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Play Golf Forever Treating Low Back Pain Improving Your Golf Swing Through Fitness

By Michael Jaffe DO

AuthorHouse. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. **PLAY GOLF FOREVER: Treating Low Back Pain and Improving Your Golf Swing Through Fitness** is an overall look at low back pain as it relates to golf and it includes information on when you need to see a doctor as well as on types of medical treatments for low back pain. The core of the book is an exercise program designed to strengthen the lower back for the rigors of golf--functional training for core strengthening. Citing a few stories of patients from his Sports Medicine practice in Southern California, where people can golf year round, Dr. Michael Jaffe focuses on the message that motion is life. Jaffe, who is a golfer as well as a triathlete, mixes medical information with a physiological examination of a golf swing and then offers an exercise program that is designed specifically to strengthen a golfer's back. Low back pain is very common in golfers. What should be common knowledge among golfers--in fact, among all of us-- is that exercise is the best thing you can do to ease your pain. By making clear that exercise works, **PLAY GOLF FOREVER** is an...



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. Its been written in an exceptionally basic way and it is only right after i finished reading this ebook in which in fact modified me, affect the way i really believe.

-- Beverly Hoppe

Extremely helpful for all class of individuals. Better then never, though i am quite late in start reading this one. I realized this publication from my i and dad suggested this ebook to discover.

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