



Full Potential

Physical Therapy

GOALS + ACTION = ????

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*Come Back
to PT!*

**Give us a call us at
616-537-2864 to book
your appointment today!**



GOALS + ACTION = ????

Some of us are more goal-oriented in life while some are more willing to allow life to come to them. It boils down to a choice but this decision can create quite a dividing line in life. I am inclined to think those who organize their future by having goals probably accomplish more of what they want over time. Life today has many more choices than decades ago and with more free time, and a lot more methods to pull our attention to all sorts of ideas and activities, it can be quite easy to get distracted from our goals.

However, in listening to people talk about their most fulfilled moments in life, they are often associated with attaining a goal that required dedication, sacrifice, and action. Such statements seem to indicate that happiness and deep satisfaction in life are directly connected to overcoming the obstacles that are between us and our goals.

Perhaps we, as human beings, are most satisfied in life when we are the solvers of our own problems and the achievers of our own goals and dreams.

There is ample evidence to show that the most unhappy people are those with the least to do or have no worthwhile purpose to guide them. Leisure time sounds good on the surface but when it is not earned and in balance with the work of life, well the illusion of where happiness comes from may eventually feel quite empty.

Ben Stein, economist, author, and actor summed it up well, "The human spirit needs to accomplish, to achieve, to triumph to be happy." This takes it up another notch to imply that that which is beyond body and mind hungers to achieve and succeed to be fulfilled. In the physical world, life is accomplished through action. Benjamin Disraeli says, "**Action may not always bring happiness, but there is no happiness without action.**" Wow, that is a big statement but is it actually true? It would seem it has truth when we are talking about happiness that has stability and which is not dependent on short-term circumstances but rather long-term actions.

(Continued Inside)

We can help you reach your goals! Call us at 616-537-2864 to book your appointment today!

GOALS + ACTION = ????

Waiting for life to come to one does not create a picture of much action. Movement can be artful when it is in concert with our deeper motivations and perhaps this is what keeps one going long into life. Is it possible that by knowing our deeper motivation and purpose in life, we discover the fuel of our soul that inspires us to move toward our goals?

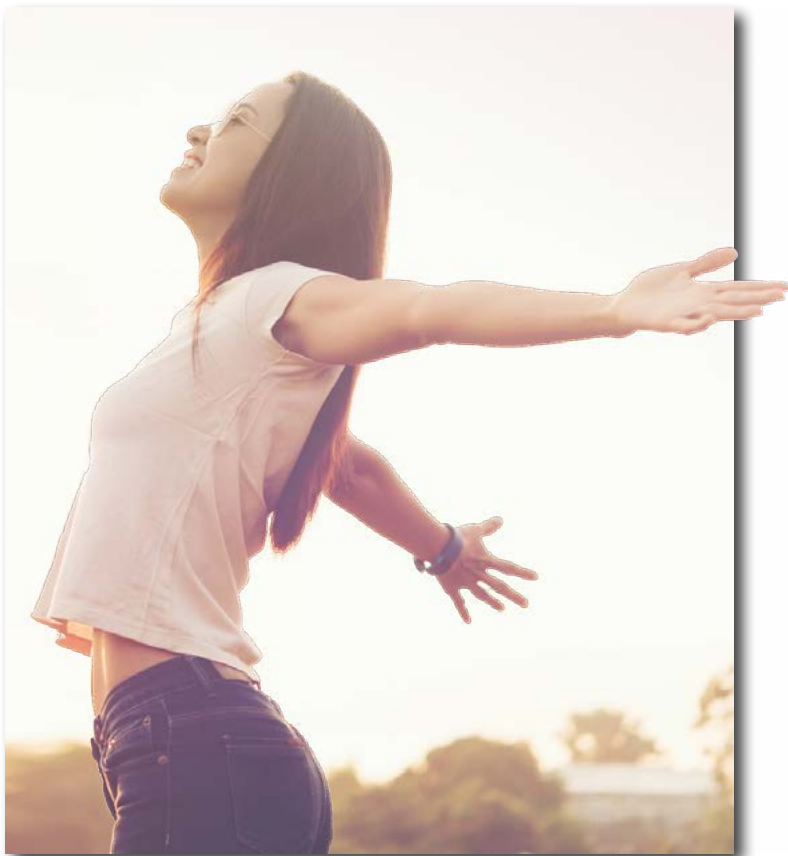
Do not purposes of high merit eventually supersede status and monetary motivators? When we look at purposes of merit, do they not seem timeless in their influence and so can propel one through the long stretches of life where the goal is off on the horizon? **Such questions may ask us to look deeper into ourselves to discover what fuels our fire to reach and achieve.**

Could not actions motivated by a high purpose be the precursors to finding where the joys and high moments live on the road to accomplishing a goal? How often is the journey as much a part of the memory as the destination when going on a vacation? Unfortunately, the road of life can derail our efforts to reach a goal when there are those situations where the mind is willing but the body is not. We have things we want to do, life we want to live and our body is not able to deliver comfortably the actions needed.

There is another quote that feels relevant for this circumstance, "In life, one cannot always do it alone, but yet, no one can do it all for us either. In essence, our potential is realized through a collaboration of personal effort and help."

When you are motivated and life is full of your interest, but your body is the weak link in the chain, you are the ideal candidate for getting help at Full Potential. **Your desire to get better combined with the knowledge of the physical therapist sets up a very responsive situation to regain your ability to be active.**

There is plenty of evidence in the human drama to



indicate a positive relationship between happiness and action whether it relates to accomplishing a weight loss goal, winning a championship or earning a degree. Overcoming a difficult physical problem can require the very qualities I spoke of earlier, dedication, consistency, and of course – action.

Such an accomplishment can be very satisfying because it was you who was invested in the solution. **Does Goal + Action = Happiness?** I think the only answer is to test the hypothesis. Pursue a goal that requires your investment, mix in the right actions consistently and see how you feel when accomplished. Making this equation true for you could be a life changer.

However, if your body is not able to deliver what is needed to reach a goal - your back is talking back to you, your knee needs all your attention, or your shoulder is feeling a lot older than it should - then talk to your doctor, take that action step, and get a referral to Full Potential for physical therapy. We will ask you about your goals, learn about your frustrations, and develop a plan to get the actions going that can put more of you back into 2022.

To Collaboration,

Vincent Hauweken, PT/Owner

GUESS WHAT??

We have been nominated again as one of the top 5 physical therapy practices in the Holland area in the BEST of the BEST contest! So cool, thank you for helping us get to this point.

NOW, voting can begin for who is the best of these top 5 PT practices. This starts on February 21. If you have had a good experience with us this past year and we helped get you moving again – give us a vote. Look for our emails in your inbox or spam on when and how to vote in this contest.

Thank you in advance for your interest in Full Potential and your vote.

Cari Allen, Office Manager



LEAVE US A 5 STAR REVIEW



How did we do? Help someone else learn they can be helped by leaving a great Google review!

Has your pain come back? We can help! Call us at 616-537-2864 to book your appointment today!

STAFF SPOTLIGHT

Hi! I'm Adeline Jongsma, and I've been the Marketing and Public Relations Coordinator at Full Potential for just over a year now. I have been a part of the Physical Therapy world for around 5 years, and have been working at Full Potential for one year this February. One of the things that I think sets Full Potential apart from others is their approach to business. They are truly a patient based company, and the quality of their care is the key to their success.

From the front desk, to the therapy staff, to the office staff behind the scenes- every employee is working with the patient experience at the front of their mind. And this thought process extends to the smallest of details!

As part of the social media team, we make a point to share content that serves YOU! Helping our community achieve wellness means we strive to give you the information and education necessary to make choices and changes that benefit your health.

That's why I love working at Full Potential! Being able to be a part of a team that goes above and beyond for their patients is an honor. Their excellence comes not from pushing a product or a temporary solution, but truly working hard to change the lives of the community around them.



Full Potential
PHYSICAL THERAPY

PLAY THE REFERRAL GAME

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Your Name

Our New Patient's Name!

Date Of Referral

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.

Receive a Meijer gift card to those that refer us to a patient!

EXERCISE ESSENTIALS

CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg.



NATURAL WAYS TO BEAT SPRING ALLERGIES

- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.
- 4. Take off your shoes at the door and ask guests to do the same.** That keeps allergens outside.
- 5. Finally, don't allow guests, or yourself, to smoke inside the home.** It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

Give us a call today to schedule your next appointment. Full Potential Physical Therapy is looking forward to helping you get back in action this Spring.

PATIENT Success STORY



I HAVE GOOD RANGE OF MOTION!

Through therapeutic massage and exercise graduating from very easy to more difficult, I have gone from pain with nearly every movement to a painless good range of motion.

The clinical strengths I have noticed are kindness, concern, good listening skills and strong knowledge of muscles and their functions.

Dianna A.

100%
OVERALL IMPROVEMENT

 **Full Potential**
Physical Therapy

Nagging pain that won't go away? Call us at 616-537-2864 to book your appointment today!