



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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