

Injury-Free Golf Into The Golden Years

Dawn Lipori, M.S.P.T., Licensed Physical Therapist and founder of the Lipori Manual Physical Therapy Center in Orlando, applies her principals of body mechanics to improve anyone's golf swing in her new book *Body 4 Golf: Getting Into the Swing* available now at Body4Golf.com and Amazon.com.

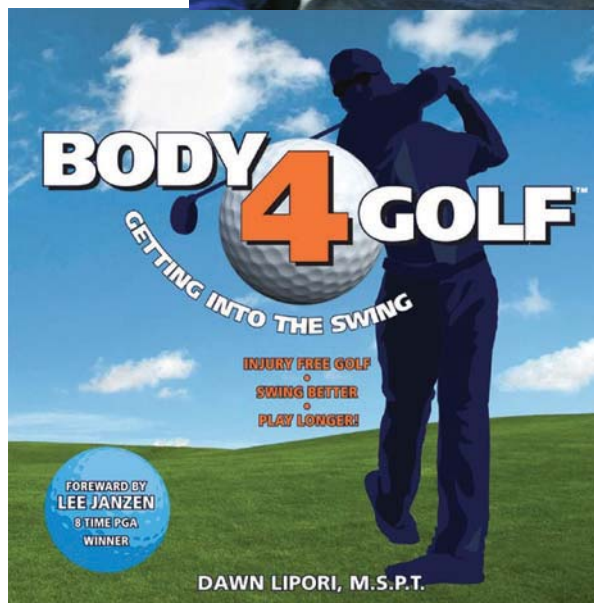
Body 4 Golf explains the synergy between the golf swing and the human body. Lipori explores how the body works and what it is capable of to help distinguish between the two main causes of a sub-optimal golf swing: flexibility problems (your body does not move that way) and technical issues (you need golf swing training or practice).

"I love every aspect of what it takes to be a successful professional golfer," says Lipori, who has a Master's of Science in Physical Therapy from the University of Miami, one of the top ranked PT schools in the nation. "I am incredibly enthusiastic about breaking down the body's role in the golf swing so all golfers can play injury-free for as long as they wish."

Lipori has repeatedly observed where and why golfers' bodies break down and what range of motion is needed for the swing they desire. In *Body 4 Golf: Getting Into the Swing*, Dawn helps golfers learn and understand the fundamentals to hit the ball farther, have more accuracy, and play into their golden years.



Dawn Lipori, M.S.P.T.



"Even though we have a pretty good idea which muscles are most important for golf, it's not enough. Building stronger golf muscles won't help you if you are lacking mobility and stability

throughout your body," said Lee Janzen, two-time U.S. Open Champion. Janzen, who is a client of Lipori, wrote the forward to *Body 4 Golf*. "I have known Dawn Lipori for over 10 years. She has shown me exercises that have been helpful and I trust her knowledge of the human body."

As a Licensed Physical Therapist, Lipori has been immersed in the professional golf world, working with more than 100 professional golfers from every tour, including the PGA, LPGA, KLPGA, Korean PGA, Nationwide, Nike, Futures, Hooters, Senior and European Tours, in addition to the nationally ranked Long Driver, and collegiate and junior players. Her clients go beyond golf and span the world of professional sports, including professional athletes from the NBA, MLB, professional football, and water skiing. 🏌️