



Full Potential
Physical Therapy

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



WHAT STATE OF MOMENTUM IS YOUR BODY IN?

INSIDE:

- ✓ *We Did It Again!*
- ✓ *Patient Success Story*
- ✓ *Who Are You Doing Battle With?*

*Come Back
to PT!*

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

WHAT STATE OF MOMENTUM IS YOUR BODY IN?



It would be a fair statement that we all have had the experience of when things are going well; in effect a particular area of life is flowing or has momentum in that it practically operates itself. Such an effect is often experienced when we are young, our bodies are in full momentum of supporting an active lifestyle and it easily rises to the challenges we undertake. Momentum as applied to musculoskeletal health is a quality where the body's infrastructure is primed for delivering the necessary motion, strength, coordination, flexibility and endurance to engage in the parts of life you enjoy. It is an individual quality, unique to you for what you desire to do at your point in life. It is something one needs to work to keep as one add more years to their life and once it is obtained or gained, it is something to value and protect.

Injuries, increased responsibilities with more demand on our time, along with just getting older can derail our momentum toward good health. Priorities shift and we give our attention to the squeaky wheel and as the days turn to months and years our bodies begin to show the effects of our neglect. Eventually pain may become the communication coming from a joint or muscle that pushes us to seek help.

In PT, we often see people who are in pain, have limitations in motion and function and are in a low or negative

momentum state of health with their bodies. We provide an evaluation, put together a plan, and the patient overcomes the problem; they then have reestablished the physical momentum they lost sometime in the past. That momentum feels ever present and they are reconnected to their body, they can go out and work in the yard without repercussions, or play their favorite sport, or wrestle and chase the kids or grandkids around.

Momentum as applied to musculoskeletal health is a quality where the body's infrastructure is primed for delivering the necessary motion, strength, coordination, flexibility and endurance to engage in the parts of life you enjoy.

Positive physical momentum is that state where the body is ready to go and engage in activities of one's choosing. When they leave PT at Full Potential, they know their exercise program which is designed to continue to pump up the qualities that provide the momentum to engage in the

(Continued Inside)

work and play of living. In effect, doing your exercises which were designed to address the limitations your body expressed builds a relationship with your body over time and so the exercises become tools in the tool box to sustain the gains you obtained in PT.

Positive physical momentum is that state where the body is ready to go and engage in activities of one's choosing.

The continuity of performing the correct exercise program over time creates some amazing states of momentum in a person and one can feel the door is much more wide open when life presents invitations to play or work under new demands. As a result, one feels to be in a good relationship with their body and so is more confident to rise to the occasion that is presented. That is a good feeling and represents commitment and consistency of staying connected to their body and the positive momentum it promotes. Such a state influences not only our physical self but radiates outward into our emotions, and mental health as we feel more able to participate in life.

In many respects that quality I refer to as momentum could have been a hard-fought battle to regain what was lost due to injury. Just ask a patient who had rotator cuff surgery how hard they had to work to regain their motion and strength which often required daily exercises for 12-16 weeks to get back what they lost and even then it will be 9-12 months to get to the point of feeling like surgery is a distant memory.

That is some hard-won momentum for the person who needed that surgical procedure. Many who have been down the road of losing the desired physical momentum of their body might ask, "Why is it so easy to lose my health and so hard to recover it?" The momentum in our bodies tends to be vulnerable to the gravity of inactivity where we get caught in the trap of distraction, illness, Covid, work and the like to the point we have disconnected from the routine that kept us moving in our forward direction.

Momentum is really about relationship and everything in our life is, to one degree or another, in a state of

positive or negative momentum. You could have a really close relationship to a friend or family member, to your church or work – they get a lot of your attention and so it has that quality of being easy to connect to and build upon. Yes, momentum of relationship derives off of our attention and decision to give it time and effort. From this we build a connection and in the process of continuity and interest, get to know and understand that which is our focus and build the quality of momentum.

Here is that state where the effort to maintain is now less than the effort to obtain. We have to pay our dues but what a rate of return we get when it is in a momentum state. It is not unlike the way money works when it is compounded with principle and interest. It will reach a momentum state where the returns build quicker over time. Our bodies are similar in how they respond to a consistent investment of organizing efforts designed for our needs.

Our body is a huge pivot point in how our attention is going to be free to participate in life. If our body does not work well, is in pain and limited, it will eventually detract from nearly everything. Pain can control one's attention, it can dilute one's ability to participate fully in opportunities even on the less physical sides of life related to socializing. It can be the bottle neck to what is on the other side of our hopes and dreams.

The quality of our attention and so the quality of our ability to participate in our areas of focus rides directly on our body being able to cooperate and support our desires. When our body is in a strong state of momentum as the years build into decades of time, we can access the full breadth of life's opportunities. Momentum is a precious quality of our health and it is vulnerable to outside forces that seek to pull our attention away from its promotion. Once lost it can be quite a process of mental and physical discipline to regain it.

Here is that state where the effort to maintain is now less than the effort to obtain.

If you have been a patient of ours, had some great momentum but it has been derailed by the forces of distraction, consider reaching out again and letting

WHAT IS YOUR STATE OF MOMENTUM?

Full Potential jump start your battery and rev up your momentum. Losing momentum manifests as pain, lost motion, flexibility and finally not being able to go and do the parts of life that make living enjoyable and satisfying. If it has been a long time since you have felt the momentum of your body leading the charge into living, we can help you with that loss. If you have the ability to commit to being a patient at Full Potential, we have the staff, knowledge and desire to help you find your way back to a life with positive momentum.

All you have to do is reach, call your doctor, get a referral and let's start recharging your body's momentum. It is no fun dragging a body around that does not want to move as you want, in fact it is down right tiring.

Hope to see you soon,

Vincent Hauweken, PT/Owner

PATIENT *Success* STORY



MY STRENGTH IS MUCH BETTER!

My strength is so much better than when I came! They worked me and cheered me on! Jeremy, Becca and Emily are the Best!! Caring and professional.

I have enjoyed every minute, even the fierce workouts. They know exactly what I needed when I needed it.

I love Full Potential and all of my peeps.

Mardee S.



You can help someone else find THEIR Success Story — AND win a Meijer gift card!

PLAY THE REFERRAL GAME

286 Hoover Blvd • Holland, MI 49423
Phone: 616.537.2864 | Fax: 616.392.1726
tessa@fullpotentialpt.com | fullpotentialpt.com

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!



Full Potential
PHYSICAL THERAPY

WE DID IT AGAIN!

Full Potential PT has been participating in the BEST of the BEST contest since 2016 and it has been a pleasant surprise that we have been voted by all of you the best provider of PT services in the Holland area 5 years running. That is an amazing track record to celebrate as we count it our joy and purpose to help the people in our community improve the quality of their lives. Such a motivation obviously has had an impact as your votes of confidence have ringed out.

2021 has come and gone and the BEST of the BEST for last year is now in the books and once again we were recently informed that we have won the contest the 6th time!!!! We truly appreciate your support in attaining this notoriety through being willing to step up and vote for us. We have a patient list of over 6000 patients and within that group of people are some very loyal patrons of Full Potential.

So, we can celebrate together; we have helped you get your life moving again over the years and you have helped us rise to the top with your reciprocal support. It is a WIN-WIN. Thank you again.



We Want to Hear From You!

We love providing educational content for our Patients each month! Scan the QR code with your phone's camera to fill out our survey! This will allow us to provide the most relevant content, that YOU want to read about each month!



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

WHO ARE YOU DOING BATTLE WITH?

I was having a conversation with a patient recently; she is one I see for regular visits every 2-3 months to help keep her on track for improving her musculoskeletal health. She is older with some notable osteoarthritis of her hips and lower back. I saw her initially several years ago for back pain that was very limiting and painful.

We were able to substantially help her and I recommended I see her at least once per three months to stay ahead of her problem and to her credit she has followed through with our recommendation.

Recently, she got away from doing her exercises routinely and was tighter and sorer. We talked a bit about this and it came into my awareness that in contending with the aging process where we are getting tighter, weaker and more limited at some rate over time that we have a choice in what battle we want to fight daily or weekly.

We essentially have a choice in fighting a battle with our body which many do as the decades stack up or we can fight the battle more in our mind. The battle in the body is called pain and limitation and coping with those influences on our life. It is a battle many contend with over time and its hallmark quality is one's attention is continually getting drawn into the body as it lets you know things are not right.

The second battle one can fight is in the mind. This is the discipline game where we have to contend with time management and the tendency to not want to motivate to push the body in a good direction. In many respects, as we experience the aging process we have to make a choice on which battle we want to engage.

It is not black and white where both battles remain separate but in general the venue for the battle is going to be in one court or the other. People who cannot draw up a good strategy and have the right tools mentally end up fighting the battle more in their body as they run into their pain with life. The pain forces them to slow down and move less or hurt more.

Fighting the battle in the mind by having your game plan and following through on a regular basis, helps



subdue the problems related to neglect and inactivity. If you have been fortunate enough to have to have been trained on how to do an effective program then you have the tools to put to use.

Like my patient above, she has the tools but she has to figure where she wants to fight her battle. The exercises have proven to work when used regularly and so it now becomes a choice on what venue she wishes to engage her challenges – body or mind?

We all have to answer this question at some point, either consciously or by default. If you do not have a good strategy to handle an ongoing body problem, let Full Potential help you shift the battle out of your body and help you build some momentum (like our other article discusses in this newsletter).

From here, we can help you with the mental discipline to make your battle more cerebral v. physical. We do periodic "Keep You On Track" visits to keep you accountable to yourself. It's all about the right routine which creates health and control.

The great news as one develops a regular routine is the mental resistance to discipline one's self gets easier. We call Full Potential a health-creating organization and the above strategy can put this battle more where it belongs, in the center court of you mind where you can win with the right help.

At Full Potential, we want you to win but to do so, you have to get on the right battle field.

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