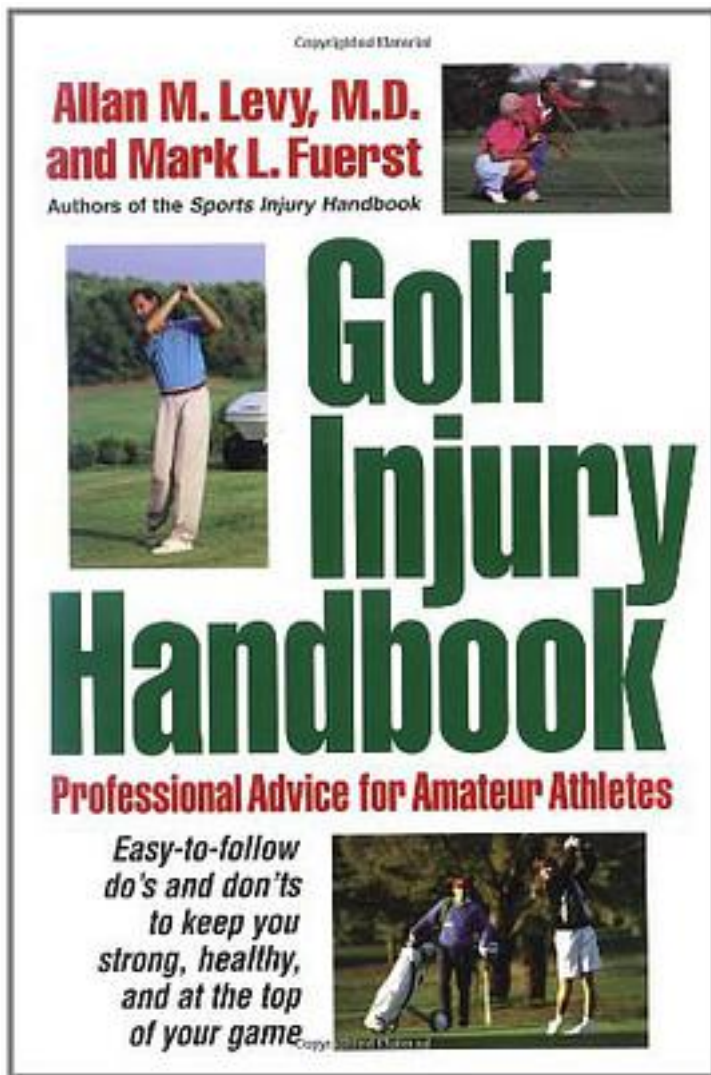


Golf Injury Handbook



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在线阅读本书

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 do's and don'ts is all you need to prevent injuries and treat common symptoms, and improve your conditioning, flexibility, and strength to help lower your scores. Dr. Allan Levy's vast practical knowledge of golf fitness is indispensable for players at every skill level—from absolute beginners to weekend hackers to club champions. There are even separate chapters devoted specifically to women's and seniors' issues.

Peppered with firsthand stories, golfing anecdotes, and clear illustrations, the Golf Injury Handbook is both entertaining and informative. Inside, you'll discover:

The essential elements of a proper workout to lower your scores—including warm-up, conditioning, and strength training.

The pluses and minuses of a variety of gadgets that promise to improve your game.

A complete guide to golf injuries, from head to toe—how to recognize them and how to heal them.

作者介绍:

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