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OFFER

INSIDE

FOR A FREE EXAM!

MUNGER

"To serve the community and change lives with physical therapy"

MONTHLY NEWSLETTER

JUNE 2021

Congratulations Evelyn!

Evelyn Achatz has been a tech with Munger Physical Therapy for 5 years. She graduated from New Life Christian Academy this past month as the class Valedictorian. Evelyn has enjoyed many things during her time in school including choir, soccer, volleyball, theater and band, but her true passion has always been basketball. She has played on the varsity team since 7th grade and her senior year she received the special honor of being league MVP.



Evelyn keeps busy when not at work or school volunteering a lot of her time at her church. She enjoys teaching the kids, but LOVES singing on the worship team!

Evelyn also completed her first year online at Macomb Community College. She plans on another year there and then transferring to Oakland to pursue her desire to become a Physical Therapist.



Understanding the "total knee" by Jim Achatz

Total knee arthroplasty, commonly referred to as "total knees," is one of the most successful medical interventions available today according to the American Academy of Orthopedic Surgeons. Each year in the United States 600,000 patients undergo the procedure. The procedure, first performed in 1968, has excellent success rates for decreasing pain and improving function.

continued on next page

ENTER TO WIN!

CALL WHEN YOU FIND THE
MISSPELLED WORD IN OUR
NEWSLETTER AND YOU
COULD WIN A \$10.00 GIFT CARD!

810.385.7405



How we practice...

At Munger Physical Therapy our goal is to create a comfortable healing environment for your personal recovery by listening to your issues and performing complete evaluations. Our plan of care is based on recent research and over twenty five years of experience to get you back to what you love to do!

- Markus Munger

NOW AVAILABLE

MASSAGE THERAPY

However, there is always an exception. Having seen thousands of knee surgeries in the past 20 years, I have treated some very challenging post-surgical knees.

Not too long ago, at the beginning of my examination of a patient who had knee surgery 10 days earlier, I said "Hello." He calmly looked at me and said "Why didn't anyone tell me it would be this bad?!" He went on to explain the last week of pain and misery he had experienced. I apologized and told him things would get better.

Things did get better as his motion improved to >120 degrees of flexion and full extension; he scheduled his second knee replacement surgery 7 weeks after the first.



There are a few keys to success we would like to pass on:

- * Listen to your surgeon and physical therapist. (Notes to physical therapists; I feel communication is very important. Explain to your patient what to expect in coming weeks, exactly what to do/what not to do, and provide a thorough HEP.)
- * Ice is your friend, it is critical to help reduce swelling. Ice frequently, especially the first two weeks.
- * Move the knee, you won't break it. (Despite the picture in your head where it falls apart). Do your exercises as prescribed.
- * Don't over-do it with excess activity. The body will tell you when you have pushed it too far/too soon with these two tell-tale signs:

1. Increased swelling.
2. Increased pain.

Despite feeling as though you may have made a bad decision, stay the course. You will get better. The pain will decrease and you will be able to do what you enjoy without severe pain.

"The body is made to be in motion" and the knee is no different. Get it moving and keep it moving to use the investment you put into your body.

If you are considering a knee replacement surgery feel free to contact us before and after surgery for a great outcome.

(This article is not intended to diagnose or treat medically. Please see your healthcare professional for medical advice.)

PATIENT TESTIMONIALS



"Jessica, Luke, and James literally got me back on my feet. In September, I broke my heel bone. Eleven screws and a titanium plate held it together. Once it was healed, I was told I could start PT. I came into Munger on crutches and was not planting any weight on my foot. They had me standing on it in no time! They pushed me just enough each session to finally get me where I am today—walking and ready to live with full freedom of motion, balance, and confidence. I cannot say enough good things about Jessica, Luke, and James, and the entire staff at Munger. Their professionalism, care and genuine concern for their patients is phenomenal. They even got me into an excellent pair of running shoes at a discount! They truly cover every base here at Munger. If you need PT look no further than Munger Physical Therapy. You guys are awesome!"

- Tim Keller



"During a weightlifting session several months ago, I injured the muscle and tendon that connects the forearm to the lower bicep and triceps. At one point the pain was so unbearable that I couldn't button a shirt, or even put on deodorant! To compound matters, I have a unique situation due to a badly broken radius and ulna when I was about 12 years old. This left me with very limited rotation range of motion, only 10 to 15 percent of normal. That lack of range of motion for such an extended period of time created odd muscle mechanics which required some adaptive therapy techniques Carrie Collins developed for me personally. Through some rigorous massage therapy, activities, and stretching routines, we were able to get the range of motion in my left arm better than it's been in nearly 35 years! It was a pleasure working with Carrie and although I hope I don't need to return for PT, I wouldn't go anywhere else. The facility and staff are warm and inviting, everything was clean, and they have the equipment with the highly trained staff to get you back to your normal life activity levels. Thanks Carrie, you're the best!"

- Billie Prescott

****SPECIAL OFFER****

Receive a FREE consultation as our thanks to you!

We know the last year has been difficult, so we are extending something special to help you and also to thank you for supporting us and allowing us to serve you and your family.

We are having a day of completely FREE Consultations for:

- All past clients who have not been seen for physical therapy in more than 3 months
- All present clients who have another problem currently not being treated
- All loved ones, family, friends, neighbors, and co-workers of our past and present patients

If you are a past or present patient, then call (810) 385.7405 (Fort Gratiot) or (586) 846-4320 (Clinton Township) to schedule your Free Consultation.

If you are referring a friend or family member, give them the certificate included in this newsletter and have them call (810) 385.7405 or (586) 846-4320 to schedule their Free Health Screen.

Free Health Screens will be on Wednesday, July 14th from 8am – 2pm

A Free Consultation consists of a 30-minute one-on-one appointment with one of our experts (Physical Therapist - "PT"), where they will:

- Talk with you about the history of your problem.
- Take measurements to test how well you are moving and also to test your strength.

After a thorough exam, the therapist will give you a written copy of:

- The cause of your pain or problem.
- A plan for successful treatment.

The appointments are free **but are limited as each PT only has 10 spots.**

Call (810) 385.7405 now to schedule your Free Consultation at Fort Gratiot

Call (586) 846.4320 now to schedule your Free Consultation at Clinton Township

Free Consultations are ideal for people suffering with:

- Lower Back Pain
- Stenosis
- Arthritis
- Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- Those recovering from COVID-19
- Problems with falls, balance, or walking



If you are having pain or problems with day-to-day activities such as walking, standing, sitting for long periods, going up or down steps, getting in and out of the car, sleeping, or driving, then this is an excellent opportunity to see one of our world-class therapists and find out the cause of your problem.

**Call Today
(810) 385-7405**

to schedule your
**Free Consultation for
Wednesday, July 14th**
In Person or through TELEHEALTH.

For your health and wellness-

Markus Munger, PT Cred. MDT

Jim Achatz, PT, MPT, Cred. MDT, CMP, CIDN

PS – As a Special Bonus, all people attending a Free Exam on Wednesday, July 14, 2021, will receive a Free Report: **"The Top 10 Burning Questions for Sciatica."**

FREE SCREENING DAY!

WEDNESDAY, JULY 14, 2021

Call 810.385.7405 or 586.846.4320 to schedule an appointment.

**BE ONE OF THE FIRST 10 PEOPLE TO CALL! Please bring
this coupon with you to your free 30 Minute Exam.**

This free exam coupon may be transferred to friends and family.

4351 24th Ave., Suite 5, Fort Gratiot, MI 48059

Phone: 810.385.7405

MungerPT.com

44925 Morley Dr. Clinton Township, MI 48036

Phone: 586.846.4320

Expiration Date: 8/31/2021



PASTOR'S CORNER: *On Your Mark, Get Set...*

Have you noticed in the race of life that there are people who stand out among the rest? The farther they run, the stronger they get. They seem to possess qualities like these:

1. They have a commitment to finishing strong.
2. They run inspired by a big picture view of life.
3. They run free of the weight of the past.
4. They run with confidence, trained to go the distance.
5. They run in the company of a happy few.

Does anyone come to mind?

In Hebrews chapter 11 we read of those who finished the race. A quick summary can be found in the closing of chapter 10 and through chapters 11 to 12. The author witnessed separated families, people banned from long standing social connections, there was scattered physical persecution, and the price for declaring that one had organized his or her life around Jesus was high to say the least. The result? More than a few people quit, dropped out of the race. So people started asking, "Why? How? Is this my end too?"

If they can quit what about me..."

Hebrews goes on to give example after example of people who met their calling by living in faith. One thing most of us can agree on is that life can be difficult, hard, and overwhelming at times, **but there is HOPE**. The apostle Paul writes in Philippians 3:

"...I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us."

Remember resilient faith finishes the race.

Cheering for you.

Onward,
Pastor Jim



PATIENT RECOGNITION

HEALTH MENTORS

A Health Mentor is a patient who has referred a friend or family member to our practice. We appreciate your continued business and look forward to providing you with quality care.

This month's Health Mentors:

Paul Churchill, Rosemary Falter, Judy Blake, Cynthia Garavaglia, Angela Crimmins, Vicky Jex, Cynthia Miller, Richard Moore, James Mayworm, Megan Achatz, Rodney Barnes, Susan Fagan, Mark Hanton, Judith Korpai, Paula Krowicki, Greg Stremers, and Stephen Elliot

MISSPELLED CONTEST GIFT CARD WINNER:

Dorothy Carr

WORKSHOPS

CLINTON TOWNSHIP:

Presented by Jim Achatz

Tuesday, July 20th at 1:00 p.m.

What You Need To Know About Falls

REGISTER BY CALLING 586-846-4320

Thursday, August 10th at 6:00 p.m.

Facebook Livestream: Back Pain
and Sciatica Workshop

RSVP ON FACEBOOK, @MungerPTCT

PORT HURON OFFICE:

Presented by Markus Munger

Tuesday, July 20th at 6:00 p.m.

Sciatica and Back Pain Workshop

Tuesday, August 10th at 6:00 p.m.

Sciatica and Back Pain Workshop

REGISTER BY CALLING 810-385-7405

MUNGER

PHYSICAL THERAPY

4351 24th Avenue, Suite 5 | Fort Gratiot, MI 48059

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for a
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SPECIALIZING IN:

- Chronic Pain Syndromes
- Headaches / Migraines / TMJ
- Sports Injuries
- Post Surgical
- Back / Neck Pain
- Fibromyalgia
- Worker's Compensation
- Auto Accidents

Stay Connected:



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PHYSICAL THERAPY

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Carrie Collins, LPTA

Erica Jankinovich, LPTA

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**Experts
To Serve
You!**

Two locations to *serve you better!*



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