

**You bought that new driver...
You took your golf lessons...
You had your swing analyzed...**

***And you're still hooking it!
Maybe it's you!***

Introducing Dr. Zielonka's
ULTIMATE GOLF ALIGNMENT PROGRAM
"The Missing Link for Serious Golfers"

Did you ever consider that maybe your body is simply working against you? It's great that you know how to align your body to the ball, but what if your body isn't aligned? Your golf pro may have taught you about balance, but what if your own body isn't? How can you have a smooth weight transfer if the joints, nerves and muscles are simply incapable of performing the correct movement?

**DR. ZIELONKA'S UNIQUE PROGRAM IS UNLIKE ANY
OTHER IN ITS SPECIFICITY TO YOUR INDIVIDUAL
BODY UTILIZING THE MOST ADVANCED TECHNOLOGY**

Dr. Zielonka's

ULTIMATE GOLF ALIGNMENT PROGRAM

“The Missing Link For Serious Golfers”

Prepared for Joe Sample

OCNHC
OTTAWA CHIROPRACTIC & NATURAL HEALTH CENTRE



Dr. John Zielonka B.Sc., D.C., C.O.H., A.R.T., CCRD
World Exchange Plaza, 111 Albert St. Ground Floor
Ottawa ON K2P 1A5 (613) 688-1036
www.excellenceinhealth.com

OTTAWA'S PREMIER CENTRE FOR HEALTH & WELLNESS

© Health and Wellness Canada 2006 All Rights Reserved

Our program includes;

- Comprehensive spinal and nervous system examination by Dr. Zielonka
- Analysis on the Myovision Nerve & Spinal Scan (developed by NASA engineers) that will quantify nerve and muscle dysfunction along the spine
- Leg length analysis
- X-ray analysis
- Gait analysis on the T.O.G. Computerized Gait Scan and TQ1000 Laser
- National Back testing and low back muscle endurance testing
- Biotonix Posture Print Displacement analysis
- Balance testing
- Specific computer generated exercises to re-balance your spine and posture
- 3 full sessions on balance, specific stretching and spinal stabilization exercises
- Specific recommendations by Dr. Zielonka on treatment of golf injuries, corrective spinal care and the need for custom golf orthotics.

This program is about correcting the weaknesses and misalignments in your body that will allow you to achieve the swing you want. It will provide you with the exercises you need and will also address any chronic injuries as well as how to prevent them.

WHY FIGHT AN UPHILL BATTLE AND MAKE GOLF EVEN MORE FRUSTRATING?

THIS PROGRAM WILL TAKE STROKES OFF YOUR GAME!

“Incorrect stance and faulty posture greatly
affects the success of the entire swing.”

~BEN HOGAN

“Chiropractic care to properly align the spine
is as important to me as practicing my swing.”

~TIGER WOODS

TO BECOME A BETTER GOLFER PLEASE CALL (613) 688-1036 AND BOOK YOUR PROGRAM TODAY!

Dr. John R. Zielonka, B.Sc., D.C., C.O.H., A.R.T., C.C.R.D.
OTTAWA CHIROPRACTIC & NATURAL HEALTH CENTRE
111 Albert St., World Exchange Plaza
Ottawa, Ontario K2P 1A5 (613) 688-1036
www.excellenceinhealth.com

Improving Your Golf Swing Mechanics with Dr. Zielonka's

ULTIMATE GOLF ALIGNMENT PROGRAM

TECHNIQUE AND FUNCTION

Ask any golf professional and he or she will tell you that your golf swing is all about proper body mechanics.

There are really 2 aspects to your golf swing, technique and function. Your golf pro is the expert for technique. But what if your body simply isn't capable of functioning properly? An optimal golf swing requires full rotational capacity of nearly every joint involved and must be done **efficiently, easily, explosively and repeatedly**.

This requires:

- Full co-ordination of the nervous system
- proper contraction of each muscle and tendon
- full joint mobility
- proper spinal alignment

Dysfunction in any of the above can come from imbalances, trauma, old injuries, repetitive strains, scar tissue, misalignments and other weaknesses.

DO YOU THINK YOU WOULD BE A BETTER GOLFER IF;

- you could correct any spinal misalignment
- you could restore any leg length discrepancy
- you could eliminate scar tissue
- you could restore normal nerve function
- you could achieve optimal joint mobility and muscle function
- you could increase flexibility, strength, stability and power
- you could repair old chronic injuries
- you could prevent injuries

LET US SHOW YOU HOW

OUR TECHNOLOGY

The OCNHC is the only health centre of any kind in Ottawa that has all the technology listed below. This allows us to perform an unparalleled analysis of your health and golf needs.

MYOVISION NERVE AND SPINAL SCAN

Originally invented by engineers at NASA, the MyoVision Nerve and Spinal Scan actually measures the electrical activity of the nervous system. Like an ECG for the heart, the MyoVision can detect nervous system and muscle dysfunction long before symptoms appear. Given that proper nervous system function is essential for an optimum golf swing, the MyoVision Scan is invaluable.

BIOTONIX BIOPRINT / POSTURE PRINT

Digital images are taken of 32 reflective markers placed on your body for an in-depth biomechanical analysis. While Mario Lemieux attributed his comeback in hockey to this program, numerous professional golfers including Tiger Woods have utilized this program to vastly improve their swing, balance, stability and power.

DIGITAL X-RAY

The most advanced high frequency digital x-ray is used to properly analyze spinal and hip structure as well as any aggravating degenerative changes.

P.A.S.S. POSTURAL ANALYSIS

Specific postural abnormalities and weight imbalances are easily determined with this system.

TQ1000 LASER

The only laser of its kind in Ottawa that not only quantifies your exact need for custom orthotics but also the only unit in Ottawa that is capable of objectively measuring whether your current orthotics are actually working for you.

T.O.G. COMPUTERIZED GAIT ANALYSIS

With the greatest sensitivity and highest speed of any computerized gait analysis, the T.O.G. Computerized Gait Analysis allows us to determine all the functional aspects of your gait and stance so important to your golf performance.

SELF-TEST

1. Has your handicap plateaued regardless of your clubs, lessons, practice or swing analysis?
2. Do you have any chronic back, neck, hip, wrist or elbow pain that;
 - Worsens with play?
 - Prevents you from playing?
 - Adversely affects your game?
3. Does your swing no longer feel smooth on every shot?
4. Are you not able to generate the power and distance you desire?
5. Do you hook or slice the ball more than you desire?

If you answered yes to any of the above then the Ultimate Golf Alignment Program is for you.

Handicap before Golf Alignment Program _____ Date _____

Handicap 6 weeks after Golf Alignment Program _____ Date _____

Handicap 12 weeks after Golf Alignment Program _____ Date _____

Dr. John Zielonka, B.Sc., D.C., C.O.H., A.R.T., C.C.R.D.

Dr. Zielonka is the owner of the Ottawa Chiropractic & Natural Health Centre. The first centre opened in October 1995 at 200 Kent Street (at Laurier) where it continues to provide quality health care. The new second location opened in May 2004 on the ground floor of the World Exchange Plaza.

- Dr. Zielonka obtained his Bachelor of Science in Chemistry from York University in 1986.
- He earned his Doctor of Chiropractic from the Canadian Memorial Chiropractic College in 1991.
- He is co-author of the new book due out this summer titled “The World’s Best Kept Health Secret Revealed” which has already *pre-sold* over 70,000 copies.
- He is the originator of the **Ultimate Golf Alignment Program**, the most advanced spinal analysis and correction program available for golfers today.
- He became a Certified Active Release Technique Provider (A.R.T.) in association with the University of San Diego Medical School in 1996.
- He received post graduate certification as a Certified Chiropractic Rehabilitation Doctor (C.C.R.D.) in 1997.
- He is certified by the Canadian Institute of Biomechanics in the diagnosis and fitting of custom made orthotics.
- He is the past Director of Rehabilitation at the Ottawa Sports Science Centre.
- He is an Advanced Nutritionist and Metabolic Detoxification Consultant.
- He is the founder of the Human Performance Lecture Series and currently lectures on 53 different health topics.
- He is the past Vice President of the Eastern Ontario Chiropractic Society and a professional member of;
 - Canadian Chiropractic Association
 - Ontario Chiropractic Association
 - Canadian Memorial Chiropractic College
 - Eastern Ontario Chiropractic Society
 - Society of Weight Training Injury Specialists (SWIS)

Dr. Zielonka’s past patients include everyone from gold medal Olympic athletes, NHL, NFL and CFL players, elite golfers, major corporations and being in the delivery room for newborn babies.

Dr. Zielonka believes in taking an overall, common sense approach to help patients achieve and maintain true optimum health by addressing all of the 5 Keys of Health. Utilizing the latest scientific advancements and most advanced technology combined with thorough patient education, Dr. Zielonka’s goal is to enable people to make informed choices and take an active role so that they may experience a lifetime of their true health potential.

Dr. Zielonka may be reached at (613) 688-1036 or www.excellenceinhealth.com

WHAT TO EXPECT WITH OUR PROGRAM

□ VISIT #1

Plan to spend 1^{1/2} to 2 hours with us on your first visit. This assumes that you have completed our necessary paperwork and confidential health history prior to your first appointment. This visit will include a thorough review of your health history and comprehensive examination with Dr. Zielonka (30 to 45 minutes) followed by further biomechanical testing by Dr. Zielonka's advanced rehabilitation instructor (45 minutes). Both parts will involve significant testing with our advanced technology. X-rays will also be necessary (either at our office or at a nearby medical lab) (15 to 30 minutes). Appropriate dress will involve skin contact as well as tight fitting sports attire.

□ VISIT #2

Plan to spend approximately 30 minutes with Dr. Zielonka as he will review the key findings of your examination and analysis.

□ VISITS 3, 4 and 5 (Training Sessions)

Each session will be on separate days and last 45 to 60 minutes with Dr. Zielonka's advanced rehabilitation instructor.

- Visit #3 Specific Balance and Stretching
- Visit #4 Specialized Corrective Biotonix Rehabilitation Exercises
- Visit #5 Individualized Core Stabilizing and Strengthening

All participants will receive their personalized Ultimate Golf Alignment Program binder with all examination findings, treatment recommendations and specific corrective stabilization exercises included with your program.

ADDITIONAL VISITS may be necessary if any corrective treatment is deemed necessary (custom orthotics, chiropractic care, active release techniques). For those golfers who wish to ensure their long term success and compliance it is also recommended that all participants undergo a follow-up comparative Biotonix analysis 9 weeks after beginning your program. Additional costs will apply.

**Dr. Zielonka's
ULTIMATE GOLF ALIGNMENT PROGRAM
"The Missing Link for Serious Golfers"**

Our program includes:

- Comprehensive spinal and nervous system examination by Dr. Zielonka
- Analysis on the Myovision Nerve & Spinal Scan (developed by NASA engineers) that will quantify nerve and muscle dysfunction along the spine
- Leg length analysis
- X-ray analysis
- Gait analysis on the T.O.G. Gait Scan and TQ1000 Laser
- National Back testing and low back muscle endurance testing
- Biotonix Posture Print Displacement analysis
- Balance testing
- Specific computer generated exercises to re-balance your spine and posture
- 3 full sessions on balance, specific stretching and spinal stabilization exercises
- Specific recommendations by Dr. Zielonka on treatment of golf injuries, corrective spinal care and the need for custom golf orthotics.

Total Value \$ 895 Your Cost Only \$ 595

Name _____

Address _____

City

Province

Postal Code

E-mail _____

Phone home _____ bus. _____ cell _____

How did you hear about our program? _____

Payment by Cash

Cheque

Credit Card

Visa / MC _____ Exp _____

Signature

date