



WHAT IS YOUR FUTURE HINGING ON?



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*Can we help you
with your pain?*

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

WHAT IS YOUR FUTURE HINGING ON?



We have often heard the idea of time described in the context of the past, present and future. When we really get down to it, some of us have a lot of “past” in our past. There is also the nebulous future, where we do not know where we stand in terms of time, but our future can stretch out easily to years and decades.

Between these two opposites we have the present, that brief slice of time we call “now.”

The interesting thing about “now” is that although it is the briefest of the three, this is often where we make our decisions – decisions which can have a notable effect into our future, and eventually create our past.

So, where we might find ourselves in our present in terms of health and wellness would have a lot to do with our previous decisions that added up to form our past.

Most of us could easily think back to times where this or that decision took them on a long detour away from their goal.

The silver lining about these kinds of detours is there can be some valuable learning experiences along those bumpy roads, and so we come out on the other side a bit wiser and perhaps value something about life more and then again, the opposite can happen and we lose something valuable.

Health is a subject that readily fits into that category of assets which, when absent, gives one a new appreciation for feeling good, moving well and having no pain once it is restored. We often hear the saying “one never really knows what they have until they do not have it.” And come to think of it, that is what we are all about – helping people who arrive not feeling good, not moving well, and pain invading all aspects of their life, and then weeks later they are writing their success story about feeling good again!

(Continued Inside)

When we think of feeling good, there is the kind of health which is the result of avoiding accidents like falls or car accidents, and then there is the kind of health that is made up of all the small, relatively inconsequential decisions we make day in and out called our lifestyle. Those decisions get made in those thin slices of time we call “now.”

It is interesting to dig into “now” a bit deeper and dissect its contents into a better understanding of how we could work “the now” to our advantage.

Health arises by combining both factors – no accidents and a decent lifestyle.

In relation to these daily decisions, there is the phenomena of something we are all quite aware that is related to our lifestyle. It has five letters and is more often associated with the negative – yes – you got it – habits. (Ok, it’s six letters!). So, how often would you say a current lifestyle or diet decision is influenced by your past experience with it? By a habit that snuck into our routine? As a great example with a big “detour” effect is to strike a match in the dark to put some light on how one insidiously builds a cigarette habit. We can see how the next cigarette builds off the past to the point it is controlling our now and our future.

That is a common experience for many in the multibillion-dollar cigarette and now vaping industry. An even more common example is how we can develop quite a taste for another five-letter word (what is it with five letter words?) which likes to find itself mixed into just about everything to exaggerate a little. Yes, you guessed it – sugar. We can get into some fairly strong cravings for those little molecules of C₁₂H₂₂O₁₁ also known as sucrose. So, here we have another example of the past putting some fairly strong influence on that tongue of ours somewhere between 9-11 pm.

The key point here is to recognize how our past drives into our “nows” to set us up for compromising our health (our future) for the sake of a momentary enjoyment.



Unfortunately, our habits get built from the decisions in our past “nows” as our body readily adapts to some refined this or that and so our cravings become a part of our day. Well, how could we rearrange the mechanics of this process to create a different weight weighing in on our “now”?

Yes, the question of questions. Here we have the lonely little “now” potentially being bullied by the big bad past and forcing it to agree and compromise itself. Perhaps the trump card we can pull in countering the past’s influence on the present is to consider that part of you which is going to exist in the future and use it to weigh in on the decision of moment.

Yes, consider your “Future Self” as a significant player in the decision process.

The trick is to make our Future Self as real and valuable as our past self (habits) in that moment where you or I could steer our attention away from the temptation at hand. In effect, be more interested in our ideal future self versus our negatively habituated self.

Perhaps some soul searching would help in knowing what you want your future to be, what is your ideal? Your ideal weight, your ideal blood work with triglycerides or cholesterol or blood pressure etc., or your ideal exercise routine? Yes, one needs to have a mental picture of their Future Self and get honest and straight about that ideal. The blunt truth is the "Future Self" is going to be here soon enough and the honest question is what do I want it to be and what am I willing to do to be it?

Shifting your attention to the future, imaging you in your ideal, and letting that exert its control over your "weak" moment to thwart the past dictating your future is a tactic where, successfully practiced, builds momentum.

And, when you start to experience more and more of your ideal Future Self, you have a new habit where the past is not your adversary to enjoyable "nows."

Half the battle is having a strategy and the other half is doing the strategy.

With the arrival of fall, we are on the tail end of the year, now would be a great time to imagine your ideal Future Self for the New Year and take action. We can help you overcome pain, limited motion, poor function or balance issues that have crept into your life.

And guess what, because it is getting close to the end of the year, your cost share for physical therapy could be drastically reduced or even zero dollars by having met your deductible!

The present you give to yourself now can make a great gift towards a better future.

I have never met a person who, after they created their Future Self in the mirror, on the pickle ball court, or being able to lift a grandchild, regretted exercising and controlling their immediate pleasures in the past to build a better future.

Your ideal Future Self will always "taste" better than that late night snack if given a chance.

We are ready when you are, so let's get started. Call to talk to one of our PTs if you have questions. Or just get moving and visit your doctor and get an order! Like the well-known quote featured in this newsletter, "There is no time like the present," in truth – it is the only time we have control over.

To your Future Self, let's make it your Christmas present for 2024.

Vincent Haukeken, PT/Owner

DON'T WASTE YOUR INSURANCE BENEFITS!

Although it's hard to believe, the end of 2023 is quickly approaching, and the holidays, flurries, and start of 2024 are well on their way! With that comes lots of hugs, lifting grandchildren, baking holiday goodies, balancing on slippery surfaces, shoveling off snow, and more seasonal activities that require a good amount of strength and mobility.

Now is a great time to examine your health and address any concerns you may have. **WHY? You could be getting your treatment for low to no cost!** Depending on your insurance plan and how much you

have used your benefits, you may be nearing or may have already met your deductible.

If you have soreness, stiffness, imbalance or other concerns, this is a great time to address those and start getting better. All you have to do is call our office, and we can check on the status of your benefits and schedule you for an appointment!

Your holiday season should be fun, not painful! Treating your aches and pains early doesn't just help you get the most out of your insurance plan, it helps you get the most out of life.

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

WELCOME TO THE TEAM!

WE ARE SO EXCITED TO BE WELCOMING ANOTHER PHYSICAL THERAPIST TO OUR TEAM, DR. ALISHA SCHOLTEN.

I grew up in Hamilton, MI, and graduated from Hamilton High in 2015. While I was in high school, I went through physical therapy for concussion rehab following a soccer injury. I enjoyed the environment, and was so appreciative of my physical therapist that I developed an interest in pursuing this career myself. After being a patient, it was easy to see how physical therapy can impact a person's life!

I received my Bachelor's of Exercise Science from Grand Valley State University, and completed my Doctorate in Physical Therapy at the University of Michigan - Flint.

After multiple conversations and interviews with various orthopedic clinics around the area, I landed on Full Potential Physical Therapy. I was pleased to hear from numerous staff members about their experience here, and after seeing the level of care they gave their patients during my clinic visits, it definitely felt like the right fit.

I am interested in pursuing further education and certification in vestibular rehabilitation. I was able to gain experience with this particular area in my clinical rotations, and I found myself really enjoying working with this patient population.

Outside of my passion for physical therapy, I enjoy spending time with friends and family, traveling, lifting, running, and reading. I am happy to be a part of the team at Full Potential, and to have the opportunity to grow as a physical therapist, work with a team of incredible providers, and to be able to help the Western Michigan community.

We are so happy to have Dr. Alisha in our clinic, and to be able to offer her expert care to the patients in our Holland community. She is a wonderful addition to our team of providers! If you would like to be on Dr. Alisha's schedule, just give our office a call at (616) 392-2172.



HELP US SUPPORT COMMUNITY ACTION HOUSE

This season, we're collecting donations for Community Action House, helping them #StocktheShelves so they can continue to provide for those in need.

Community Action House has been in Holland since 1969, helping to provide food, clothing, housing, emergency services, and the opportunity to build necessary skills to any in our region who may need assistance. CAH is focused on establishing a community safety net, ending poverty in our community, and helping families prosper.

See the above list of items CAH is in need of, and feel free to stop by our office during business hours to donate, or follow this link to donate online: <https://communityactionhouse.app.neoncrm.com/forms/give>



STOCK THE SHELVES

FOR COMMUNITY ACTION HOUSE!

We're collecting donations from now until the end of November to help supply Community Action House for the winter months. Listed below are their MOST NEEDED ITEMS. Please drop off any donations during business hours, or donate online at www.communityactionhouse.org

Grocery

- dried beans (pinto or black)
- healthy cooking oil (olive oil, coconut oil, canola oil, grapeseed oil)
- red lentils
- broth
- whole wheat pasta
- gluten free pasta
- basmati rice
- corn masa
- tea or coffee
- canned fruit in 100% juice
- canned coconut milk
- canned beans
- juice (low sugar, no sugar added)
- ensure or protein drinks
- alternative nut butters
- unsalted nuts
- flour
- spices

Personal Care

- toilet paper
- paper towel
- dish soap
- laundry detergent
- shampoo
- conditioner
- hand soap
- bar soap
- toothbrushes
- toothpaste
- feminine hygiene products

Winter Gear

- adult size hats, gloves, mittens
- adult size tall socks, coats, and snow pants
- twin sized blankets (or larger)
- sleeping bags
- emergency thermal blankets

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



"After coming to Full Potential, I can do so much more than I hoped for. My pain is gone and I can return to activities that I never thought I would, thanks to Dr. Nick.

The clinic's strengths were knowing the exercises I needed, and making me feel free to ask any questions and not be afraid they were silly or unimportant."

— *Barbara B.*

"There is no time like the present" comes to mean that now — the present, this moment — is the only time that truly is. It's the only time that we can take any control over our lives. The past has come and gone. The future is unwritten.



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.

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.

Those that refer us to a patient receive a Meijer gift card!

Your Name

Our New Patient's Name!

Date Of Referral



Full Potential
PHYSICAL THERAPY

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