

THE COMMUNITY HAS SPOKEN!

Thank You!



INSIDE:

- ✓ The Bummer of Having Sciatica
- ✓ Patient Success Stories

*Can we help you
with your pain?*

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

Happiness is...

Each of us could put a unique ending to the sentence "Happiness is ____." It is amazing how, as more life is lived, the answer to that sentence would tend to move more into a simpler definition or description. Wisdom can be the product of a life lived by being unafraid to live it, and so one grows in the understanding of what the ingredients for a happy meaningful life are. I can hear the answers being echoed as "good health for yourself and family," "good friends," "great employment opportunities," "a world at peace," or even "peace in one's own mind." These simple qualities of one's life are foundational and certainly cannot be taken for granted. In fact, they are part of the fabric for having choices, where one feels free to reach for that part of life that gives them meaning.

As one distills down these potential ingredients, good health could easily be seen as the basis for much of what is going to be possible. Think about how troublesome the simple things of life become when it hurts to move. The will power and effort to get going is so much different than when one feels relatively free of pain and limitation. If we were to sum up these elements for happiness mentioned above, they could be put under the umbrella called — one's quality of life.

Life is a broad canvas to paint and there are many painters working to put their mark on this canvas. As we break life down into a smaller and smaller circumference from our world, to our country, to our state, we finally arrive at the level of community. For us at Full Potential PT, our community is a workable size to try and make a difference in by improving the quality of life for those who belong to our very unique and amazing area of the world. We see it as our purpose and responsibility to aid others in their pursuit of happiness by improving their health.

For nearly 30 years, it has been Full Potential's mission to fulfill this role in our community. It is a great purpose and from my view, purpose always motivates beyond status,

money, and other reasons to be involved in an activity. During this time, we have met many of you who started with us as a patient and from that, came to know you far beyond your current problem. From this beginning, it made it possible to learn more about your life, your family, and your dreams. Good relationships are one of those foundational pieces of life's fabric that comes at the end of the sentence, "Happiness is ____," and we certainly appreciate all those opportunities to get to know you beyond a painful shoulder or back.

We deliberately set up our treatment model to make this happen. You have the full attention of your PT during your appointments. So many of life's fabric of ingredients are fostered by getting to know each other beyond the formalities. It is one of those win-wins of life that we, in our 29 years of helping, have come to appreciate.

Yes, for Full Potential PT, our "Happiness is" having great relationships built on genuine interest and care. Truth be told, such a consistent approach to helping others has built so many advocates and

what I like to call ambassadors of goodwill for what we contribute to our community. And amazingly, because of our impact in your lives, we have been **voted for the 8th time in a row the best physical therapy practice in the Holland area. Yes, 8 times!!!!**

Just incredible!!! So each of us wants to thank each of you for taking the time to vote and put us more firmly on the map of being a business and practice with a purpose that does not tire over time. In fact, you invigorate us and help us reinforce our mission to be a positive force for enhancing our community's quality of life. I am a bit speechless really, as it is an honor to be part of the fabric of ingredients that continues to contribute meaningfully to the sentence "Happiness is ____."

Thank You!

INJURY SCREENING

At Full Potential Physical Therapy, we want to keep our community safely active and able to do what they enjoy.

If you are an active individual with a passion for your sport, you know how disheartening it can be to be injured and have to step back or even stop the activities you love. Some athletes will wait for that nagging pain to worsen in order to justify seeing a doctor, and then wait weeks to months for an appointment. Some athletes "push through" the pain, and hope it will somehow resolve on its own. Neither option is a good answer for pain!

That's where we come in. Full Potential Physical Therapy is now offering a FREE Injury Screening. An injury screening is an opportunity to consult with a physical therapist about your pain or injury and can be scheduled quickly (even same day!), so you can get the knowledge you need to get back to activity without delay. Your physical therapist can determine if future treatment is needed, and develop a plan to get you safely back to the sport you love.

Whether you are a competitive or recreational athlete, you should be able to enjoy your sport without pain! Call our office to schedule an Injury Screening or to learn more.



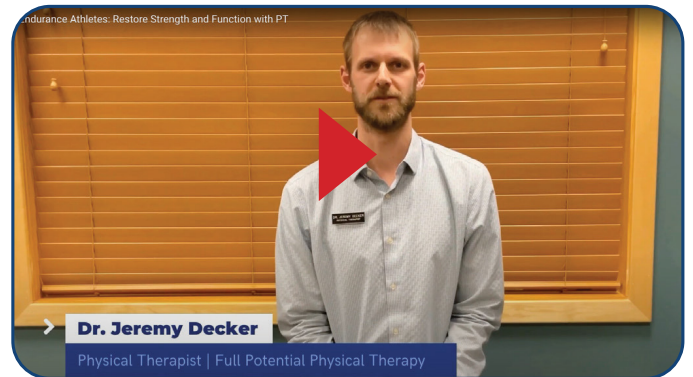
Dr. Luke VanderZouwen
Doctor of Physical Therapy

"As an athlete (competitive or recreational), it can be frustrating to want to compete at a high level, but to be unable to do so because of a nagging injury. If there was an option to help that required no medications, no surgery, and no injections, would you look into it if it meant getting back to your sport?"

I take great joy in seeing an individual get back to the field/court/pitch/pool/track/etc after injury, and believe physical therapy could be the conservative solution many athletes are looking for. An injury screening can be an opportunity to have one on one time with a trained movement expert to help determine what is needed to get you back to competing at your best. I want you to be able to stay active in your sport for as long as you want to be, and I would love to be a part of that process if you or someone you know is struggling!"

Endurance Athletes: Restore Strength and Function with PT

Are you an endurance athlete struggling with pain or injuries? In this video, Dr. Jeremy Decker explains the benefits and risks of doing endurance sports and how physical therapy can help. Learn how our team can diagnose, treat, and improve your physical ability so you can reach your full potential.

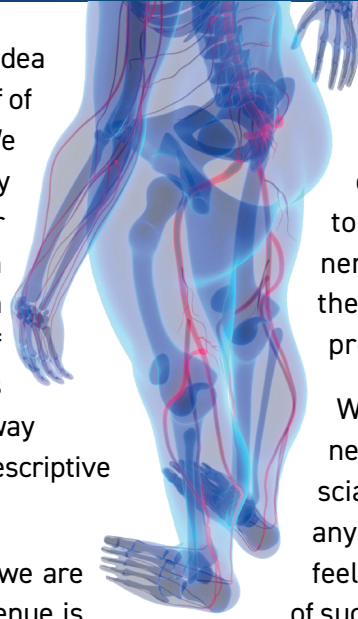


To watch the video just scan the QR code or visit us on YouTube.



Full Potential
PHYSICAL THERAPY

THE BUMMER OF HAVING SCIATICA



You know, in these current times, it is a good idea to have as much evidence as possible as proof of truth for a particular claim or advertisement. We have been pounding the sciatica hammer pretty hard in our posts on social media and in our emails because we know it is a fairly common occurrence resulting in a major interruption in one's life. Anyone who has had a bad case of sciatica knows full well how it puts the brakes on life and they would have their own unique way of describing their experience complete with descriptive adjectives. Sciatica is _____.

When it comes to handling problems in life, we are looking to obtain a solution quickly and no venue is more valued regarding a solution than where one's health is concerned. Sciatica is a condition involving inflammation and pressure on some portion of the large nerve in the buttock or the individual smaller nerves that compose it which can cause pain, tingling or numbness down the back of the leg possibly to the foot.

Defining the location of the pressure is the first step to helping someone start on the road to recovery. Handling that pressure and all the factors related to why the pressure developed in the first place is the mindset for the physical therapists at Full Potential PT.

After pain is reduced and your body is more able to move, the full solution is put into action because most back pain and sciatica conditions need to have muscles retrained to perform more effectively and protect those nerves from future pressures as one goes about the business of living. Muscle training is key to prevention or avoiding reoccurrence.

We have posted several patient accounts in this newsletter on how we have helped people with sciatica get better and stay better. The first step for anyone who has suffered from this condition is to feel there is hope. These testimonials are evidence of success; the first step to getting better is believing it is possible to feel good again.

If you are stuck in acute sciatic pain, we can help you. If you are dealing with the residual effects of having a bad case of sciatica, we can help you. If you know of someone who is coping with this diagnosis, share this newsletter with them and help educate them on solutions.

To obtain more information on how we can provide relief, we are only a phone call away or you can sign up on our website, FullPotentialPT.com.

— *The Full Potential Team*

Patients Who Found Relief from Sciatic Pain!

"[My therapy for sciatica] culminated in nearly a complete relief from pain and elimination of pain medication... I would recommend Full Potential to anyone looking for physical therapy and recovery guidance."

"After working the plan in office and faithfully doing my exercises at home, I am now 100% pain free. If you have ever had sciatic pain, you know that is a blessing."

"Not only was therapy effective [for my sciatica]... education was included and I now have confidence that I know techniques to greatly diminish the pain."

"Sciatica issues led me to PT as my physician wisely advised me to address concerns early... Full Potential had a plan for my pain. I am very grateful."

"I came in suffering from the after effects of severe sciatica in my left leg... and in just one visit, I was doing the appointed exercises and felt an improvement."

You too can find relief from sciatic pain!

Call 616-537-2864 Today!

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

PATIENT *Success* STORIES



“When I started PT, I was unable to lift and utilize my left arm because of a shoulder injury. I was constantly in pain. Dr. Luke’s plan and support has helped me to regain strength and mobility, so I am able to get back to my daily fitness routines. I am so thankful for Dr. Luke and Full Potential PT!”

— *Julie F.*



“I am 95% better. I am able to do things I love - walking in the woods, walking on the beach, using stairs, doing strengthening exercises, lifting weights, etc. — with little to no pain! I had fun and enjoyed the challenge [of PT]... I felt my PT and PTA took my pain seriously and were encouraging and supportive. Thank you so much.” — *Lynn B.*

WE WANT TO HELP YOUR FRIENDS AND FAMILY!

Sometimes the biggest impediment for people in pain is to know where to get help. You can be a trusted advocate for our services, and give your friends and family the confidence to take the first step towards getting assistance. Your recommendation could be the beginning of good things to come for them!

Simply fill out the form, return to us and we will send them information on how we can help. To submit online, go to <https://fullpotentialpt.com/patient-information/refer-a-friend/>

Your Name

Your Friend's Name

Your Friend's Email



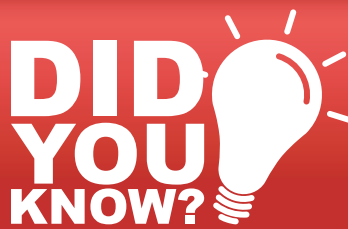
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PHYSICAL THERAPY

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

Clinic News



Full Potential Physical Therapy not only provides individualized one to one care during your appointments, but we go beyond your appointment to assure you are receiving the best in treatment.

How does that work? Our therapists meet each month to discuss any patients who have a complex problem or one that has been resistant to improvement. We put our heads together to troubleshoot difficult cases based on the latest research and our experiences with that particular diagnosis. So, when it comes to getting results for a difficult situation, you are getting 5 physical therapists in one!

In follow up meetings, we discuss the results of putting those ideas into action, and what progress was made in the patient's case. We are a collegial group when it comes to patient treatment and finding what is best for those in our care. It is another way we strive to exchange with our patients, physicians, and insurance companies at a level that exceeds expectations.

If you or someone you know is coping with a stubborn or complex orthopedic issue and is not sure what to do, consider having a consultation with one of our physicians of physical therapy. A consult is a screening exam to see how helpful PT could be for your unique situation. It can be a gentle way to get the ball rolling towards better health for those who aren't sure where to start.

**Need more information?
Call us at 616-392-2172 and ask
for Adeline. Such a call might be
the beginning to a much more
enjoyable summer!**



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