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**OFFER**  
**INSIDE**  
FOR A FREE EXAM!



# MUNGER

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

## QUARTERLY NEWSLETTER

**FALL 2023**

### GRAND OPENING ANNOUNCEMENT

**Come visit our NEW LOCATION in Marysville!  
We are accepting new patients!**

We are thrilled to announce the grand opening of our state-of-the-art physical therapy practice **Munger Physical Therapy of Marysville**. Just like our other clinics we are dedicated to providing exceptional care with a focus on helping build meaningful relationships, and maximizing our customers' functionality.

At Munger Physical Therapy, we believe that every individual deserves personalized attention and support on their journey to recovery and wellness. Our highly skilled team of experienced therapists is committed

to delivering the highest standard of care, tailored to meet the unique needs of each patient.

We understand that physical therapy is not

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Sara, Evelyn, and Jim Achatz



Markus and Julie Munger



### ENTER TO WIN!

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

**810.385.7405**

### How we practice...

Since 2008, Munger Physical Therapy has worked to improve the lives of those in our community through physical therapy. With locations in Fort Gratiot, Marysville and Clinton Township, we treat a wide variety of symptoms from sprains to surgeries and everything in between. Let our educated specialists help you live a pain free life.

**NOW  
AVAILABLE**

**MASSAGE  
THERAPY**



## MUNGER PHYSICAL THERAPY

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

PRESORT STD  
U.S. POSTAGE PAID  
PORT HURON, MI  
PERMIT NO. 12

**OFFER  
INSIDE  
for a  
FREE EXAM!**

## SPECIALIZING IN:

- Chronic Pain Syndromes
- Headaches / Migraines / TMJ
- Sports Injuries
- Post Surgical

- Back / Neck Pain
- Fibromyalgia
- Worker's Compensation
- Auto Accidents

Stay Connected:



[www.MungerPT.com](http://www.MungerPT.com)



# Experts To Serve You!

Markus Munger, *PT Cred. MDT*  
Laura Kinsley, *PT, DPT*  
Julie Noble, *PT*  
Thomas Dubay, *PT, DPT*  
Carrie Collins, *LPTA*  
Kelli Dunn, *LPTA*  
Anne Leverenz, *LPTA*

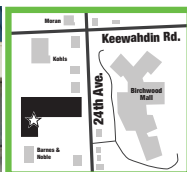
Jim Achatz, *PT, MPT, CMP, CIDN Cred. MDT*  
Mary Ann Herrmann, *PT, MPT*  
Linda Romano, *PT, MPT*  
Taylor Johnson, *PT, DPT*  
Jessica Alessandri, *LPTA*  
Lindsey Lowe, *LPTA*  
Madison O'Neil, *LPTA*

## Three locations to serve you better!



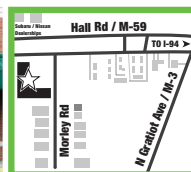
### FORT GRATIOT

4351 24th Ave., Suite 5 • Fort Gratiot, MI 48059  
Phone 810.385.7405 • Fax 810.385.7420



### CLINTON TOWNSHIP

44925 Morley Dr. • Clinton Township, MI 48036  
Phone 586.846.4320 • Fax 586.846.4326



### MARYSVILLE

782 Huron Blvd., Suite 4 • Marysville, MI 48040  
Phone 810.385.7405 • Fax 810.385.7420







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just about treating symptoms; it's about empowering individuals to regain their strength, mobility, and overall well-being. With our experienced comprehensive approach, we combine evidence-based techniques, cutting-edge technology, and compassionate care to ensure the best possible outcomes for our patients. Whether you're recovering from an injury, managing a chronic condition, or seeking to optimize your physical performance, Munger Physical Therapy is here to guide you every step of the way. Our mission has remained the same - to change lives with physical therapy.

Please tell your friends and neighbors that we are expanding to Marysville and we are accepting new patients!

Contact us today to schedule your initial consultation and discover how Munger Physical Therapy can help you achieve your goals.

To your health,

*Markus & Jim*



## PASTOR'S CORNER:

### *Moving Forward in Faith: Philippians 3:13-14*



I think that most of us have dreams, but sometimes they don't work out. In the pursuit of our dreams and goals, challenges can sometimes make us stumble. However, Philippians 3:13-14 offers us a road-map for developing positive habits and a strong work ethic.

The passage begins with **"forgetting what is behind."** It's a call to release the weight of past mistakes and regrets that hinder our progress. This release empowers us to focus on the future.

Like athletes racing toward a finish line, we should channel our energy toward our goals. Determination and diligence, despite obstacles, lead to achievement. Paul's goal is more than earthly success; it's spiritual fulfillment. **"Pressing on toward the goal"** implies purposeful living aligned with God's calling. This perspective fuels our determination and dedication.

In our journey, we can learn from Paul. Letting go of past regrets and looking forward with determination, we can embrace God's purpose for our lives. Through these habits and a strong work ethic, we honor our faith and journey toward the prize that God has prepared.

Onward,  
*Pastor Jim*



## JULIE'S TREATS!

Since we opened in 2008, Julie has been making birthday lunches along with some delicious desserts for all our team members which are always posted on our Facebook page. She likes to always try something new and usually changes the recipe up from the original. I don't think anyone has ever been disappointed yet.

This was originally a banana bread recipe that Julie turned into a Blueberry Banana Muffin recipe that is loved by all of us at Munger Physical Therapy!

MIX	ADD	TOP WITH (sorry, no measurements)
1 cup sugar	1 2/3 cups of flour	Quick oats
1/3 cup softened butter	1 tsp baking soda	Flour
2 eggs	1/4 tsp salt	Cinnamon
1 1/2 cups mashed banana	1/4 tsp baking powder	Brown sugar
1/3 cup orange juice	2 cups of fresh blueberries	Melted butter

**BAKE AT 350 DEGREES UNTIL TOOTHPICK COMES OUT CLEAN (APPROXIMATELY 30 MINUTES)**



**Bon Appétit!**

*Julie*

## PT Spotlight..

### Tom Dubay PT, DPT

My name is Tom Dubay. I am a graduate of Oakland University with a Doctorate in Physical Therapy in 2013. When I'm not working as a physical therapist, I enjoy spending time with family, playing sports with my son, walking the dog, and fishing. I have a beautiful wife and 2 children at home, Nora and Vincent. I am passionate about my profession of physical therapy and I find it rewarding to be able to help others through my work. I am always working on furthering my skills as a therapist through continuing education and learning from other therapists with different skill sets than my own. I am LSVT certified for the treatment of Parkinson's disease symptoms and I am currently working on certification in the McKenzie method for spinal and extremity care. I like to have fun with my patients and joke around when appropriate. I believe a happy and positive environment is the best setting for patient healing and improvement.



### WHAT PATIENTS ARE SAYING...



"My first time as a patient here. Everyone is so friendly and caring. Eager to help. My PT is kind and caring, willing to go that mile to make sure my therapy is working. I appreciate the extra care. Thank you for making my experience here a good one." ~ Jackie

"I have nothing but great things to say about Munger Physical Therapy! Everyone there is absolutely amazing. Front from office to the back I have had a pleasant experience from everyone. Went in with wrist pain thinking I had damage in my wrist and found out it was something completely different causing the pain. Went for a few weeks and I am no longer experiencing pain. They worked wonders for me! If you're in need of a physical therapist, don't even think twice! Go to Munger :) ~ Stephanie

"Munger Physical Therapy was worth every moment! The friendly staff gets to know you on a personal level, and they thrive and push you to succeed and get better at whatever ailments someone may have regarding physical therapy. I appreciate all of the help and now I have all of the tools for a lifetime to better achieve a pain free lifestyle in my shoulder! Highly recommended!" ~ Rob

## WORKSHOPS

### **Fort Gratiot CALL 810-385-7405 TO REGISTER**

**Wed. Oct. 18th 1:00 p.m. - 2:00 p.m.** Parkinson's Wellness  
**Wed. Oct. 18th 5:00 p.m. - 6:00 p.m.** Sciatica Low Back Pain  
**Wed. Nov. 8th 1:00 p.m. - 2:00 p.m.** Parkinson's Wellness  
**Wed. Nov. 8th 5:00 p.m. - 6:00 p.m.** Sciatica Low Back Pain

### **Marysville CALL 810-385-7405 TO REGISTER**

**Wed. Oct. 25th 1:00 p.m. - 2:00 p.m.** Parkinson's Wellness  
**Wed. Oct. 25th 5:00 p.m. - 6:00 p.m.** Sciatica Low Back Pain  
**Wed. Nov. 8th 11:00 a.m. - 12:00 p.m.** Fall Prevention  
**Tues. Nov. 14th 1:00 p.m. - 2:00 p.m.** Parkinson's Wellness  
**Tues. Nov. 14th 5:00 p.m. - 6:00 p.m.** Sciatica Low Back Pain

### **Clinton Township CALL 586-846-4320 TO REGISTER**

**Tuesday, October 24th 1:00 p.m. - 2:00 p.m.** Fall Prevention  
**Tuesday, October 24th 5:00 p.m. - 6:00 p.m.** Back Pain Basics

# GRAND OPENING SPECIAL!



We want to do something special to celebrate and 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 6 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 at any of our 3 locations.**

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 Consultation.

## **The day of Free Consultation will be on Tuesday, October 24th, 2023**

The Free Consultation consists of a 30-minute one-on-one appointment with a Physical Therapist. (PT)

- The PT will talk with you about the history of your problem.
- They will take measurements to test how well you are moving and to test your strength.

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

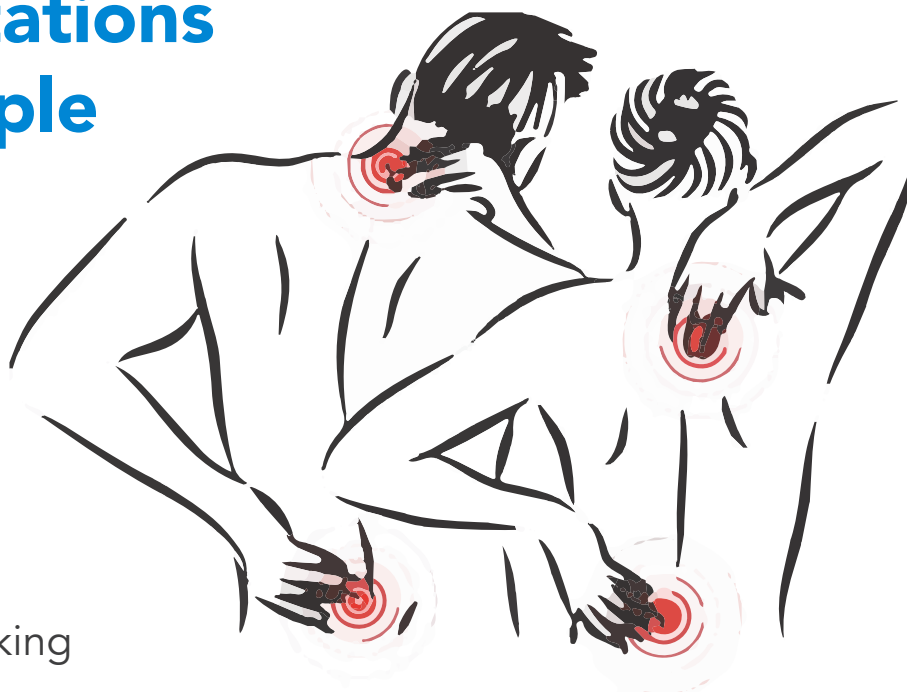
- The cause of your pain or problem.
- A plan for successful treatment.

**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 or Marysville.  
Call (586) 846-4320 to schedule your Free Consultation at Clinton Twp.

# The Free Consultations are ideal for people suffering with:

- Lower Back Pain
- Arthritis
- Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- Problems with 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**

to schedule your

**Free Consultation  
for Tuesday,  
October 24th, 2023**

*For your health and wellness-*

**Markus Munger, PT Cred. MDT**

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

PS – In celebration of our **Marysville location**, we will give away a Free "**Treat Your Own Neck**" book. This is going to the first 10 people to schedule a Free Exam for Tuesday, October 24th, 2023.

## FREE SCREENING DAY!

TUESDAY, OCTOBER 24, 2023

**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

44925 Morley Dr.,  
Clinton Township, MI 48036  
Phone: 586.846.4320

782 Huron Blvd., Suite 4  
Marysville, MI 48040  
Phone 810.385.7405

**MungerPT.com**  
Expiration Date: 11/15/2023