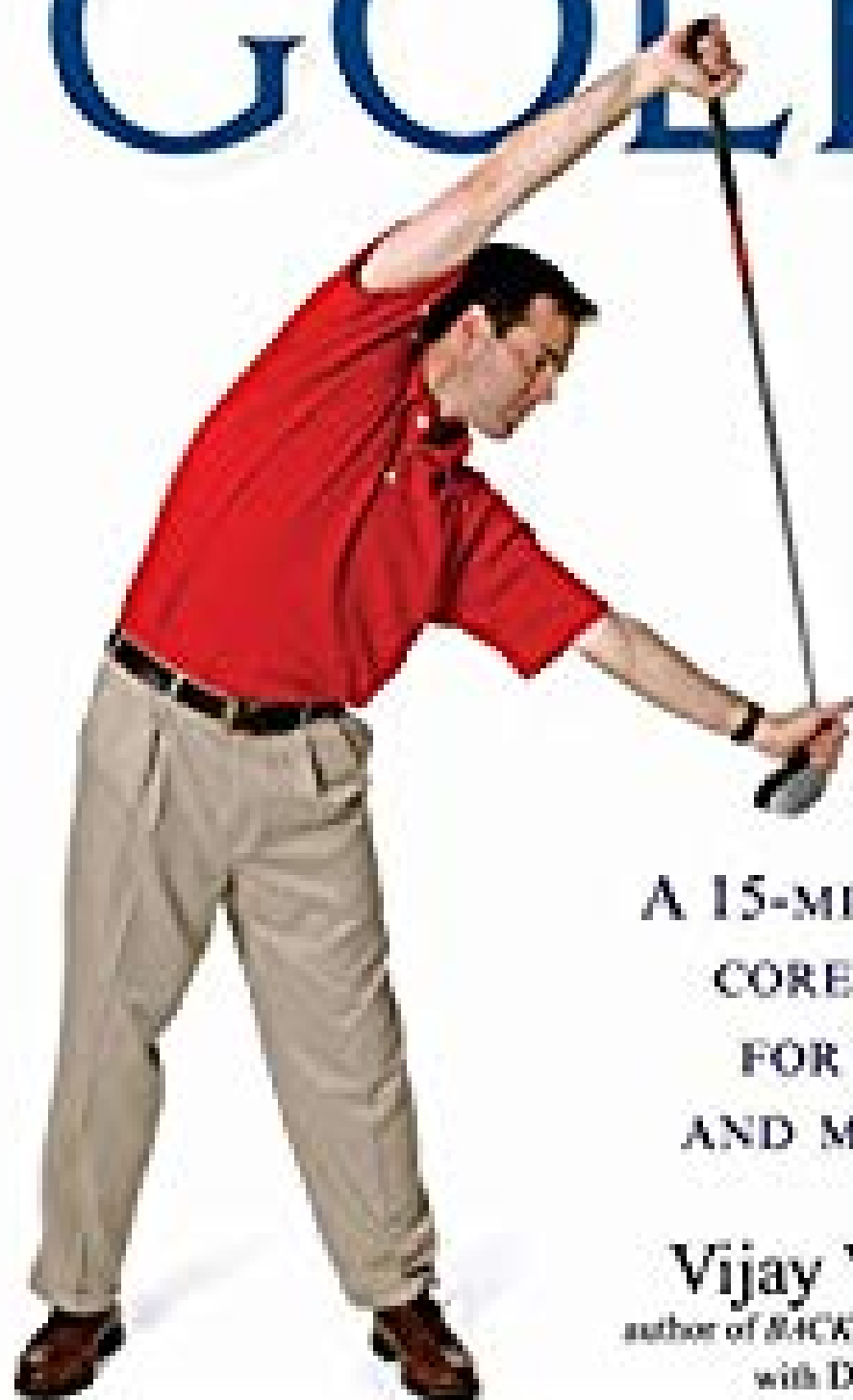


BASED ON
PGA TOUR
RESEARCH

GOLF Rx



A 15-MINUTE-A-DAY
CORE PROGRAM
FOR LESS PAIN
AND MORE YARDS

Vijay Vad, M.D.,
author of BACK Rx and ARTHRITIS Rx,
with DAVE ALLEN

"Golf Rx gives you a good sense of where to start with your physical fitness as it relates to golf. A fitter body allows for better performance and more longevity in the game, and Golf Rx is your road map."
—LARRY SMITH, director, Pebble Beach Golf Academy, 2003 PGA National Teacher of the Year

Vijay Vad M.D. and

Golf Rx: A 15-Minute-a-Day Core Program for More Yards and Less Pain



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, reveals that the swing is one of several factors.D. Vad? But research conducted by sports-medicine expert Vijay Vad, M. It is estimated that half of most recreational golfers and one-third of all professional golfers have problems with some type of lower-back pain.Today in paperback, the official physician to the PGA Tour shares his groundbreaking analysis on preventing back discomfort and adding more back yards to your drives. Applying Dr. Conventional wisdom suggests that the twisting character of the swing movement is the sole culprit.s winning combination of mind/body wisdom and medical knowledge to the game of golf, Golf Rx shares his cutting-edge findings. Filled with several hundred photographs, Golf Rx is a practical guidebook that brings the wisdom of one of America?s leading sports-medicine authorities to golfers of any level or age.



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Excellent Great tips and techniques to avoid injury. Dr. Could be out for the growing season. I have taken a combined mix of five daily stretches he describes to stay healthy. Would buy from again. Before I started the routine, my back was injured 1-3 times a calendar year for two weeks at a time through my early 30's. Not long ago i performed 8 rounds in 5 days, bookended by two 3 mile works and made out simply fine. Over time this reserve helped me re-find the discipline to include more core and yoga exercise training for golfing. I also recommend Primary Performance Golf by Mark Verstegen and specifically Power Yoga exercises by Beryl Bender Birch to greatly help the not-so-youthful golfers stay versatile and injury-free. must have continued using its advise. I am 78 yrs . old and have simply taken up golf at the start of summer. I purchased the book about a month ago and it's been a tremendous help. Even though I got lessons, this reserve covers things that you'll never enter a golf class. I believe the pre- and post-round stretches are quite good, and the chapters on hydration and damage - while not groundbreaking - are great reminders on how best to take treatment of your body. Well We am right now 80. I followed the books advise for two years, but last winter did not stretch at all. A must have to stay in the game The must have text for the golfer with arthritis. It is right now the last of and I am still in pain. Vad also offers another publication that has similar exercises. Not only for golfers. Wanna make an individual digit handicap I bought this book to greatly help me break the 11 handicap barrier I have been pushing going back few months. But when golf season enters full swing, some of the other actions get left behind. I'm a dynamic 64-year older grandfather who took up golfing about six years ago. I swim, walk, perform strength training and yoga regularly, and bring my clubs when I golf. Golf Rx Everyday! She adored it. The stretching, core stabilization and additional warnings and ideas for prevention and treatment are invaluable. It has been two years since my last damage. Great book; There are also many fine golf-specific items such as for example weighted clubs and swing sticks to greatly help golf fitness. She loved it. It was something special. I initially started using these exercises because they don't take a large amount of time, but eventually incorporated them into my yoga exercise and golf-specific training curriculum, and they possess helped me maintain flexibility. Four Stars Great book for stretching and getting meet for playing well. The second period I performed (early April) I torqued my S I joint. Vijay Vad is the ultimate authority on a plan every older or arthritic golfer ought to be following to feel much better and improve your game. May need to haved surgeru to fuse the joint. These breathing exercises are great for everyone's well-being and health. When I reunite on my feet, I'll sure follow the information again. Been focused on short video game but know obtaining myself in better shape would also help. Am thinking about using these over winter season and discover what the springtime brings. Initial reading is practical so am looking towards using the suggestions. Five Stars Nice item. My activities are running, golfing, and work throughout the house. Five Stars great book Five Stars Great tool Three Stars it's ok Five Stars great



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