Full Potential
Physical Therapy

The Newsletter About Achieving and Maintaining Optimal Well-Being

ARE YOU DEALING WITH HIP PAIN?

This case study is for you!

INSIDE:

- ✓ *The Overflowing Cup*
- ✓ *Patient Success Story*

Can we help you with your pain?

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

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Are You Dealing With Hip Pain?

This case study is for you!

A case study is a formal illustration of how we are able to help people suffering with a particular body problem. It is "proof" of the effectiveness of PT, and is one of the best ways to help others see the potential for themselves to improve. Below is a case study compiled on a previous patient of our clinic. If you have hip pain, it is great evidence of how we can help you, even someone with long term pain like this case illustrates.

CASE DESCRIPTION

This patient had a 20+ year history of right hip pain/dysfunction that tended to flare up with her usual household activities and negatively impacted her quality of life. Her doctor decided to refer her to Full Potential PT.

OBJECTIVE MEASURES

She was seen for 16 physical therapy visits over 4 months

1. **Pain Scale —** the patient's rating of how bad their pain was from a low of 0 to a high of 10.
2. **Functional Scale —** Measure of limitation with everyday activities, 0% to 100% limited.
3. **Strength —** How well are the key muscles working
4. **Daily Tasks —** What activities make the pain worse
5. **Ability to walk —** How limited was this key activity in her life

PATIENT COMMENTS AT DISCHARGE:

"Luke's therapy plan helped me make good progress toward my goal of walking 1.5-2 miles without pain. Before working with Luke, I had never had a physical therapist that I was reluctant to say goodbye to. He was encouraging and supportive, helping me to find that sweet spot of progress without lots of pain. Last but not least, everyone on staff is competent, kind, and helpful."

If you are dealing with an ongoing joint, muscle or body problem, evidence like this can create the most valuable of emotions — hope. We hope this patient's remarkable recovery can inspire you to call your doctor and get a referral to Full Potential.

Let's get moving!

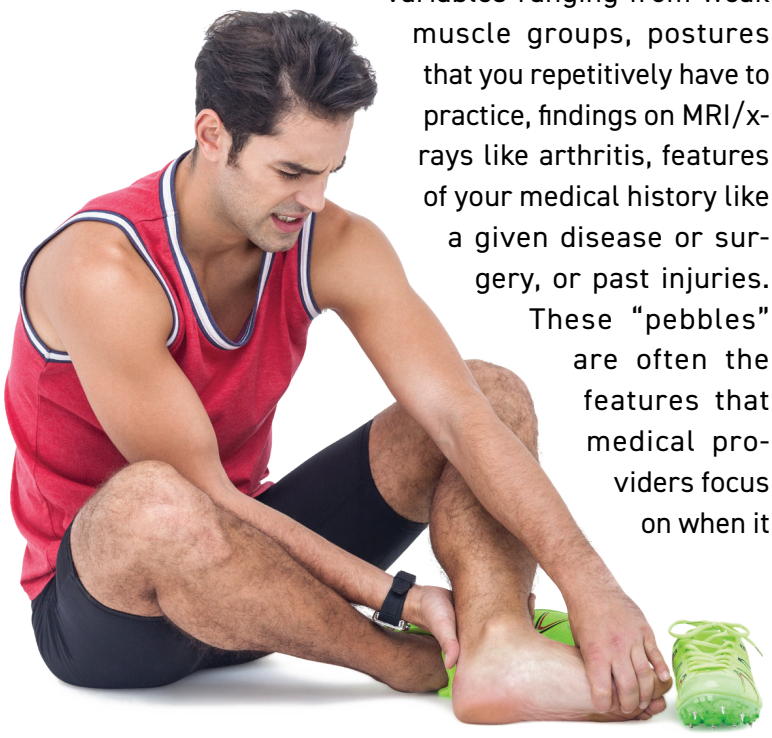
	TESTS	INITIAL EVALUATION	AT DISCHARGE
1	Pain Scale	4-9/10	0-2/10
2	Functional Scale	-43% limited	-5% limited
3	Strength	Poor right hip strength and painful with ABD and FLEX testing	Strong and non-painful all motions
4	Daily Tasks	Painful walking; using motorized scooter in grocery store; avoiding stairs.	Now going up and down stairs carrying items without problem, ability to shop.
5	Walking Ability	~2 blocks at max — sharp anterior hip pain	2+ miles without pain and working toward goal of getting back to hiking

THE OVERFLOWING CUP:

A word picture to help describe pain

Pain can be a complex topic to try to understand. Going all the way back to high school physics can help to explain it. I am talking about Archimedes' principle. This principle states that the upward buoyant force that is exerted on a body immersed in fluid, whether partially or fully submerged, is equal to the weight of the fluid that the body displaces and acts in the upward direction at the center of mass of the displaced fluid. In words easier for me to follow, if I were to place a pebble in a cup of water, the water would rise up in a predictable fashion, equal to the size of the pebble. You may be thinking, how in the world does this principle help to explain pain? I am proposing that when one is going through a painful experience it can be like a cup that is overflowing with water.

In this analogy, you yourself are the cup. The cup's size is based on your resilience. The more coping strategies you have for dealing with life circumstances and given stressors, the bigger your cup will be. Each pebble in this analogy is a feature of some sort that can be added to the cup. These pebbles could be a wide variety of variables ranging from weak muscle groups, postures that you repetitively have to practice, findings on MRI/x-rays like arthritis, features of your medical history like a given disease or surgery, or past injuries. These "pebbles" are often the features that medical providers focus on when it comes to pain. There are however other "pebbles" that need to be considered during a painful experience as well. These include things like sleep quality, diet, emotional stressors in your life, history of failed treatments, beliefs about your given situation, network of support in your life, and a number of other difficult to quantify factors. Some of these pebbles are bigger than others and their size is unique to each individual. When you add all of these pebbles to a cup, there is always a chance that the water will rise high enough that the cup starts to overflow. When the cup overflows, this is when we experience pain.



It can at times be overwhelming to consider all of the factors that may be involved in a painful situation, however there is a silver lining to looking at pain as a cup that is overflowing. Despite the fact that pain is complex and there may be a lot of pebbles in your cup, the good news is that you don't always have to remove all of your pebbles in order to reduce, eliminate, or better manage your pain. For example, weakness and a sedentary lifestyle may be big pebbles in your cup. You can start there and try to improve your strength and establish some healthy exercise routines and it may be enough to reduce some of the water overflowing over the rim of your cup (in other words: it may help reduce your pain). In other cases, improving sleep quality or adjusting your diet may be helpful. The help of a mental health therapist or finding an appropriate strategy to manage emotional stress could also provide some relief. What I am getting at is there are often multiple avenues that can be taken in order to help reduce pain. You likely have options for making your cup overflow less often or sometimes not at all and you don't necessarily have to fix everything. You do not always have to remove all pebbles in your cup just to keep it from overflowing.

Physical therapy may offer help in removing some of your "pebbles," especially those that are related to movement. My job as a physical therapist is to look at you as an entire person, at least considering possible factors that may

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OVERFLOWING CUP *continued*

be keeping you in pain. Physical therapy can provide an educated plan to reduce the impact of the many potential physical stressors in your life. If you are interested in finding out if physical therapy might be able to help you with your pain, please reach out and schedule an evaluation or consultation. Let's see if we can make a plan to keep your cup from overflowing!

"NEVER GIVE UP ON A DREAM JUST BECAUSE OF THE TIME IT WILL TAKE TO ACCOMPLISH IT. THE TIME WILL PASS ANYWAY."

— EARL NIGHTINGALE

Don't be intimidated by the process of getting better. Now is the time to invest in your wellness and start your journey towards a pain-free life!

It's Time to Get Gardening!

Spring brings a renewed sense of energy and drive to reach your fitness goals!

After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities. Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine. Here are a few tips to ensure you avoid injury and make the most out of gardening this season.

1. WARM UP FIRST

Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.

2. PRACTICE PROPER TECHNIQUE

One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis.

When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. TAKE BREAKS & SWITCH IT UP

Taking frequent breaks, using your left and right sides equally, and alternating tasks such as digging, lifting, and walking is beneficial for your body.

Are you ready to enjoy gardening this season? Practicing these three tips will help you prevent injury and make the most out of this season. And call us if you're experiencing any issues that keep you from what you love doing!

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

HEALTHY RECIPE

Spring Asparagus Risotto

- 4 cups (1-inch) sliced asparagus (about 1.5 pounds), divided
- 3 cups fat-free, low-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio or other medium-grain rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese, divided
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

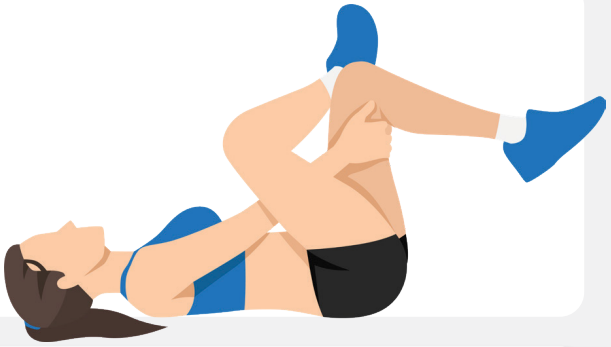
Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

https://korr.com/for-your-clients/spring-asparagus-risotto-recipe/

EXERCISE ESSENTIALS

Figure 4 Stretch

Improves Hip Flexibility



Lie on your back with knees bent, feet flat and in line with your hips. Bring either ankle to the opposite knee forming a figure four (i.e. cross your legs). Reach through your bent knee and grasp the back of the leg still on the ground and pull it towards your chest. You should feel the stretch in your buttocks. Keep your head and neck relaxed and hold the position. Repeat for both sides.

PT WIRED www.ptwired.com *Not all exercises are appropriate for every person. Please consult with your physical therapist before starting.*

Spring is Here!

At Full Potential Physical Therapy, we believe that everyone deserves to enjoy this season pain-free. However, if you're experiencing aches and pains, it might feel like spring fun is totally out of your reach.

That's where we come in. Our physical therapists are trained movement experts who can pinpoint the source of your pain. Once we discover why you're in pain, we'll develop a personalized treatment program to meet your exact needs.

Spring is here, and you don't want to miss it. Contact us today so we can help get you back to springtime activities with your loved ones!

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PHYSICAL THERAPY
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Want to learn more? **Visit us online at FullPotentialPT.com or call us at 616-537-2864.**

PATIENT *Success* STORY

"After coming to physical therapy at Full Potential my hip pain improved 100%. I am able to bend over without pain! I can do things around the house again; I can carry a bag of groceries in from the car. I can put my socks and shoes on without any pain!

The staff is #1— even from my first call inquiring about an appointment. Dr. Alisha Scholten and her care, listened to how I felt with each visit — she is the best! Dr. Vince Hanneken took the time to work with me and Alisha for a visit. It was wonderful and meant a lot that he took the time."

— Robin T.

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

PLAY THE REFERRAL GAME

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_____
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_____
Our New Patient's Name!

_____
Date Of Referral

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