



Golf Injury Handbook: Professional Advice for Amateur Athletes

By Allan M Levy

Wiley. Paperback. Book Condition: New. Paperback. 186 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Steer clear of golf injuries once and for all with this expert fitness and prevention program. Without question, Golf Injury Handbook is the most comprehensive, easy-to-use reference for amateur golfers to take care of themselves and improve their games. --Bud Ferrante, P. T., founder, Back to Golf Performance Program. A good job of providing the basics of recovering from golf injuries . . . also a useful guide to developing a proper strength and flexibility workout for a better swing and a lower score. --Jim Albus, Senior PGA Tour player. As a quarterback, I found that golf fatigued my throwing arm, so I made it a policy to get treatment from Dr. Levy after playing a round. --Phil Simms, former New York Giants quarterback. Sharp lower-back pains. Aching elbows. Tender wrists. Inflamed rotator cuffs. Sore knees. More than 40,000 people are treated for these and other golf-related injuries each year. The good news is that now you can make sure you're not one of them. From the authors of the classic Sports Injury Handbook, this top-notch manual of easy-to-follow golf dos and don'ts is all...



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