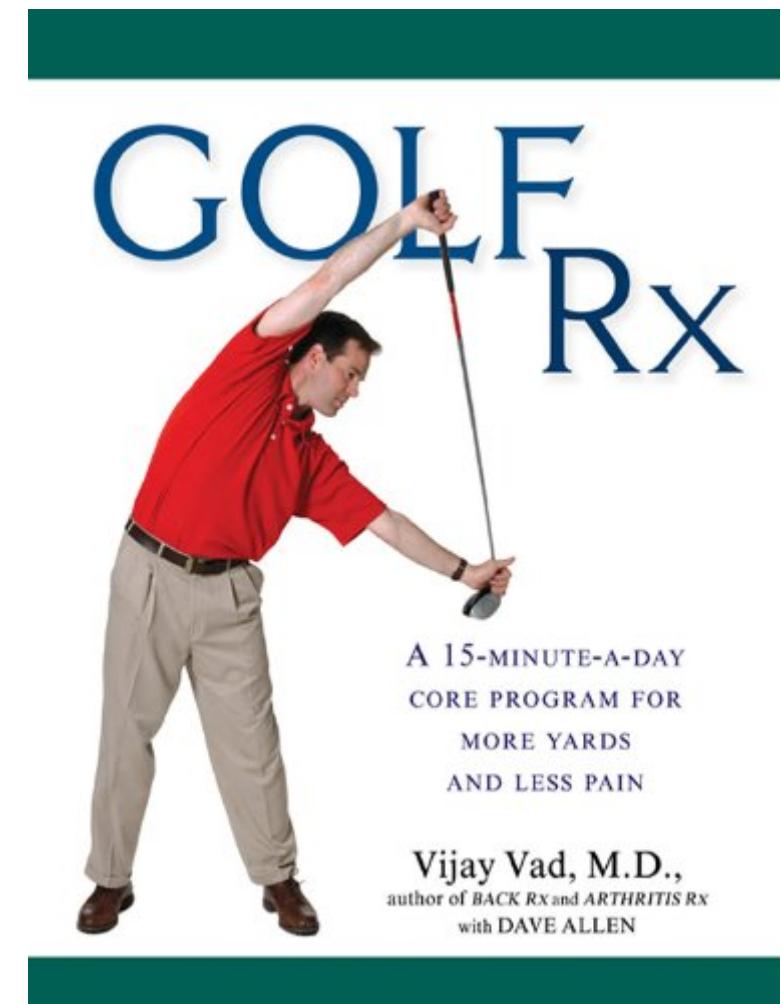


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# Golf Rx: A 15-Minute-a-Day Core Program For More Yards And Less Pain



## **Synopsis**

Now in paperback, the official physician to the PGA Tour shares his groundbreaking research on preventing back pain and adding more yards to your drives. It is estimated that half of all recreational golfers and one-third of all professional golfers suffer from some form of lower-back pain. Conventional wisdom suggests that the twisting nature of the golf swing is the sole culprit. But research conducted by sports-medicine specialist Vijay Vad, M.D., reveals that the swing is only one of several factors. Applying Dr. Vad's winning combination of mind/body wisdom and medical expertise to the game of golf, *Golf Rx* shares his cutting-edge findings. Complete with more than one hundred photographs, *Golf Rx* is a practical guide that brings the wisdom of one of America's leading sports-medicine authorities to golfers of any level or age.

## **Book Information**

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## **Customer Reviews**

If you play golf once a week or every day this book is a must read, especially if you are in the over 50 crowd and your range of motion has suffered from years of neglect, meaning stretching, weight training, fitness walking, biking etc. To jump out of the car and into the cart is an invitation for injury even if you are young and fit. It's just that the young and fit don't break as easily or quickly as the

older and stiffer like myself. What I like about this book is that he covers all the aspects of how to play good golf without injury. It is not a cookbook of exercises to make you stronger and more flexible. He really wants you to understand what you are doing to your body when you swing a club and how if not done correctly it can lead to injury. He guides the reader through the process of evaluating how to better care for yourself both off the course, just before you play, and the importance of what comes after a game. The book is divided into three parts. Be sure to read the first part about performance enhancement as it does more than tell you how to get that extra 20 yards off the Tee but how to do it without throwing your back into a spasm. He goes through the mechanics of how your body works for the more challenging part of the game which is mostly the long game. Most golfers are safe from injury when putting but wouldn't it be nice to be able to squat on the ground and read the green? This section goes through the pre game warm up of 5 minutes, the 15 minute warm up if you have time, how to stay limber through 18 holes exercises, and then the cool down. I especially like the mental game exercises as too many golfers raise their blood pressure when the wheels come off their game.

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