

September 2016

The Newsletter About Achieving and Maintaining Optimal Well-being

How BAD POSTURE Affects You

When was the last time you looked in the mirror or saw a photo of your posture? If you suffer from frequent aches and pains, your posture may be to blame. In today's society, we spend an increasing amount of time sitting looking at the TV, computer screen, and looking down at our phones. If you fit into this category, then changes in your posture can have numerous negative effects on your body.

What happens to your body with bad posture?

Forward head posture – This creates strain on the neck, shortening the muscles in the back of the neck. Neck pain, radiating pain to the shoulders or arms, chronic headaches, and even low back pain can result.

Mid-back slouching – This can change the shape of your ribs and drive your head forward over time. The result can be pain in the mid-back and problems with your neck. Eventually, compression of your lungs, heart, and digestive system can occur, causing internal problems.

Low back - Low back pain is very common with poor posture. The back muscles have to contract excessively to keep you upright, causing you pain. Bad posture also causes abnormal wear and tear on the low back, increasing the risk of arthritis in the spine.

Hips and legs – With sitting for prolonged periods, the hip joints lose range of motion and the muscles in the front of the hips stiffen. These tightened muscles then pull on the low back, causing low back pain.

Walking – Your center of gravity changes with bad posture, causing your balance to decline. In addition, weakness to the hip muscles with prolonged sitting causes problems with walking. All these changes can have a serious impact on your mobility and ability to walk safely.

The good news is that with the right physical therapy treatments, a lot can be done to help you regain proper posture and quickly relieve back and neck pain. Call us today to learn how we can help you live a pain-free life!



5 Steps To Improve Your Posture

Good posture is an ongoing fight against gravity. Gravity wants to pull you to the floor and your muscles have to counteract that to keep you upright. While your posture may have changed over the years, the good news is that there is a lot that you can do to improve your posture and reduce your pain:

1. PHYSICAL THERAPY – We are experts in evaluating posture and guiding you on the proper techniques to change your posture and reduce your pain. Call us if you are having frequent aches and pains. We can examine your posture and put you on the right road to a pain-free life.

2. GET UP FREQUENTLY – When working at a computer or sitting in front of a TV, get up at least every 30 minutes to walk around for at least one minute.

3. PROPER COMPUTER SETUP – Make sure that your desk chair and computer are at the proper height. Having a proper ergonomic set-up is key to maintaining proper posture at work and at home.

4. SITTING PROPERLY – Sitting upright with your feet on the floor (don't cross your legs) keep a small gap between the back of your knees and the chair.

5. EXERCISE FREQUENTLY – Walking, running, stretching, and strengthening certain muscles are very important. Strengthen your back and neck muscles to maintain a better posture.

To see how we can improve your posture, eliminate your pain and get you back to the activities you love to do, call us today!



USE A THERACANE FOR PAIN!



Are you experiencing pain or tension?

Have you ever used a Theracane for your body tension? With the Theracane you can apply deep pressure massage to the back, neck, shoulders, legs, hips, arms, anywhere and every where! It is an excellent self help tool for addressing muscle knots and trigger points. Best of all, you can give yourself a massage whenever you'd like!

**FOR A LIMITED TIME
Only \$35 at Full Potential!**

(Ends October 1st, a \$40 value)

Call today! 616-392-2172

Patient Success Spotlight

"I can now do everything in my job after PT."

You may recognize our next success story from her time spent at Windmill Island. Alisa Crawford – the only Dutch certified miller in the Americas - serves as DeZwaan's miller for the city of Holland. Her job consists of hauling grain, setting up the blades, maintaining the stones, as well as event planning for Windmill Island. Her busiest time of the year is what brought her into Full Potential and I'm sure we could all take a guess as to when that was; Tulip Time.

"I spent 12 hours a day for 2 weeks lifting, carrying, and pulling the entire time. It was difficult to do my job with the amount of pain I was in. It was hard to sleep at night. After Physical Therapy at Full Potential twice per week as well as sessions at Parkhurst Chiropractic with Dr. Jeremy Lengkeek, I can now do everything in my job with no help and I have much less pain and discomfort. The personal level of care here as well as the nature of the staff are clinic strengths here. The healthy company culture is conveyed to patients. (If you take care of employees, then they can take care of the clients). I'm just glad Tulip Time is only once a year!"

Congratulations, Alisa!



Thank You For Attending Our Workshop!



We want to thank every one who attended our Back Pain Workshop last month! We gave each one of our guests an opportunity to provide us with feedback about their time at the workshop and 100% of responses would recommend this workshop to family and friends! Our goal with the workshops is to educate our community about common pains and provide tools to improve quality of lives.

Because of the high demand for this workshop, we are in the works of planning our second one. Please stay tuned for more information!

Visit our Facebook page to stay updated on all of our upcoming events!



www.facebook.com/fullpotentialpt

We've Got Mail!

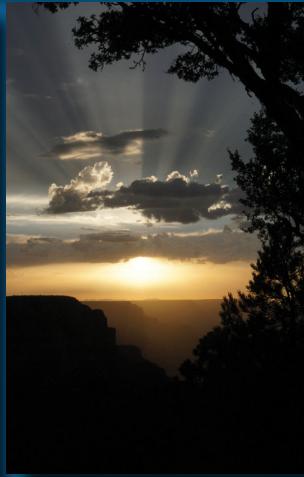


Hello Full Potential Staff,

Thank you very much for helping me through my back pain and into much better health. Last week I was able to go with my family on a hiking trip to Arizona! I attached a picture of my wife and I (and I promise it wasn't photoshopped!). I would not have been able to hike those miles if I didn't have the therapy I needed. Thank you!

The picture of my wife and I was the area around Sedona, but we went to the Grand Canyon too and hiked there, although my 3 kids outdistanced me by quite a bit there. I was able to get about a mile and a half down into the Canyon and then it just seemed like it was time for me to rest and turn around. My youngest not only went all the way down but he was running his way back out (and I'm not sure what level of craziness that is). Thank you all again!

Take care,
S.M.



It's Peach Season!

Madeline's Peach Crisp

Not sure what to do with all of the peaches you picked? Try Madeline's Peach Crisp. It's quick, easy, and delicious!

Ingredients:

- 4 cups sliced fresh peaches
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar
- 1/2 cup cold butter
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup rolled oats

Preheat oven to 350 degrees F (175 degrees C). Arrange peeled and sliced peaches evenly in an 8x8-inch baking dish. Mix flour, brown sugar, butter, cinnamon, and salt in a bowl. Fold oats into flour mixture; sprinkle and press topping into peaches. Bake in the preheated oven until topping is lightly browned, about 30 minutes.

Visit us on Facebook for more tips and updates!

Outstanding relief for your aches...

Try these simple exercises to help relieve your pain.

Relieves a tight lower back

PRONE ON ELBOWS

Lying face down, slowly raise up and prop yourself up on your elbows. Look forward, and hold for ten seconds. Repeat 8 times.



Keeps your body flexible

PRONE ALTERNATIVE ARM & LEG

While lying face down and keeping your lower abdominals tight, slowly raise up an arm and opposite leg. Slowly lower and then raise the opposite side. Do not allow your spine to move the entire time. Six repetitions on each side.



Exercises copyright of



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

WHO DO YOU KNOW THAT NEEDS OUR HELP?



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.** Start by handing out the referral cards located at our front desk to your friends and family that are in need of our help!
- 2.** The card with your name on the back must be returned to us at their first appointment!
- 3.** You win! Come in to claim your prize!

READY. SET. GO!

Help us in helping your friends and family!

They will thank you and so will we!

Call Today! 616-392-2172



Full Potential
PHYSICAL THERAPY



Full Potential
PHYSICAL THERAPY

286 Hoover Boulevard
Holland, Michigan 49423



Please find us on:



SPECIAL OFFER:
THERACANE

SEE COUPON INSIDE



If you feel you are not moving like you used to,

Call Today!
616-392-2172

We will get you the results you deserve!

September 2016

FULL POTENTIAL NEWS



Full Potential
PHYSICAL THERAPY

5 Steps To IMPROVING Your Posture *And Reducing Your Pain*

INSIDE:

- ✓ How Bad Posture Affects You
- ✓ 5 Steps to Improve Your Posture
- ✓ Patient Spotlight
- ✓ We've Got Mail!
- ✓ THERACANE SPECIAL OFFER!
- ✓ Madeline's Seasonal Recipe

