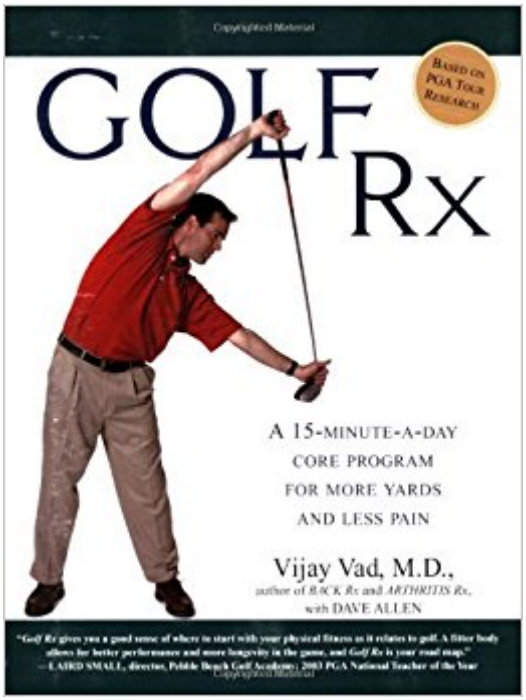
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Golf Rx: A 15-Minute-a-Day Core Program For More Yards And Less Pain



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Synopsis

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.

Book Information

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Customer Reviews

Vijay Vad is a medical miraclehe got me back on the course. I highly recommend this book and Dr. Vads entire program to any golfer with a bad back, not just for pain relief but also for better score. Jack Welch, author, speaker In "Golf Rx," Vad . . . has developed more than eighty golf-specific exercises to improve hip mobility among many other things. Theyve also included an eight-week rehabilitation program, to get you back on the course as quickly and safely as possible. "New York Post""Vijay Vad is a medical miracle-he got me back on the course. I highly recommend this book and Dr. Vad’s entire program to any golfer with a bad back, not just for pain relief but also for better score." -Jack Welch, author, speaker "In "Golf Rx," Vad . . . has developed more than eighty golf-specific exercises to improve hip mobility- among many other things. They’ve also included an

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Vijay Vad, M.D. is a sports medicine physician and researcher specializing in minimally invasive arthritis therapies at the prestigious Hospital for Special Surgery in Manhattan and a professor at Weill Medical College of Cornell University. He is also the physician for the PGA golf tour and the ATP tennis tour.

Great tips and techniques to avoid injury. Dr. Vad also has another publication that has similar exercises. I have taken a combination of five daily stretches he describes to stay healthy. My activities are running, golf, and work around the house. Before I started the routine, my back was injured 1-3 times a year for two weeks at a time through my early 30's. I recently played 8 rounds in 5 days, bookended by two 3 mile runs and made out just fine. It has been two years since my last injury.

I am 78 years old and have just taken up golf at the beginning of summer. I bought the book about a month ago and it has been a tremendous help. Even though I took lessons, this book covers things that you would never get in a golf class. The stretching, core stabilization and other warnings and ideas for prevention and cure are invaluable.Well I am now 80. I followed the books advise for a couple of years, but last winter did not stretch at all. The second time I played (early April) I torqued my S I joint. It is now the last of and I am still in pain.May be out for the season. May have to haved surgeru to fuse the joint. When I get back on my feet, I will sure follow the advice again.

I’m an active 64-year old grandfather who took up golfing about six years ago. I swim, walk, do strength training and yoga regularly, and carry my clubs when I golf. But when golf season gets into full swing, some of the other activities get left behind. I initially started using these exercises because they do not take a lot of time, but eventually incorporated them into my yoga and golf-specific training program, and they have helped me maintain flexibility. I think the pre- and post-round stretches are quite good, and the chapters on hydration and injury - while not groundbreaking - are excellent reminders on how to take care of your body. Over time this book helped me re-find the discipline to add more core and yoga training for golfing. I also recommend Core Performance Golf by Mark Verstegen and especially Power Yoga by Beryl Bender Birch to help the not-so-young golfers stay flexible and injury-free. There are also many fine golf-specific products such as weighted clubs and swing sticks to help golf fitness.

The must have text for the golfer with arthritis. Vijay Vad is the ultimate authority on a plan every older or arthritic golfer should be following to feel better and improve your game.

These breathing exercises are great for everyone’s health and well being.

it’s ok

This book is a waste of time and money. The first half is an anatomy class lecture. The rest of the book has very basic stretches. Nothing new in this book.

I bought a book hoping to improve my mental game, believing that my current scoring woes are mental, and bought this book, shown in the same search, as an afterthought.I was delighted to see that this book has a very helpful chapter about the mental game, but as I read through the other chapters I began to realize that my rising score as I age through my sixties may not be due to my mental game at all. Instead, perhaps I hadn’t paid enough attention to my fitness.The author is a medical doctor and sports medicine therapist who begins by illustrating every muscle group in the body, and the spine, then explains which of these is activated by the golf swing, emphasizing those activated by the swing deceleration, where you are most prone to injury.The point of the anatomy lesson is to justify a full range of stretching, strengthening and balance exercises that you can incorporate into a regular exercise routine, warm-up exercises prior to a round, and even short exercises during the round.The fitness routine should improve your game, but equally important and

stressed by this author, will substantially reduce the probability of a serious injury, especially to the lower back. Lower back pain is such a serious problem for golfers - especially older golfers - that he has an entire chapter dedicated to the pathology of back injuries and how they might be avoided. He even includes a chapter about how you should respond to a back injury if it happens on the course (which would have been helpful to me when I ended up in the emergency room after an errant drive at The Miami Beach Golf Club two years ago).The number of exercises shown tends to overwhelm. But the author makes it clear that if you are only doing five or six stretching exercises, as I have daily for years, you are ignoring entire muscle groups that impact your performance and are susceptible to injury.The recommended fitness exercises are well illustrated and properly explained.None of the exercises require that you join a fitness center. They can all be done at home with a balance ball, a medicine gall, an exercise stretch cord and an optional weight bar, all of which can be bought on for under $50.I don't know yet whether GOLF Rx will actually help my score. Maybe I'm just a hopeless hacker. But at least I will be a healthy hacker, thanks to this book.

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