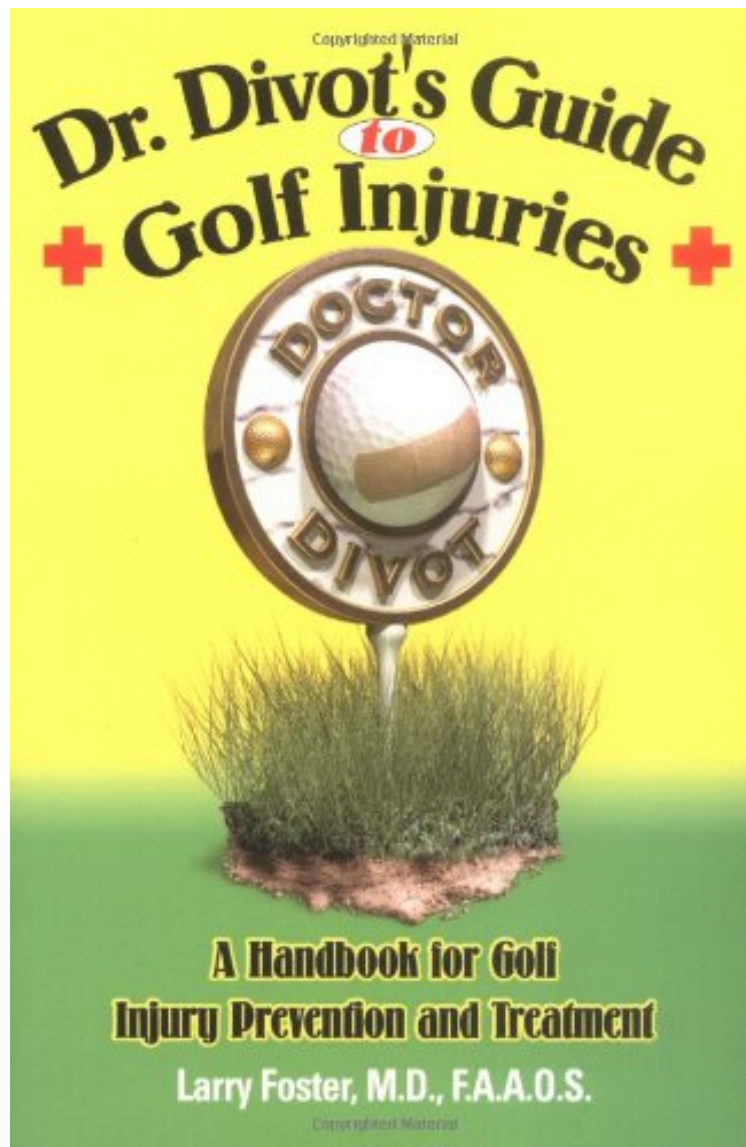


(Free download) Dr. Divot's Guide to Golf Injuries: A Handbook for Golf Injury Prevention and Treatment

Dr. Divot's Guide to Golf Injuries: A Handbook for Golf Injury Prevention and Treatment

Larry Foster Md

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Larry Foster Md : Dr. Divot's Guide to Golf Injuries: A Handbook for Golf Injury Prevention and Treatment before purchasing it in order to gage whether or not it would be worth my time, and all praised Dr. Divot's Guide to Golf Injuries: A Handbook for Golf Injury Prevention and Treatment:

2 of 2 people found the following review helpful. DisappointingBy Paul LI'm 46 and have my share of golf related

pain and minor injuries. I can say that this book has done nothing for me. I've had some minor lower back pain and the advise the book gave was rest, and stretch more. Good advise, but I had already figured that out after googling "lower back pain golf". I have also had some minor persistent pain in my left thumb and hip. I found nothing in the book to explain these pains. This may help those who have no clue about the basics injury prevention. I found the book full of basics that I learned while playing high school sports and I found nothing in the book can't be learned on the internet. 0 of 0 people found the following review helpful. Five Stars By Benita Szymanski Good read 6 of 6 people found the following review helpful. Dr. Divot and the Older (gasp!) Female Golfer By Karen L. Kier Having taken up golf again once my son had grown, I quickly realized that I was not in the physical shape of the 20 year old I had been when I first started playing in college. After my first injury to my elbow and a badly strained shoulder, I started looking around for a book that would help me with conditioning, preventing injuries and counsel me if (please, no!) this happened once again. At this point I had had enough of physical therapy, MRIs, etc. and didn't wish to injure myself further. In his book Dr. Divot addresses in two of his chapters The Female Golfer and The Older Golfer -- just made for me, although I have trouble admitting the latter. Over this winter I'm even trying out some of his conditioning exercises in the hope of beginning the golf season stronger and less prone to injury. I gave copies of his book as gifts to my golf group this past Christmas -- we're all female golfers, but not all of us will admit to being older. We'll see how we do in the Spring.

Written by a board certified orthopedic surgeon, Dr. Divot's Guide to Golf Injuries teaches the reader how to prevent and treat the most common golf injuries including injuries to the back, wrist, elbow, shoulder, and knee. Doctor Divot writes in a humorous "plain-English" style that all golfers will understand and enjoy.

About the Author Foster is a board-certified orthopedic surgeon and self-described golfing nut. Trained at Columbia University and the Hospital for Joint Diseases in New York City, Dr. Foster has been in practice in New York for nearly a decade.