting to fail me?" True, our bodies do follow a path of decline but the question is the rate of decline and the more we take them for granted the less we perceive this rate of change until it is staring us right in the face.

It would be a marked advance in understanding if we could appreciate the separation between us and our bodies before the heavy negative communication starts to

confirm it. Here is where a great deal of opportunity exists to affect that rate of change and the old gray mare is not graying so quickly. Unfortunately, as one lives with ongoing pain that rudely interferes with one's enjoyment of life, a person can start to identify with the pain so much that they give in and just accept it as the way it is. People with such situations need a win, they need to see their body can respond with the right treatment and the future can be more hopeful.

This is where physical therapists at Full Potential could enter the picture. As we get involved, our primary goal is to resolve your immediate problem but our secondary goal is to help you transition into a healthy lifestyle. We are not just a repair shop, we have the potential to be your coach, your hands-on therapist, and exercise specialist through time.

We get to know you and your body on your initial visit as we can take up to 45 minutes to understand why it hurts. As we help you achieve your goals in PT, we are then in a prime position to be your partner through time to help you stay ahead of pain and "the mind is willing but the body is not" experience so common as we age?

Transitioning to a healthy lifestyle goes right along with preventative care versus reactive care and provides some significant advantages for people who just enjoy life too much or have too much responsibility to be down for weeks because their back "went out." Read more about our preventative care program and how it works in our most recent Blog which is on our website. It will open your eyes to a huge missed opportunity for you to be in charge of your body as life tries to show you differently.

Sometimes people in pain just do not know where to start, what would be a good first step if you have a musculoskeletal pain problem? I would suggest a consult with one of our physical therapists. It is free and we assess your body in a unique way to provide an understanding of what needs to change for you to feel better. And, through this process, you become more in charge and in control of your body as it should be. Why does it have to be as we age that our body becomes the boss? Keeping you in control of it is where Full Potential can shine some valuable light.

You could make this year be your year to transition to a healthy lifestyle and handle a problem that time and other actions have not. You are not your body, but ongoing pain can make you ultimately feel you and the pain are one and the same. One cannot divorce their body when it is no fun to live with anymore, so the answer is to find the right 'counselor.' Call Full Potential and schedule a consult, it's just a ½ hour out of 168 hours this week. You can afford that.

To your health,
Vincent Hanneken, PT
Owner

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- 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:



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Repeat 10 times on each leg.



QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground. Hold for 5 seconds and repeat 10 times on each leg.



IT BAND STRETCH | SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds. Repeat as needed.



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

Patient Success Story!



"I've Never Had a Bad Experience Here!"

"I can now walk and sit! My wobbly limp and lop-sided walk has improved greatly! I am able to sleep through the night with minimal need to move for comfort repositioning. I am now mostly pain-free and much stronger since the accident. I never had a bad experience while coming here. I always walked away with pain relief and solutions to continue improving. They also gave me exercises and stretches to help with my flexibility. Everyone was super great to work with!" — **Sharon B.**



"I Feel More Confident to Tackle Physical Tasks!"

"I have a much better and stronger balance now! I do not feel as weak as quickly. I am feeling more confident to tackle physical tasks! The staff has excellent and thorough customer service, and clear communication. The safety precautions taken before, during, and after each appointment were very comforting. I really liked that they gave me specific strategies and exercises to use at home!" — **Mary G.**