

# JOIN US FREE AT ONE OF OUR UPCOMING WORKSHOPS:

- **Balance and Fall Prevention**
- **Joint Replacement: What to Expect**
- **Lower Back Pain & Sciatica**
- **Rotator Cuff/Shoulder Pain**

## WALLINGFORD

- August 16, 2018: Lower Back Pain and Sciatica 7 pm**
- August 28, 2018: Rotator Cuff/Shoulder Pain, 7 pm**
- September 20, 2018: Lower Back Pain and Sciatica, 7 pm**
- October 9, 2018: Total Joint Replacement, What to Expect, 7 pm**

## SOUTHINGTON

- August 23, 2018: Lower Back Pain and Sciatica, 7 pm**
- September 18, 2018: Lower Back Pain and Sciatica, 7 pm**
- October 16, 2018: Lower Back Pain and Sciatica, 7 pm**
- November 10, 2018: Lower Back Pain and Sciatica, 10 am**
- December 15, 2018: Lower Back Pain and Sciatica, 10 am**

## BRISTOL

- September 25, 2018: Lower Back Pain and Sciatica, 7 pm**
- October 23, 2018: Balance and Fall Prevention, 7 pm**



**RESERVE YOUR SPOT TODAY BY CALLING:**

**Bristol: 860-585-5800**  
**Southington: 203-272-8490**  
**Wallingford: 203-741-9948**



# FYZICAL

Therapy & Balance Centers

**Bristol: 860-585-5800 • Wallingford: 203-741-9948 • Southington: 203-272-8490**

## Have an Injury-Free Golf Season!

Do your back, shoulder or elbow have you screaming Fore!? You are not the only one whose play is affected as the result of a nagging injury or lack of flexibility. The good news is that FYZICAL Therapy Spine, Sports & Balance Center, your local neighborhood private practice, can help you with your injuries!

The best golfers in the world make fitness an integral part of their game and have forever changed golf. Par 5s are now reachable in 2, fatigue is not as much of a factor, ball striking is more consistent, and scores continue to drop. Technological improvements in equipment have helped, but more than ever, golf professionals are investing in physical health. Most amateurs, however, have not taken advantage of getting their bodies in the best physical condition to play the game they love. It may be a shortage of proper fitness programs specific to golf, it may be that the information out there just doesn't seem to fit the individual, or it may be fear of injury or lack of a personal plan based on individual needs. One thing is for sure – investing in your physical health will add to the enjoyment of your game!

Low back pain is the most common injury or complaint among both professional and amateur golfers, followed by upper extremity injuries (elbow and shoulder). Low back problems occur as the result of a powerful rotation and extension motion in the golf swing. They can also occur as the result of inadequate flexibility in the hips and trunk. A 2004 study suggests that increasing extension ROM of the lumbar spine and rotation in the lead hip (left hip in a right-handed golfer) may decrease the incidence of low back pain. FYZICAL Therapy Spine, Sports & Balance Centers of CT are the only Certified McKenzie Spine Care Clinics in New England! There is no better place to get treated for your back pain.

The elbow is the second most common injured area in golfers. The two most common problems are medial epicondylitis (aka golfers elbow) and lateral epicondylitis (aka tennis elbow). Both are thought to occur as the result of poor swing mechanics, these injuries become apparent with an increase in play. They also occur from hitting the ground frequently (taking a divot) or hitting a shot "fat" (taking a very large divot). A good stretch and strengthen program have been shown to decrease these problems, along with improved swing mechanics.

The key to injury prevention is a proper warm up routine before hitting the links. More than 80 percent of golfers spend less than 10 minutes warming up before a round. Those who do have a 50 percent less incidence of injury compared to those who do not warm up.

A personalized program can be designed for you by a certified Titleist Performance Institute practitioner at FYZICAL Therapy Spine, Sports & Balance Center. The focus is on helping to increase range of motion, improve balance and coordination, increase strength, increase flexibility and increase stability which can all help with injury prevention and improve your golf game. You might even gain a little extra distance as a bonus! This is offered exclusively in our Wallingford location, 203-741-9948.



## SUCCESS STORY



*I saw a chiropractor for most of 2016 and 2017 with limited results, sometimes the pain returned before I was out of the parking lot. After five weeks at Fyzical, I leave today with no pain, the knowledge and exercise to control my pain should it arise again, and the ability to touch my toes – something I have not been able to do in five years!*

## – STAFF SPOTLIGHT –

The journey in private practice physical therapy started in 2003 when I opened our Bristol location on December 1. We then opened Southington location in 2006 and Wallingford in 2017. It has been a wonderful journey and my vision from day one (and still today), has been, to help the people in the communities we serve live a pain-free life without the use of medications, injections or surgery.



**Craig Zettergren**  
PT, Dip. MDT Back Pain and Sciatica Specialist

Craig is married to Lynne-Marie Zettergren, his high school sweetheart. They were married in 2014. They have four children, Jessica, Sierra, Julia and Shane. Craig went to the University of Connecticut where he graduated in 1988 with a Bachelor of Science in Physical Therapy. He earned a Masters degree in Orthopedic Physical Therapy from Quinnipiac University. He completed the diploma program with the McKenzie Institute International in 2010.

### What do you like to do outside of work?

Golf, cycling, hiking, cooking.

**Bucket list items?** Hiking the entire Appalachian trail.

**Favorite person(s) to follow on social media?**

My children, it is how I know what is going on!

# Community Events

**WALLINGFORD**  
Celebrate Wallingford! October 6-7

**BRISTOL**  
Mum Festival Weekend  
September 20-23

**SOUTHINGTON**  
50th Apple Harvest Festival  
September 28-30 & October 5-7

## Chicken Skewers

*Here's a six-ingredient dish that delivers big taste with minimal fuss. If you're pressed for time, cut the marinating back to 15 minutes – the lemon flavor will still come through.*

### Ingredients:

- 3 tablespoons fresh lemon juice, divided
- 1 tablespoon minced garlic, divided
- 1 1/2 teaspoons dried oregano, divided
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 3 tablespoons extra-virgin olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breast halves, cut into 1 1/2-inch cubes
- 2 cups fresh parsley leaves
- 1 cup chopped cherry tomatoes



### Directions:

Combine 2 tablespoons juice, 2 teaspoons garlic, 1 teaspoon oregano, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a bowl. Add 1 tablespoon oil, stirring with a whisk. Add chicken, and stir; marinate in refrigerator 2 hours, covered.

Remove chicken from bowl; discard marinade. Thread chicken onto 4 (10-inch) skewers. Heat a grill pan over high heat. Add skewers; cook 6 minutes or until done, turning often.

Combine remaining 1 tablespoon juice, 1 teaspoon garlic, 1/2 teaspoon oregano, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl. Gradually add remaining 2 tablespoons oil, stirring well with a whisk. Add parsley and tomatoes; toss to coat. Serve chicken on top of salad.

# FIGHT THE FALL: Fall Prevention Awareness Month

National Falls Prevention Awareness Day is September 22, 2018 and FYZICAL Therapy and Balance Centers of CT are offering **FREE FALL RISK ASSESSMENTS** to identify Americans who have problems with their balance.

Poor balance could make people susceptible to a fall with subsequent injury. In addition, FYZICAL® therapists will identify solutions that improve balance, flexibility and strength that can help older people prevent falls.

Almost 8 million American adults complain of chronic balance problems. A recent study from the journal Current Gerontology and Geriatrics Research reported that many older adults are not aware they are at risk for falling due to preventable deficits in strength, balance and range-of-motion. It's crucial to understand these risks because falls are increasingly common with age, and they can have serious consequences ranging from fractures, broken hips, loss of independence, or worse.

According to the CDC, 33 percent of the U.S. population fall each year and 25 percent of all hospital admissions are due to falls. Every 11 seconds an older adult is treated in the emergency room for a fall, and every 19 seconds an older adult dies from a fall. But it doesn't have to be that way. That's why FYZICAL® centers nationwide have joined forces with the National Council on Aging (NCOA) to help "Fight the Fall". September 22, 2018 is the first day of the fall season and the day designated by the NCOA to help raise Americans' awareness of preventable falls and injuries.

Contrary to popular belief, loss of balance, decreased muscular strength, and falling are not part of the natural process of aging. Inactivity is the number one factor involved in a decrease in balance and mobility.



The majority of falls are preventable and something can be done to ensure that you stay safe and balanced as you enjoy your life.

The science behind balance includes three of our bodily systems working together in order to maintain an upright position. These systems include the visual system (eyes), vestibular system (inner ear), and receptors in the joints of the lower legs and feet (muscles). If one or more of these systems is impaired, then balance is compromised.

The visual system is responsible for determining where you are in relation to the environment around you, determining depth perception and providing peripheral vision.

The vestibular system is composed of the inner ear and semi-circular canals. These canals contain fluid which allow our body to determine where our body is located in relation to the horizontal. This system can be thought of like the level tool used to ensure that a picture frame is straight when being hung on the wall. Trau-

ma, degenerative changes, bacterial infections, and viruses can affect this system from working properly.

The joint receptors in your legs and feet allow you to be aware of where your muscles are moving. In the aging population as well as diabetic individuals, the sensation in the legs and feet can be compromised and significantly decrease our positional awareness.

If you or someone you know is suffering from loss of balance and/or difficulty walking please get in touch with our staff at the nearest FYZICAL® location to get your **FREE FALL RISK ASSESSMENTS**. These are being offered as community outreach to identify deficits in balance, flexibility, and strength that could make you susceptible to a fall and the next steps to take in preventing future falls.

For questions or concerns please contact your local physical therapist, at 860-585-5800 (Bristol), 203-272-8490 (Southington) or 203-741-9948 (Wallingford).