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STAY IN THE GAME



Newsletter for all our Form & Function Family



The Front Nine Felt Great. What About Monday?

You know the feeling. You make the turn at the ninth hole, and everything feels loose, strong, and exactly the way you worked so hard for it to feel. Your swing has that rhythm back. Your back isn't nagging you. You think, "I've got this." So you play the back nine. Maybe you squeeze in another round on Sunday. Maybe you say yes to that scramble next weekend too, because summer doesn't last forever and neither does good tee time weather.

Then Monday morning happens. That old stiffness in your hip is back. Your shoulder feels a little "off" when you reach for your coffee mug. Your low back has that familiar tightness you haven't felt in months. Sound familiar? If so, we want you to know this doesn't mean you're back at square one. It just means it's time for a quick check-in, before "a little off" turns into something bigger.

OVERVIEW:

- The Front Nine Felt Great. What About Monday?
- Monthly Offer
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Why Golf Is Harder on the Body Than It Looks

Golf has a reputation as a relaxed, low-impact game. And compared to something like running or basketball, it is easier on the joints in some ways. But here's what most people don't realize: the golf swing is one of the most repetitive, asymmetrical, rotational movements in all of sport.

Think about it. You're loading and unloading through the same hip, the same shoulder, and the same section of your spine, swing after swing, round after round, all summer long. That's a lot of repeated force moving through tissue that may still be adapting from an old injury or a previous course of care.

Here's the part that catches people off guard: you don't have to feel pain during the round for stress to be building underneath the surface. This is what we mean when we talk about issues getting "quietly reloaded." It's not usually one

bad swing that causes a setback. It's the accumulation of three rounds in two weeks, plus yard work, plus that beach trip, plus sleeping differently on vacation.

Individually, none of it seems like much. Together, it can be enough to wake up something that had settled down.

Common Trouble Spots for Golfers

A few areas tend to show up again and again when we see former patients for a summer tune-up:

Low back: The rotational force of the swing, combined with the compression that happens through impact, puts a lot of demand on the lumbar spine. If your core and hips aren't sharing the load well, your low back often picks up the slack, and that's usually where stiffness or discomfort shows up first.

Lead hip: Your front hip (left hip for a right-handed golfer) has to rotate, decelerate, and stabilize all in the same motion. If mobility or strength

in that hip has quietly declined since your last round of care, it can become a bottleneck that the rest of your body compensates around.

Shoulder and elbow:

Repetitive swinging, especially with a lot of practice reps or a recent change in swing mechanics, can aggravate the rotator cuff or the tendons around the elbow. This is often the "I didn't do anything, it just started hurting" injury.

Wrist: Grip pressure, ball-first strikes, and repeated impact through the wrist and forearm can add up over a summer of frequent play, particularly if you've picked up your practice volume.

Neck: This one gets overlooked, but the rotational nature of the backswing and follow-through places real demand on the neck and upper back, especially if your thoracic spine mobility has gotten a little stiff since we last worked together. A tight, achy neck after 18 holes is often less about your neck and more

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
- Boosted energy, circulation, and oxygenation of blood and tissue
- Improved sleep quality, blood pressure, and cholesterol levels
- Balanced immune system and accelerated cell regeneration
- Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

about everything below it not rotating the way it should.

None of these are necessarily serious on their own. But they are all signs that something in the chain isn't distributing load the way it should, and that's exactly the kind of thing we can catch early.

This Doesn't Mean Starting Over

If you're reading this and thinking, "Great, so now I have to shut it down for the rest of the summer," that's not what we're saying, and it's not what we want for you.

Catching something early is completely different from letting it snowball. A mild ache that shows up after your last few rounds is your body sending a signal, not sounding an alarm. The goal isn't to stop playing golf. The goal is to make sure your body can actually keep up with the golf you want to keep playing.

This is the difference

between a quick tune-up now and a six-week rebuild later. One requires a short visit and a few adjustments to your plan. The other requires patience you probably don't want to spend during the best golf weather of the year.

How We Actually Help With This

This is where a golf tune-up looks a little different from a typical "get out of pain" visit, and it's worth explaining why. When you come in with something like this, we're not just trying to calm down the sore spot. We're looking at the whole chain that feeds into your swing: hip rotation, thoracic spine mobility, core control, and how well your body separates your upper body from your lower body during the backswing and downswing. In golf, a lot of "shoulder pain" is really a hip mobility problem, and a lot of "low back pain" is really a rotation problem showing up somewhere else. A tune-up visit typically involves a hands-on assessment of how

you're moving through the rotational pattern that mirrors your swing, targeted manual therapy to address any restrictions we find, and a small, specific set of exercises aimed at closing the gap, whether that's hip mobility, core stability, or thoracic rotation. It's a matter of identifying what's changed since your last visit and making a few precise adjustments before your body starts compensating in ways that lead to bigger problems.

The Open Door

If you've been feeling great since we last worked together, that's exactly what we want to hear, and there's no need to do anything at all. But if your back, hip, or shoulder has felt a little "off" after your last few rounds, we don't want you to wait it out and hope it resolves on its own. We'd rather catch it now, while it's still a quick fix.

If you're experiencing any of these, you should call us at 888-619-2885 to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to ensure you get back in the game quickly.

Product We Love



Joint NutraCare

Struggling with joint pain, stiffness, or swelling? Joint NutraCare helps support your body naturally, without harmful side effects, so you can move and feel better every day. What Makes It Different?

This isn't just another supplement. Joint NutraCare is designed to support your body at the source, helping rebuild and protect your joints instead of just masking symptoms. All-Natural. Real Results.

Our powerful blend of ingredients works together to:

- Support joint comfort and mobility
- Reduce inflammation naturally
- Promote healthy skin and aging
- Support hormone balance
- Strengthen bones and boost antioxidants

Move Better. Feel Better. Stay Active.

Promos of the Month

AUGUST PROMO

\$35 PEMF SESSION

.....
Knock pain out of the park! Swing in' to summer feeling your best with a PEMF session!



25% Off Joint NutraCare For First Time Buyers On the Website



5 Warning Signs Your Golf Swing Is Compensating for an Old Injury

By: Trevor Field

Golf is one of the most technical sports out there, and most golfers know their swing better than they know their own body. You can probably tell when your hips are open too early or when you're coming over the top. But here's what a lot of golfers miss: your body will compensate for weakness or restriction long before it ever tells you something is wrong.

That means your swing can slowly change, not because your mechanics are off, but because your body is quietly working around a limitation. And by the time it shows up as pain, the compensation pattern has often been building for months.

Here are five signs worth paying attention to.

1. Your Swing Speed Has Dropped, But You Don't Know Why

If you've lost distance despite no change in your fitness or technique, it's worth asking whether your body is physically capable of generating the rotation it used to. A stiff thoracic spine or a hip that isn't rotating fully can quietly rob you of power, long before it causes pain. Your brain is smart. If a movement isn't available, it finds a way around it, usually by pulling force from somewhere else, which is rarely as efficient.

2. You Feel Tighter on One Side Than the Other

Golf is inherently asymmetrical, so some side-to-side difference is normal. But if you consistently feel restricted rotating one direction, or if one hip or shoulder feels noticeably tighter after a round, that's not just "part of playing golf." It's often a sign that one side is doing more work than it should, which puts extra stress on the joints and tissues around it.

3. You've Changed Something in Your Setup Without Realizing It

Have you widened your stance? Shortened your backswing? Started standing a little more upright at address? These small, often unconscious adjustments are frequently your body's way of avoiding a position that doesn't feel stable or doesn't have full mobility available. If your setup has drifted from what it used to be, that's worth a closer look.

4. Soreness Shows Up in a Different Spot Each Season

If your "bad shoulder" turned into a "bad elbow," and now it's your low back that's talking to you, that's a pattern, not bad luck. When one area of the body isn't functioning well, the joints around it often pick up the extra load until they eventually get overwhelmed too. Chasing the new sore spot without addressing the original limitation is how this cycle repeats itself year after year.

5. You Feel Fine Warming Up, But Something Changes by the Back Nine

This one is common and easy to dismiss. If you feel great on the range and through the first several holes, but something starts to tighten up or ache as the round goes on, that's often a sign of a stability or endurance limitation, not just fatigue. Your body can compensate well for a short period of time. The question is what happens once that compensation has to hold up for four hours.

Why This Matters More Than You'd Think

None of these signs mean something is seriously wrong. But they are all signals, and signals are worth listening to before they turn into pain that actually takes you off the course.

The problem with waiting is that compensation patterns don't correct themselves. They tend to get more ingrained the longer they're allowed to run the show, which means the swing changes become harder to undo and the eventual injury takes longer to resolve. The good news: identifying these patterns early is usually a quick process, and addressing them rarely means stepping away from the game you love. It usually means restoring the mobility, stability, or strength that's missing, so your body doesn't have to compensate in the first place.

Recipe We Love *Peanut Butter Protein Bars*



Ingredients

- 1 1/2 cups almond flour
- 1/2 cup protein powder of choice
- 3/4 cups natural peanut butter
- 1/4 cup honey
- 3 Tbsp unsweetened almond milk, or milk of choice
- 1 tsp vanilla extract
- 1/3 cup chocolate chips

Nutrition

- Serving: 1 bar
- Calories: 173 cal
- Carbohydrates: 12.3g
- Protein: 8.7g
- Fat: 11.8g
- Saturated Fat: 2g
- Sodium: 58.6mg
- Fiber: 4.3g
- Sugar: 5.2g

How to Make Peanut Butter Protein Bars

- **Mix ingredients.** In a large bowl, mix together the almond flour, protein powder, peanut butter, honey, milk and vanilla using a spatula until all combined. Fold in the chocolate chips.
- **Transfer to pan.** Pour batter into an 8×8 baking pan lined with parchment paper and firmly flatten the mixture with a spatula. Feel free to sprinkle in additional chocolate chips, if desired.
- **Chill.** Transfer dish to the refrigerator and let the bars chill for 30 minutes to an hour before slicing. You could also stick the pan in the freezer for about 25 minutes until set.
- **Cut into bars.** Slice into 16 squares (or you could slice into bigger bars) and store in a the refrigerator in a sealed, airtight container until ready to eat. These bars will last up to 2 weeks.