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

Michael Jaffe DO

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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 inspirational book that educates, motivates and demonstrates. Someone once said, "There is nothing more obvious than the gracefulness of a well-timed golf swing." Learning the mechanics of such a golf swing, especially as it relates to back health, is another cornerstone of this book. This book is split into three parts--examining the back, the game of golf as it relates to the back, and the exercise program. These three parts are book ended by two inspirational chapters explaining the power of the body to heal itself, and how functional training recharges that power. Part One of PLAY GOLF FOREVER delves into an explanation of the many kinds of lower back pain, when to see a doctor, including a list of red-flag symptoms, and then an overall look at the various treatments available. Part Two of the book examines why golfers get lower back, including a look at the four major causes, as well as a comparison between golfe

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