



Golf Injury Handbook: Professional Advice for Amateur Athletes (Hardback)

By Allan M Levy, Mark L Fuerst

Wiley, United States, 1999. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. 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 topnotch manual of...



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