



1. **ULTIMATE GOLF ALIGNMENT PROGRAM** - Simply the most advanced program in Ontario to analyze and help correct your biomechanical faults.
2. **BIOTONIX BIOPRINT** – Comprehensive computer analysis, digital pictures and specific, individualized rebalancing exercises.
3. **SPECIFIC GOLF EXERCISE PROGRAMS** – Whether stretching, core strengthening, spinal stabilization or balance, our expert individualized sessions are second to none.
4. **CUSTOM –MADE ORTHOTICS** - We have fit gold medal Olympic athletes. Learn how our golf orthotics has been scientifically proven to increase your drive by 15 yards.
5. **CHIROPRACTIC CARE** – Tiger Woods has been quoted as saying that his Chiropractic care is as important to him as practicing his swing.
6. **ACTIVE RELEASE TECHNIQUES** – the most advanced muscle technique available to remove scar tissue from golfer’s elbow, rotator cuff problems and much more. (Dr. Zielonka was one of the first 8 doctors in Canada certified in this technique.)
7. **PHYSIOTHERAPY** – Let our professional physiotherapist help you and your game.
8. **AQUA MASSAGE** – After a day on the course let 36 Jacuzzi jets give you the ultimate massage in 1/3 the time at ½ the cost without ever getting wet.
9. **CORE SCIENCE VITAMINS** – Add energy and health with the world’s best nutritional supplement.

**More information and additional handouts are available on all of the above. Please ask.**

# OCCNHIC

## OTTAWA CHIROPRACTIC & NATURAL HEALTH CENTRE

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