

AUGUST NEWSLETTER



Letter from Dr.G

Hey Connect Fam,

What a summer it's been! ☀️

From welcoming two incredible interns to connecting with our community at farmers markets, this summer has been packed with energy, learning, and growth. Both Sienna and Ryan wrapped up their internships recently, and they crushed it.

Sienna brought an amazing level of focus and detail to everything she worked on – from helping at events to diving into the Connect Code™. She even helped organize our marketing plan during one of the farmers markets. **Ryan** kept us on our toes with his constant questions and creative ideas, always looking for ways to make what we do even better. Together, they learned the ins and outs of working in a patient-focused, results-driven rehab clinic and left a real mark on our team.

We've also had some incredible patient wins lately:

One patient felt her glutes actually fire for the first time by exploring the principles of the Connect Code™ – a breakthrough that changed how she moved and trained.

Another patient came in with intense sciatica from a disc injury, but during her Discovery Visit we discovered that was only part of the story. She also had piriformis entrapment and an overused, damaged hamstring from years of compensating. She came in skeptical but left optimistic, motivated, and ready to move forward with a plan.

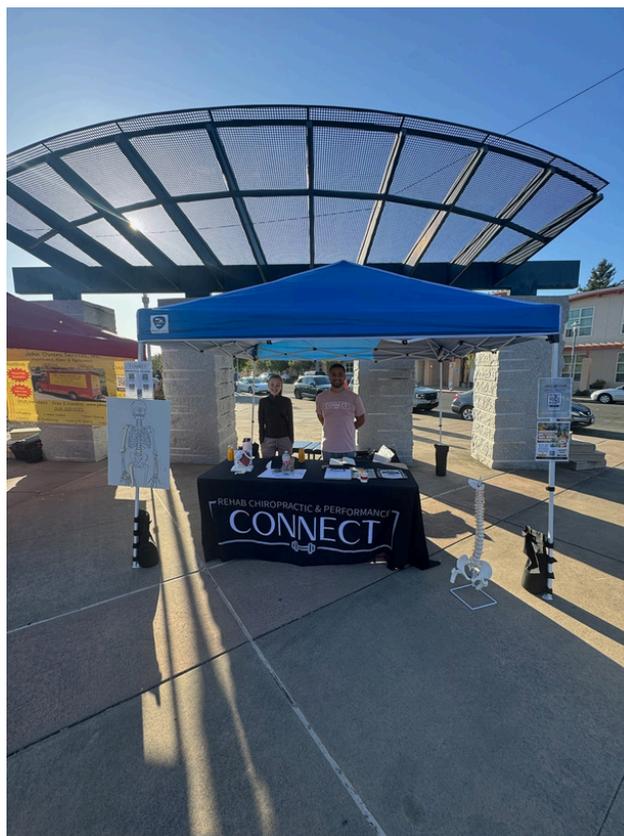
We're closing out the summer strong with our final workshop of the season – all about trail and distance running. Whether you want to shave time off your runs, avoid injuries like runner's knee, or simply enjoy running more, we'll break down the details to help you get the most out of every step.

 Mark your calendar: **Saturday, August 24th at 11:00 AM at FMP**. You can sign up now – details are in the Announcements section below.

It's been an incredible summer, and we're looking to finish it with a bang before rolling into an even bigger fall (and yes... September marks 2 years of Connect. More on that soon 🥰).

Talk soon,

Dr. G



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Tip of the month: From the Ground Up

If you can't control your feet, you can't control your movement.

Your foot is your first point of contact with the ground, and every step sends signals up the chain to your hips and glutes. When your feet aren't engaged or stable, that message gets lost – and your body starts compensating. Over time, that can lead to pain, instability, or decreased performance.

The key? Learn how to actively connect your foot to your glute.

When your toes, arches, and ankle are working together, your glutes can fire the way they're supposed to – giving you more power, better stability, and reduced risk of injury.

We use this “ground-up” approach with our patients all the time, teaching customized drills that train your brain and body to work in sync. Once you feel it, you can't unfeel it – and it changes the way you move for good.

Upcoming Events

Final Summer Athletic Workshop:

Trail & Distance Running

In partnership with Angelica at FMP, this workshop will help you run smarter, avoid injuries, and get the most out of every step.

 Saturday, August 24th

 11:00 AM

 FMP, Rohnert Park

 Free to attend – bring a friend and register now to save your spot!

Joke of the month

Why was the warm-up always
invited to the party?

Because it knew how to get things
started!

FMP TRAINING

REHAB CHIROPRACTIC & PERFORMANCE
CONNECT

**LONG DISTANCE
AND
TRAIL RUNNING
WORKSHOP**

FREE

**BUILD THAT ENGINE!
SMARTER STRIDES.
BETTER BREATHING,
AND TIPS TO KEEP YOU
CRUISING ON EVERY
RUN.**

REGISTER HERE

**AUGUST
24TH**

11AM-1PM

471 Aaron St Suite C, Cotati, CA 94931