



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

Vijay Vad M.D., Dave Allen

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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.

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This Golf Rx: A 15-Minute-a-Day Core Program for More Yards and Less Pain is great guide for you because the content that is certainly full of information for you who have always deal with world and still have to make decision every minute. This book reveal it facts accurately using great coordinate word or we can claim no rambling sentences inside it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but challenging core information with lovely delivering sentences. Having Golf Rx: A 15-Minute-a-Day Core Program for More Yards and Less Pain in your hand like having the world in your arm, data in it is not ridiculous a single. We can say that no reserve that offer you world inside ten or fifteen small right but this book already do that. So , this is good reading book. Hi Mr. and Mrs. active do you still doubt this?

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