



**Full Potential**  
Physical Therapy

The Newsletter About Achieving  
and Maintaining Optimal Well-Being

# What Is It We All Need?



## INSIDE:

- ✓ Baby Pictures!
- ✓ Patient Success Story

*Can we help you  
with your pain?*

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



## What Is It We All Need?

*For many of us, being a parent is or was an experience that brought many challenges and rewards. How to raise children is full of opinions and philosophies and debating these ideas is not the focus here. What is the focus is recognizing how something that starts out as a simple requirement in early life continues to be a similar need as we add up the decades.*

What is that requirement? It is the idea of winning. In childhood, holding a child's interest in something is often related to them having success in that activity. Children are exposed to so many choices in early life — school, sports, or even the arts; how a parent, teacher or coach kindles their interest pulls on personal resources that dive deep into human understanding.

*A skilled teacher literally succeeds when they kindle the small flame of*

*curiosity in an area into a strong fire of interest for a child.*

Winning is the result and often becomes the motivator to continue. How we, as educators (and parents are just as much an educator as teachers), help hold interest into a worthwhile activity is the art of educator-hood. Inherent in this path is the prudent use of gradients in challenging someone to become competent in an area.

*(Continued Inside)*

## WHAT DO WE NEED? *continued*

How what is taught combined with the steepness or gradient of learning helps a youth find their “legs” and so become self-motivated to continue to grow into greater and greater ability.

It is, no doubt, an interesting process how a subject gets nurtured into full bloom. Cultivating a confident attitude in approaching unfamiliar endeavors in the future would appear to have its origins in experiencing early successes in life. The common themes in confidence building are linked to the what, how and at what rate variables. What is the focus of interest, how is it to be communicated or instructed and at what rate is the process to move forward to a positive conclusion?

In physical therapy these are the same questions in helping someone overcome a body problem. Our goal with each of our patients is for you to win even when the condition is long standing and with a history of not succeeding. The importance of winning is as comparable for a veteran of life as it is for a child. However we, as adults, have accumulated a track record of losses and wins; our slate is not as clean as a child's and so we may hesitate to motivate. We mentally may echo a familiar refrain in our mind to just live with a particular condition or limitation.

To help someone overcome any hesitancy, it can be helpful to read comments of people who have faced the same proverbial question too – can I get better or is this just the way it is? Please read on and appreciate the deeper communication these special reviews imply. With the right what, the correct how and proper gradient much can be accomplished.

“Full Potential has been the best PT I have ever had (and I've had many). My instructor (Nick Trameri) has been wonderful and gave me great instructions and a plan I can continue to work with. But, most of all – he got me over my fear of doing things after my spinal surgery. I feel so much more confident – a wonderful experience for me. Thank you!”

– *Sheila S.*

*The human body is designed to respond to therapeutic inputs. Full Potential's doctors of physical therapy are experts in applying those inputs at the right gradient to create a win.*

Such application takes a patient from a state of limitation and pain forward to better comfort to a final state of freedom to move and participate in their interests. Paramount in our approach is customizing a patient's program to their unique condition. Our ability to individualize the path to success is one of our strengths as the reviews so clearly communicate.

“I had a great experience at Full Potential and especially liked my therapist Jeremy Decker. I had major lower back surgery and couldn't lift, twist or bend for 3 months. After a few weeks I had learned to dress, tie shoes, brush teeth, get things in & out of oven, pick things up off floor, etc. Jeremy is knowledgeable, compassionate and very skilled. He is patient and encouraging and able to modify exercises to fit the patient's progress. The office staff are very warm and friendly. Everyone is very supportive and overall it was a very healing experience.”

– *Cheryl C.*

Life can teach some hard lessons and a common one is the eventual realization that our health directly controls how satisfying life will be. The key is to appreciate that awareness and take constructive action before one has violated the body so far that it requires more invasive care (surgery or injections) or worse yet - living with the problem. To value the importance of your quality of life enough to be willing to invest your time, money and effort is the mindset for winning.

If you are willing to invest yourself in the process, we are then able to help you reach your potential. Now the word “if” is only two letters but the therapeutic process rests on a much larger word to get a win – it has 12 more letters and hums to the tune of responsibility. Winning comes about through a team effort – yours and ours, and

the best way to win is with an attitude of "I am 100% in." Now, we are not talking about a lifetime of commitment, give us 6 to 8 weeks or maybe less but rarely more to help build a winning level of momentum.

And, you know who else likes to win? We do! When you win we do too! These reviews are icing on the cake to validate how our patients perceived our help. If we have helped you in a meaningful way, a review gives us an understanding of how you were affected and gives others more confidence in where to look for help. It is a gift worth giving if you have not done so already.

"I am extremely appreciative of the experience that I have had with Full Potential. I initially sought help with a sciatic problem that came on suddenly. I was new to the area and really didn't have any references that I could utilize and felt insecure about blindly making this choice. I also had a great deal of skepticism in general as my previous attempts for other conditions didn't yield any results. Fortunately for me as I continued with the appointments, I began experiencing relief along with great guidance and knowledge. Dr. Luke and Jodi were skilled, supportive, and informative. As my issue became resolved, there was discussion about dealing with another issue that I had suffered from for the last 20 years in my rib cage area. I was thrilled to think I could obtain any kind of improved mobility or relief in that area. Being a long-term injury, I am still working on that issue but have received a great deal more flexibility in my rib cage. I would also like to say the staff was courteous and helpful and personable each time I came in. My hope is that others will feel confident about choosing Full Potential even if they, like me, have no personal references to lean upon. This is one patient that is extremely grateful."

— Cheryl G.

Life, whether as a child or an adult, is about winning and failure is never really that unless we quit trying; the constructive side of a failure on the road to success is called a lesson. A life will have many lessons and hopefully many wins. What is a win? It could be as simple as being able to get out to shop for groceries or getting back to running a 10k race and everything in between.

Such accomplishments are composed of mini-wins to create the payoff and literally it is your pay for your effort.

*It has been said some of the most meaningful things in life come through our own personal effort and graduating from our PT program is no different.*

It can be a life changing win to move comfortably again as some of you may already know.

Full Potential has the knowledge and the understanding of how to gradually use therapeutic inputs to overcome a body problem. Those reviews were received just recently and are validations of our effectiveness.

We are here to help from an acute injury to one that is long standing. If you lack confidence in whether you can be helped — read our reviews on Google or our testimonials on our website ([fullpotentialpt.com](http://fullpotentialpt.com)). Still doubting, call our office and we will set up a phone consult with one of our doctors of PT. The best medicine for doubt is action, "take two and read a review and call us in the morning."

*To winning,*

*Vincent Hauueken, PT/Owner.*



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

# It's a Girl!



Dr. Katie Tschirhart and husband are excited to share the news of a beautiful baby girl joining their family.

"Hannah Elise Tschirhart was born on December 28, at 8 lbs, 5oz, and 20 inches. She's been such a sweet addition to our family and we feel so blessed! We're all adjusting well and Elliana, her older sister, loves to hold her whenever she gets the chance."

*Congratulations, Tschirhart family!*

## How Does a Google Review Help Everyone?



The referral process to physical therapy has become more complicated with the consolidation of physician practices into the major hospital systems in our area. As an independent practice, one of our primary counters to these changes is to help the public know who we are and how we have helped people overcome a pain problem.

This is where you come in; you are our best resource for educating the public on how we can help them. They, in turn, can communicate to their doctor on where they want to go for PT. Competition is a great equalizer in business and supporting small businesses with reviews helps us compete. And, we only exist because of results so we work hard to make our patients better. Everyone wins!

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!*



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

# PATIENT *Success* STORY



## NO MORE FEAR!

My condition has most definitely improved as a result of my time at Full Potential!

I feel so much stronger! Full Potential has been the best PT I have ever had (and I've had many). My physical therapist has been wonderful and gave me great instruction and a plan I can continue to work with. But most of all- he got me over my fear of doing things after my spine surgery. I feel so much more confident- a wonderful experience for me! Thank you Full Potential!

*Sheila S.*



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

## PLAY THE REFERRAL GAME

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At Full Potential, we know that a referral from our patients is the biggest compliment.

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*Date Of Referral*



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PHYSICAL THERAPY