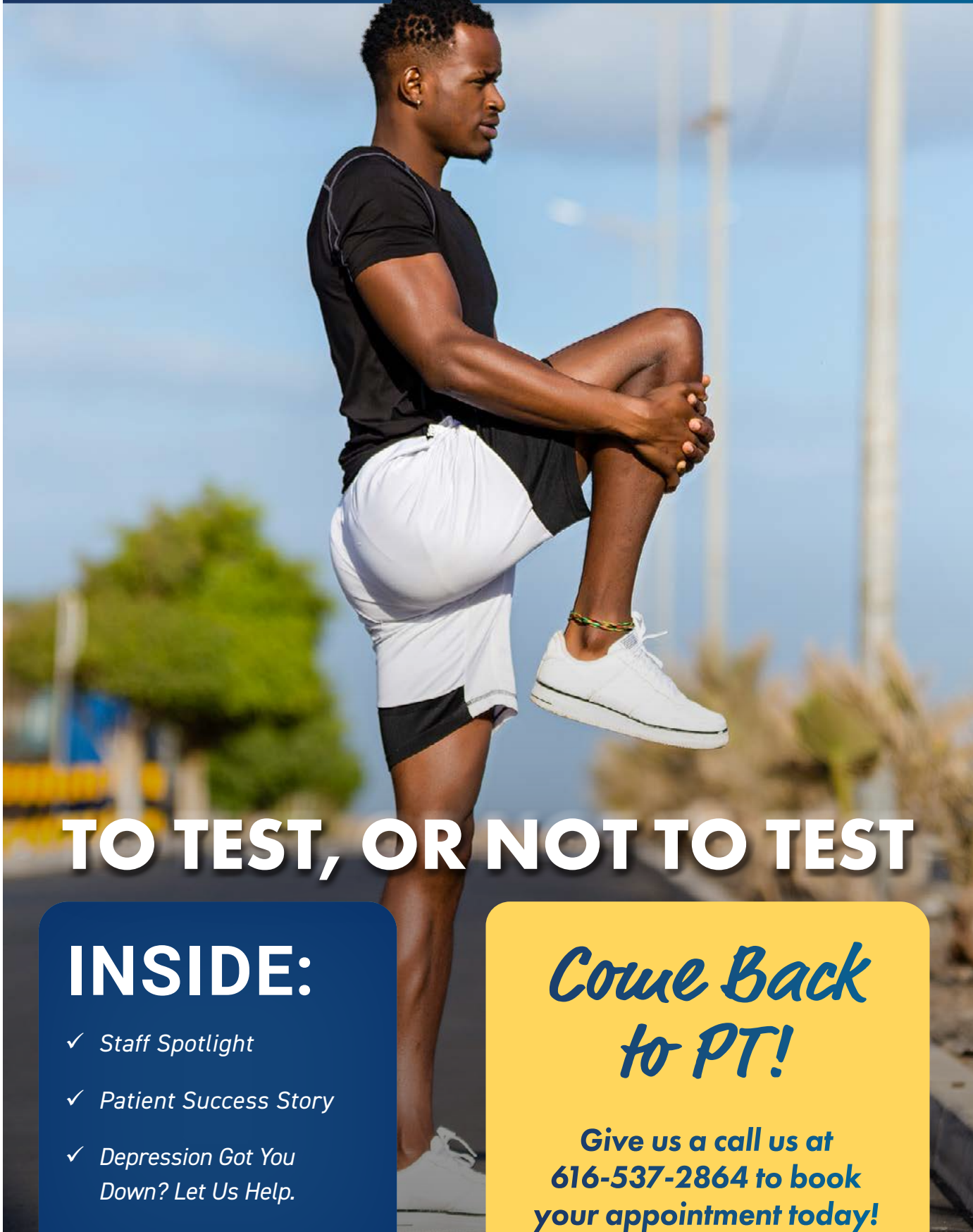




Full Potential
Physical Therapy

*The Newsletter About Achieving
and Maintaining Optimal Well-Being*



TO TEST, OR NOT TO TEST

INSIDE:

- ✓ *Staff Spotlight*
- ✓ *Patient Success Story*
- ✓ *Depression Got You Down? Let Us Help.*

*Come Back
to PT!*

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



TO TEST, OR NOT TO TEST

There is an approach we teach to help our patients recognize if they are losing key movements in their body. It is a preventative tool to a better future, one that puts you more in control of your health. Losing movement can be subtle; perhaps there is no pain yet but only changes in range of motion. I often advise my patients to actually go and look for their tightness as opposed to waiting to see if they are trending in the wrong direction. Such a routine can prevent muscle and joint imbalances from becoming a bigger problem or worse yet, set you up for a strain when the conditions are right. Since pre-existing tightness and weakness are often the basis for an overuse or strain, early identification can be a great prevention step.

Knowing how to test yourself would be a skill worth learning considering the cost of ignorance is unnecessary wear and tear on body tissues that do not regenerate.

We do this with other important areas in our life. We check our investments to see if they are trending up or down which may motivate one to take action. We use blood tests to develop a baseline for future testing to see if our results are moving in the right direction. Part of the reason for being vigilant about important matters is we have a better opportunity to solve the problem with simpler solutions or with less loss. Physical therapy and exercise are much simpler solutions than injections, surgery or medications with side effects.

Knowing how to look for your tightness is the key step in this process. Tightness generates friction in joints and this is one factor in the rate of joint breakdown and arthritis development.

(Continued Inside)

TO TEST, OR NOT TO TEST

The old adage, "An ounce of prevention is worth a pound of cure" is more than relevant in this circumstance.

When testing, because joints often have an opposite motion or an opposite limb, you can test each direction or side and see how they compare. What you are looking for is if pain shows up in the movement and how limited does it feel compared to the opposite side. When there is no opposite motion, you can judge the comfort and amount of that particular motion to see if it is limited.

Using these responses, you could do a fairly thorough self-assessment to determine where you are with your range of motion health or whether your body is regressing after a successful rehab experience. It is unfortunate our bodies tend to move toward tightness and imbalances if we do not properly challenge them but that is its propensity and this effect tends to magnify as we get older. We need to be educated on these tendencies, ignorance is not bliss when it comes to the potential negative effects of getting older, or contending with a chronic musculoskeletal condition.

In regards to this testing, thanks to technology, we have placed a QR code in this newsletter which will give you access to a free video on how to do the testing and how to interpret the results. If a picture is worth a 1000 words then a video is worth a 100 times that in getting a better understanding. So, we are pleased to be able to offer this service to help you build on your knowledge.

Part of the goal in physical therapy is putting the patient into a better relationship with their body. Part of any relationship is communication and, in this case, using it to discover what your body is trying to tell you if it could talk. From this deeper understanding one can take action to address the problem when it is in a stage that is more responsive.



By ignoring the early signs of a joint problem, we can turn our bodies into more of an adversary versus a friend as time clicks along. Much can be gained with knowledge and Full Potential PT wants to be your partner in your musculoskeletal journey. If you are losing progress from a prior recovery or you have painful and limited motion which you have discovered per the video, taking action is the right step. Early detection often equals an easier rehab experience. So, click on the QR code and learn the simple procedure for testing your lower back motion and this will give you access to other videos to check your shoulders, your neck, and other key areas. It is a skill you can use for a lifetime.

To Being Your Best,

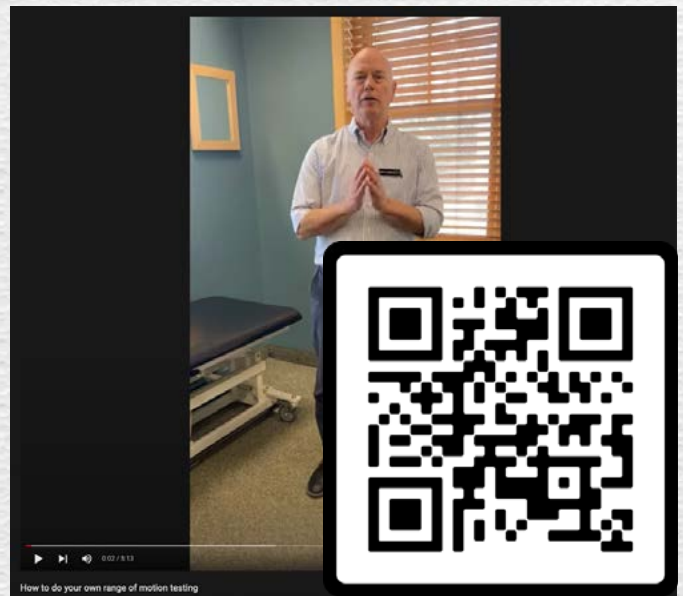
Vincent Hauveken, PT/Owner



Full Potential
PHYSICAL THERAPY

Want to learn more? Visit us online at FullPotentialPT.com

CHECK US OUT!



Motion Testing

Follow along with Vince Hanneken, owner and physical therapist at Full Potential Physical Therapy, as he walks through how to perform range of motion testing at home!



Shoulder Testing

LEAVE US A 5 STAR REVIEW

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



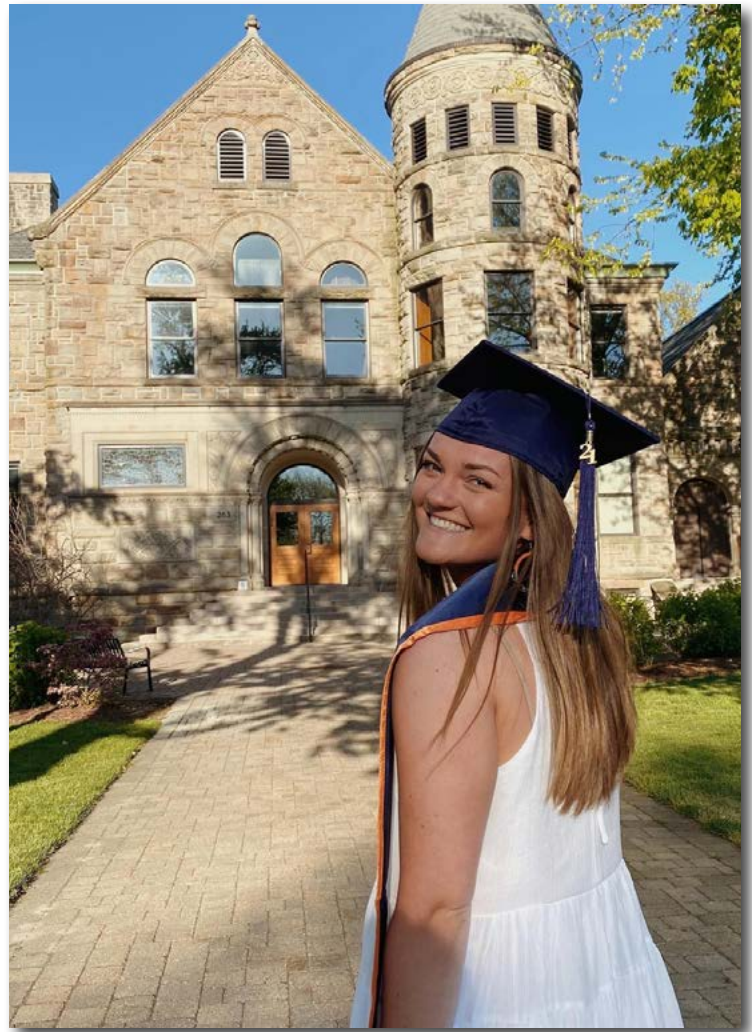
Has your pain come back? We can help! Call us at 616-537-2864 to book your appointment today!

STAFF SPOTLIGHT

Hi I'm Meg and I am the patient care coordinator at Full Potential! I am often the person who greets you at the front desk, schedules your appointments, and encourages you throughout your journey to getting better.

I graduated from Hope College in May of 2021 with a degree in exercise science and I am on my way to Central Michigan's PT school to earn my Doctor of Physical Therapy. I have worked at Full Potential for two years and cannot express how much I have learned along the way. Ever since I was a child, I have had a passion for movement and have been fascinated by the science behind pain in the human body. Additionally, I always have had a deep-seated passion for helping people. Working as an aide and front desk associate has significantly strengthened my knowledge of, and more importantly, my passion for physical therapy in its entirety. It is because of the team I work with and the patients we help that my love for physical therapy grows every day.

I am so excited to continue contributing to the field in a new way. I have thoroughly enjoyed building relationships with our patients and being a part of their care as they progress towards their goals.



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!

DEPRESSION GOT YOU DOWN? LET US HELP.

COVID-19. Riots. Unemployment rates. Here at Full Potential Physical Therapy, we get it: the world doesn't feel like a very safe place right now. When life as you know it does a complete 180, you may find yourself experiencing copious amounts of stress. Needless to say, your physical and mental health will most likely direct hits.

We want our patients to know we stand by them in all kinds of unforeseen circumstances. Our office is open for appointments, whether your ailment is physical or mental. Give us a call today for more information on how physical therapy can help you stay afloat during these unprecedented times.

Depression can be one of the most crippling feelings in the world. It's no surprise that depression rates are up all around the globe with everything we've been forced to deal with. If you're feeling depressed, getting off the couch or rolling out of bed can be compared to trying to move, while pulling a anchor along with you.

However, it's still highly recommended to do what you can to get your body moving. Even modest amounts of exercise such as a walk around your neighborhood can make a difference. No matter your age or fitness level, we're here to teach you how to use exercise as a powerful tool to feel better.

If you've been experiencing anxiety to any extent, physical therapy can also help you learn breathing exercises that can alleviate pains in your chest caused by panic attacks. Our skilled therapists are ready and able to assess how your body is currently functioning if you're dealing with anxiety and depression.

These two conditions can cause a lot of unnecessary stress on the body, and make it very difficult for you to function normally, or have enough energy to use critical thinking skills.

When you're under the cloud of a physical and emotional disorder, it can be very difficult to pay attention to exercise or see the light at the end of the tunnel. If you're having trouble coping with everything going on around you right now, it's time to stop dealing with it on your own. Give us a call today.



PATIENT *Success* STORY



I CAN NOW DO HOUSEWORK!

When I came in I couldn't lift my arm. Now, I am even able to do my house work. Coming to therapy has helped me so much.

After the first massage I was able to sleep, which had been painful for 6 months. I am so happy with the help they gave me. I let some of my friends know that Full Potential is the place to get help!

Dora D.

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!