

SHOULDER PAIN *and Grandma*

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with your pain?*

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Shoulder Pain and Grandma

When the weather warms and everything seems to get more active in nature, so do our shoulders. From mulching, washing windows, gardening, tennis, pickle ball, and swimming to lifting everything from groceries to grandkids, our shoulders are perpetually in action. And, we do not give it a second thought to be that active until pain starts to enter the picture, then we start to realize how much work the shoulder does in a day.

Speaking of grandkids and shoulders, I was visiting with a 50+ grandmother recently who was here for shoulder pain and one of the stressors that was discovered on her interview came in the form of a 30-pound grandchild that likes to be picked up. Aside from the fact she was doing the lift incorrectly (stressful to her neck, shoulders and back), she was not coping well with the repetitive lifting required of her new position is life – grandparenting. I like to call it Grandma's Shoulder Syndrome which often expresses itself with shoulder, neck and maybe upper back pain and tension. Toss in a little pickle ball and yardwork and grandma is starting to generate joint pains that are crying for help as much as an unhappy baby.

Maybe what should occur at the time of the mother-to-be coming out party is a conditioning program for Grandma and possibly Pa too.

It seems compared to decades ago, grandparents are more and more involved in helping their children with the grandkids. We live in a complicated society and grandparents are a nice resource to help cover the demands of a busy family. It has been said it takes a village to properly raise a child and it is a real asset if the grandparents are part of the "village." Yet, all too often

(Continued Inside)

GRANDMA'S SHOULDER *continued*

they are not prepared for the progressively growing and moving young one who likes to see the world from their vantage. "Pick me up Nanna, Amma," or whatever name you have chosen can often set up a reluctance as pain gets associated with lifting. Yet, the child has no clue that you are in pain and that can make for a long day. Of course, such a situation is just as true for mama too. Upper body strength does not operate independent of the rest of the body, and compromised core strength ties directly to having the stability to lift repetitively or from awkward angles such as when putting a young child in a car seat.

It would be a great idea for grandma to get into a proactive strengthening program in preparation. As mama is getting bigger, you, the grandparent, are gaining strength in preparation for the enjoyable times ahead which can be physically stressful. That would be the ideal but rarely do we live fully in that world. Strength and smarts go a long way to helping someone cope with unavoidable lifting stress.

Putting the joy back into being a grandparent would necessitate taking action early before your neck and shoulder's pains become severe.



After all, the child will not be getting any lighter. Some grandparents have made agreements to watch the grandchildren so many hours per week and so they cannot escape the stress. Taking action sooner versus later would be the ideal.

The diversity of activities that sprout up with warm weather along with all the hidden seeds waiting for the right mix of warmth, water and sun is significant. Unfortunately as nature is

catching its breath during winter, we too are often hibernating and are less active. It is amazing how much we can lose in five months of reduced activity in terms of strength and muscle tone. Unfortunately, the older we are the quicker that effect takes place.

Why is muscle so important to shoulder health? The short answer is that the shoulder is the most mobile joint in the body. And, to utilize all the motion available, it has been given a very intricate muscle/joint system to take advantage of not only the infinite variety of angles of movement but to have strength along all those angles and degrees of motion as well. We actually have 27 muscles involved in controlling the shoulder and its related joints.

This is why deconditioning, muscle imbalances and tightness can throw off the timing in the shoulder and lead to overuse conditions and strains which have various names like bursitis (inflammation of the bursa) tendonitis (inflammation of the tendons of the shoulder/rotator cuff), and shoulder impingement.

The good news is muscle responds well to physical therapy, especially when the patient takes action early in the pain onset.

Continuing to stress and strain the shoulder with the thought it will heal on its own is often a mistaken assumption. This is due to the shoulder's heavy reliance on a proper balance of strength and length amongst the 27 muscles along with the synchronized timing of their participation in lifting and overhead motion.

Yes, symptoms can calm down with rest and medication but once heavier activity is resumed, the imbalance that was never corrected will express itself once again. It actually requires progressive muscle retraining combined with addressing any restricted segments in the shoulder, shoulder blade and upper back too. A good exam would look at all the above to address the full array of influences that cause a shoulder to get painful from overuse and strain.

If you have Grandma's Shoulder Syndrome and let's not forget mom too, both are often in the same boat due to muscle deconditioning. Toting around those child carriers

with an 18-pound baby hanging from the elbow can catch up with a parent or grandparent. And this is just one demand amongst many that picks on weak shoulders, throw in some stress and the truism is very true, "she is carrying the weight of the world on her shoulders." But they do not have to stay weak or stressed, there is help that is available.

We have a strong track record of helping people with shoulder pain. We excel at looking at the big picture and addressing your unique tight/weak imbalances to correct the cause of the pain.

Also, we give you the tools to know how to help yourself in the future. However, you do not have to take my word for

it, our former patients say it best. Look over the associated pie graphs on patient satisfaction and goals met for the various shoulder conditions mentioned above.

What does the graph say? 92% of our patients mostly or fully met their goals and 100% were satisfied or very satisfied with their care over our most recent 18-month period.* Those are strong stats of success in helping people.

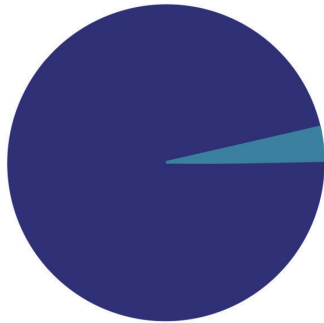
We would like to help you with your Grandma's Shoulder Syndrome or any painful condition you are experiencing. Talk to your doctor, get a script and take action. That is an action step that will not hurt and will ultimately lead you to feeling better.

To living fully,

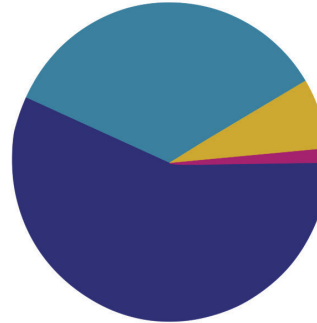
Vince Hauueken, PT/Owner

*WebOutcome.com quality assurance data for Full Potential PT.

PATIENT SATISFACTION



GOALS MET



WebOutcomes
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Report Date: 6/12/2023

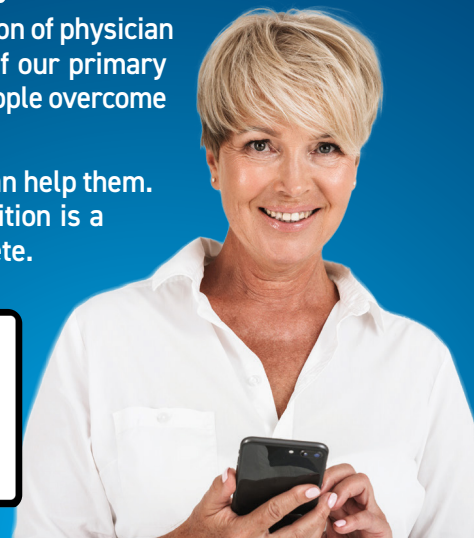
How Does a Google Review Help Everyone?



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 in Holland, MI" and Full Potential will come up. Click on our business page and hit "review" and you got it! Thanks!



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

WE DID IT AGAIN!

2022 has come and gone, and the Best of the Best are now in the books. We are excited to announce our win as Best Physical Therapy Office for the 7th time! We truly appreciate your support in attaining this distinction. It is YOUR vote that wins this award!

Full Potential Physical Therapy has been participating in the Best of the Best contest since 2016, and it has been a pleasant surprise to be voted by all of you as a local favorite for physical therapy services. It is an amazing track record to celebrate as we count it as our joy and purpose to help the people in our community improve the quality of their lives. Such a motivation has obviously had an impact as your votes of confidence have rung out!

That's why we're extra thankful to be the recipient of this reward – it reflects the community's feedback. We appreciate all of our patients and graduates, and it's always a treat to know we have had a positive impact on the greater Holland area. We look forward to continuing to provide you with excellent service in the future!

So, we can celebrate this win together; we have helped you achieve your PT goals and live the life you love, and you have helped us rise to the top with your reciprocal support. It truly is a WIN – WIN!



Join Our Team!

Do you know a skilled therapist looking to work in outpatient PT? We may be the perfect fit! We're looking for a Physical Therapist and Physical Therapist Assistant to join our community-driven team. To learn more or submit a resume, visit our webpage: fullpotentialpt.com/join-our-team/



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

PATIENT *Success* STORY



IT'S A SUCCESS!

AFTER COMPLETING HIS PROGRAM WITH US, CHRIS SAID:

I GOT MY LIFE BACK TO NORMAL!

Full Potential has taken me from:

- pain to no pain
- virtually no extension to close to full
- being very handicapped to independence
- upward challenge to get my life back to normal and gone further than I thought possible

The clinic had strong teamwork to ensure client is given the education and tools to achieve, as well as encouragement in taking small steps to achieve, get results, and measure improvements. They helped you in any way possible. Professional, personal, and caring.

Chris H.

THANK YOU FOR CHOOSING FULL POTENTIAL.
WE ARE PROUD TO BE **THE CHOICE THAT GETS RESULTS!**



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

PLAY THE REFERRAL GAME

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