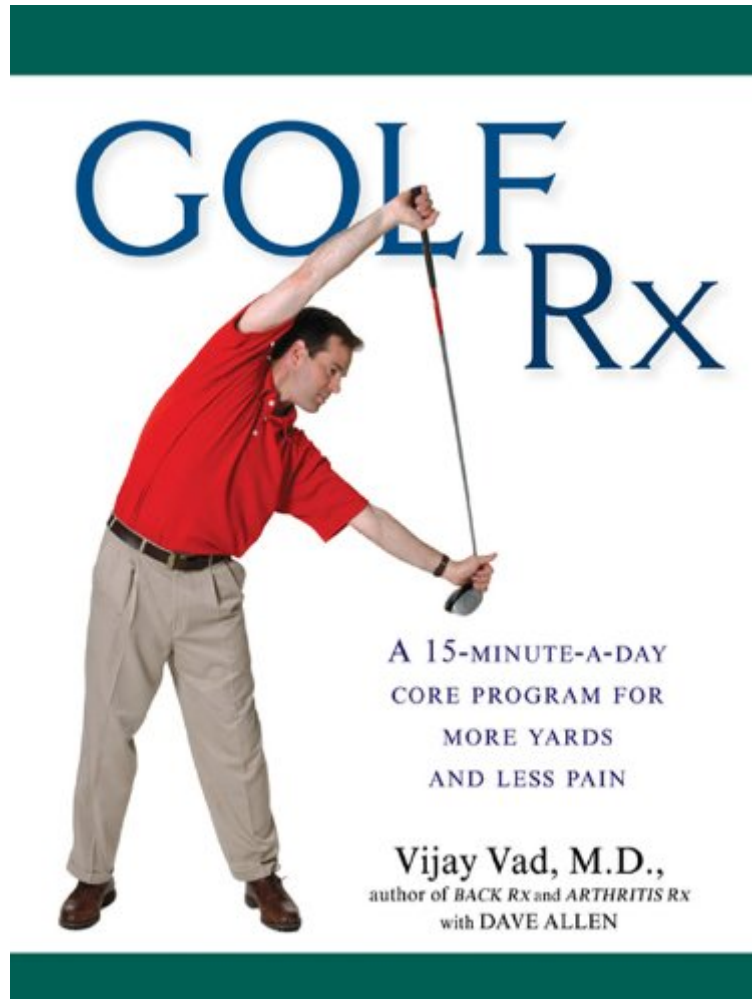


The book was found

# 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

File Size: 3257 KB

Print Length: 228 pages

Publisher: Avery (March 15, 2007)

Publication Date: March 15, 2007

Sold by:Â Penguin Group (USA) LLC

Language: English

ASIN: B000QBYEF0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #639,951 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79

inÂ Books > Sports & Outdoors > Coaching > Golf #142 inÂ Kindle Store > Kindle eBooks >

Medical eBooks > Specialties > Sports Medicine #485 inÂ Kindle Store > Kindle eBooks >

Nonfiction > Sports > Golf

## 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.

[Download to continue reading...](#)

Golf Rx: A 15-Minute-a-Day Core Program for More Yards and Less Pain 1 Minute Core: Strengthen Your Core In Only 1 Minute? End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Absolutely Hilarious Adult Golf Joke Book: A Treasury of the Best Golf Jokes Causing Loud Guffaws and Laughing Convulsions. Hilarious Golf Jokes For The Clubhouse Bar! Argue Less Love More: 5 Communication Secrets For Couples Who Want Less Pain And More Passion Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Back RX: A 15-Minute-a-Day Yoga- and Pilates-Based Program to End Low Back Pain Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital The 5-Minute Pain Management Consult (The 5-Minute Consult Series) No More Aching Back: Dr. Root's Fifteen-Minute-A-Day Program for a Healthy Back The 5-Minute Clinical Consult Standard 2015: 30-Day Enhanced Online Access + Print (The 5-Minute Consult Series) Five Minute Gratitude Journal: 5 Short Minutes A Day To

Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs  
End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe and Effective Core Training Program Less is More : 7 Effective Tips to Declutter and Simplify for More Fulfilling Life: (How to keep your home clutter free, organized & simplified in 5 minutes a day)

[Dmca](#)