

**Allan M. Levy, M.D.
and Mark L. Fuerst**

Authors of the Sports Injury Handbook



Golf Injury Handbook

Professional Advice for Amateur Athletes

*Easy-to-follow
do's and don'ts
to keep you
strong, healthy,
and at the top
of your game*



Golf Injury Handbook Professional Advice For Amateur Athletes

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Golf Injury Handbook Allan M. Levy, Mark L. Fuerst, 2008-05-02 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 top notch manual of easy to follow golf do s and don ts is all you need to prevent injuries and treat common symptoms and improve your conditioning flexibility and strength to help lower your scores Dr Allan Levy s vast practical knowledge of golf fitness is indispensable for players at every skill level from absolute beginners to weekend hackers to club champions There are even separate chapters devoted specifically to women s and seniors issues Peppered with firsthand stories golfing anecdotes and clear illustrations the *Golf Injury Handbook* is both entertaining and informative Inside you ll discover The essential elements of a proper workout to lower your scores including warm up conditioning and strength training The pluses and minuses of a variety of gadgets that promise to improve your game A complete guide to golf injuries from head to toe how to recognize them and how to heal them

Sports Injury Handbook Allan M. Levy, 1993-06-01 Do you know Which exercises cause unnecessary wear and tear on your body What to do during the first critical few seconds following a sports injury When an off the rack arch support can be as effective as a 200 custom made orthotic device How to keep in condition during rehabilitation Dr Allan Levy knows As team doctor for the New York Giants football team he has treated every kind of sports injury there is from strains and sprains to more serious tears and fractures In *Sports Injury Handbook* he shares his vast practical knowledge of sports medicine with recreational athletes who want to keep in shape while minimizing aches pains and injuries For ease of use the main part of the guide is organized by body part and sport To find out why for example your knee is sore and how to treat it simply turn to the knee chapter Then learn how to avoid further risk of knee injuries in sports specific chapters on aerobics jogging tennis skiing basketball and many more Peppered with firsthand stories and anecdotes from professional sports the *Sports Injury Handbook* is an entertaining informative guide to the latest methods of injury prevention and treatment In it you ll discover The conditioning nutrition and strength training techniques professional athletes use to stay in top physical shape Easy step by step rehabilitative exercises you can perform at home Special precautions for women children and older athletes How to prevent or treat the most common injuries in more than two dozen

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