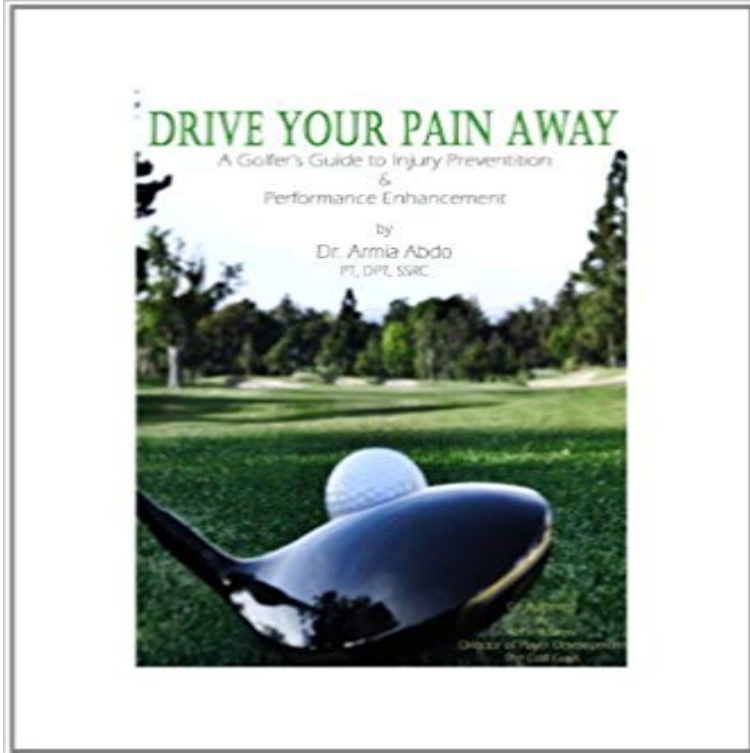


# Drive Your Pain Away: A Golfers Guide to Injury Prevention & Performance Enhancement



A premiere guide book that is a must have for all golfers. It starts with a comprehensive step by step warm up with progressive swinging and detailed practice description to ensure peak performance out on the course. As you continue through each chapter you will find useful information on proper swing mechanics along with common injuries seen in each phase. A description of each injury will be listed along with tips to correct your swing and avoid these injuries. If you are one of the common golfers who unfortunately has golf related injuries there is information on identifying what you may have, how to treat it, and safely return to playing. Now what really makes this book complete when compared to other golf books out there is my detailed head to toe training program designed to increase strength and flexibility while avoiding future injuries out on the course. Play like you never knew you could. The Author of this book is: DR. ARMIA ABDO, PT, DPT, SSRC Doctor of Physical Therapy Sport Specific Rehab Certified Raised in Orange County, Dr. Abdo attended Mater Dei High School. He received his Bachelors of Science from Cal State Fullerton in Kinesiology. As a member of the CSUF Rugby team he was voted rookie of the year and president of the club. Dr. Abdo later earned his Doctorate in Physical Therapy from Azusa Pacific University. Through his career as a physical therapist he developed a specialty in sports medicine and rehab working with a wide variety of athletes. While treating an avid golfer with severe back pain, Dr. Abdo was able to construct a complete treatment plan to get him back to the sport he loved. It was through this process Dr. Abdo realized that not only would he be able to help patients, but also prevent others from suffering similar golf related injuries. Dr. Abdo is currently practicing at Coury & Buehler Physical Therapy where he rehabilitates and trains multiple athletes,

including golfers, who have a passion for their sport.

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