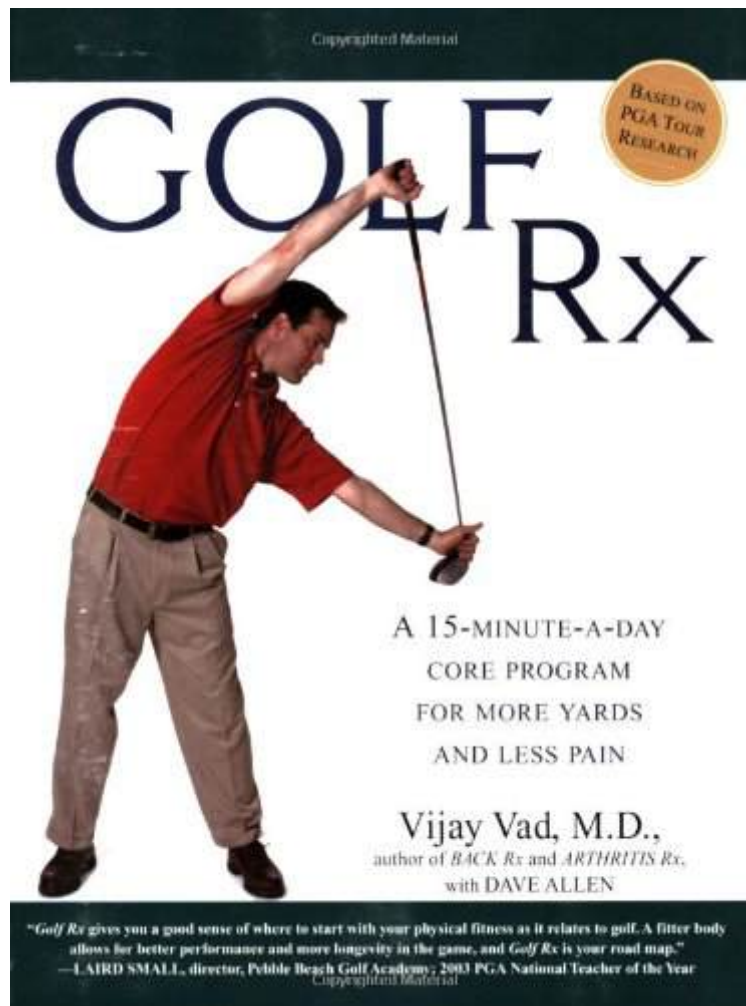


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# Golf Rx: A 15-Minute-a-Day Core Program for More Yards and Less Pain

By Vijay Vad M.D., Dave Allen  
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3 of 3 review helpful Excellent By shawnd 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 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 reve

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