



Full Potential
Physical Therapy

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



SUCCESS STORIES

REAL PEOPLE; REAL RESULTS

INSIDE:

✓ 15 Amazing Patient
Success Stories!

*Come Back
to PT!*

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



SUCCESS STORIES

**REAL PEOPLE
REAL RESULTS**

Sometimes we can have some doubt about overcoming a physical problem, we may have tried and failed, or maybe no one has provided enough direction to get a solution, or sometimes we just need a good push to take action. Full Potential has been around for 27 years now and we have a ton of former patients who have overcome some significant obstacles to achieve their goals. As an independent health care business, we would not still be here if we were not successful in helping people. Our former patients are our ambassadors, they communicate to their circle of friends and provide encouragement that people can get better and get back to a normal life.

Yet, people still want physical evidence; it is only natural to want proof of success. So, I have devoted this newsletter to the success of our patients this past year who have confronted their problems by seeking our help and at the conclusion of their care we celebrated with a picture, their success statement and their percent of improvement.

These success stories run the gamut from foot pain to neck pain and everything in between. If you are dealing with an ongoing joint or muscle problem, read through these stories and learn what is possible, or if you are dealing with a balance problem I would highly encourage you to take action and get help. The consequences of falling can change everything in someone's life and in the lives around them.

We offer these success stories to help overcome the feeling of not being sure what to believe in the bewildering world of health care and marketing. Reading actual accounts of how people's lives can be improved with a team effort can inspire one to reach and feel some hope that they too could have a story of success to tell at the conclusion of their therapy.

2023 is knocking on your door and wants to ask you to come out and play. As has been quoted, "The future depends on what we do in the present" (Mahatma Gandhi). So, read through our stories of success and make this Christmas be a gift to yourself for a better future. It all begins with an appointment for an evaluation at Full Potential.

If you are currently feeling good, then take a moment to notice who is not doing well in your circle. People's bodies communicate better than the actual person and it says, "I NEED HELP." All it may take is sharing your story of success to help them take action and make a phone call.

Opportunity starts the moment you know you have one.

To a pain-free 2023,

Vincent Hauweken, PT

PATIENT *Success* STORY



MY HIPS ARE NOW ALIGNED!

I've learned how to incorporate breathing into my exercises. My hips are now aligned. IT is now my job to go from 90% to 100%.

There was education as part of the therapy. It was explained how each exercise leads to the next objective and there was constant reinforcement to improve overall health.

Neil B.



I HAVE MORE CONFIDENCE IN BASKETBALL!

I have better balance, more strength in my ankle and hips, better mobility and more confidence with basketball.

Everyone uses your name and know it. They are very polite and make the experience enjoyable.

Jenna V.



I'M TRULY GRATEFUL FOR THE TREATMENT I RECEIVED!

Before I started PT, my pain and lack of motion affected me in almost all of my daily activities. It's amazing to get up in the morning and feel good. I'm truly grateful for the treatment I received.

The front desk staff are very friendly and welcoming. Mari is a person who truly cares for me and is always willing to listen and help. Emily is fun, bright and helpful. I will miss seeing Mari and Emily on a regular basis.

Cindy D.



LIFE IS GETTING BETTER!

I can walk better and move better from my therapy at Full Potential. Life is getting better. Thank you girls! I couldn't have done it without you.

They text you the day before your appointment and the office staff are really enjoyable, friendly and extremely friendly.

Vicky J.



PATIENT *Success* STORY



I CAN SLEEP COMFORTABLY!

The exercises I learned from Vince not only eased the back pain but balanced my body so that it functions better. I am able to sleep comfortably without back pain awakening me.

The therapists listen well and try different modalities, always painlessly to address an issue. Vince is unfailingly good natured and extremely knowledgeable. He works to find the best exercises, especially those that can be done at home. I have complete faith in his ability to help heal.

Martha M.



I DO NOT NEED TO TAKE DAILY MEDICINE!

My knee is much more comfortable without constantly feeling swollen and stiff. Also, I do not need to take daily medication for those symptoms.

Vince is very knowledgeable. He listens to concerns and works to improve the situation.

Lorelei S.



I CAN RIDE MY BIKE AGAIN!

My walking is normal. Going up and down stairs is much easier and almost normal. My flexibility and range of motion is vastly better and I am able to ride my bike again.

The therapists are well knowledgeable. They explain well what they want you to do. The exercises and stretching program is well planned as far as increasing the difficulty.

Dave K.



I CAN LIVE LIFE WITHOUT PAIN

I can put my left shoe on and go up and down stairs without pain. Sleeping is now possible and I now have the ability to lift my leg without assistance.

Katie is knowledgeable and friendly, a true caring person beyond just doing her job. The staff at the front desk are very inviting and the facility is neat, clean and organized.

Tony N.



PATIENT *Success* STORY



I'M SO HAPPY WITH MY RESULTS!

I am able to sleep at night and do most other functions without tingling or numbness in my hand. I am so happy with my results. Katie is great!

Everyone has been so friendly and helpful. I've felt very comfortable with the process of my therapy and the improvement that I've seen throughout each visit.

Nancy B.



I'M PAIN FREE!

I am pain free with walking and doing my normal exercise routine.

The friendly reception staff and the knowledge of Dr. Luke and Jodi were the key to my rehabilitation from the tendon injury. What a terrific job they did. The clinic was well kept and a relaxing place to be.

Mary S.



I LEARNED HELPFUL TIPS FOR THE FUTURE

I learned some strength exercises and stretches for use in the future.

The staff is very caring, starting from the front desk. Luke and Jodi were very good at explaining what they were doing. The facility was very clean.

Mary P.



I CAN RUN FASTER NOW!

I can go up and down stairs with little difficulty. I can run with little to no difficulty, faster than the start of summer. I can also perform more tasks at home easily.

The staff is very friendly and helpful and very understanding.

Makenna P.



PATIENT *Success* STORY



I'M HAPPY AGAIN!

I am sleeping through the night, back to working out in the gym and I'm happy again.

The staff is very friendly and pushed me when I needed it. They are great at teaching muscle use.

Eric V.



I FEEL LITTLE TO NO PAIN IN MY LEG!

The nerve in my leg feels little to no pain.

The staff knew exactly what kinds of movements and exercises to do at home to improve your condition. They paid close attention to what the problem areas were and knew exactly what to work

Jeremy C.



BURNING AND NUMBNESS IS GONE!

I can sleep better and less pain at work. The burning and numbness is gone.

The staff is friendly, thorough in their instructions and on time for every appointment.

Heather L.



What's YOUR Success Story?

Has Full Potential helped you overcome a physical obstacle in your life? We want to hear about it! Sharing your story will encourage others take action to make that phone call and start their own journey towards a pain-free life.

To leave a review, just scan the QR code and follow the instructions. Or, you can just search "physical therapy near me" and Full Potential will come up. Click on our business page and hit "review" and you got it!

Thanks!



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