Apple Of Your Eye

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### Proper wrist support could improve individual's bowling game



Everybody wants to improve his/her game. Some will read books on bowling; others might watch videotape, and some will even go out and have profession al lessons. Regardless of

Regardless of how they do it, if anyone can er average a few

now they do it.

If anyone can
if anyone can
it and expense.
Of course, it's worth the time,
effort and expense.
Of course, it's the good old
summertime now, and that
menns it's also the ideal time to
try out something new. The simple solution for many bowlers'
problems might be in the wrist.
There are many wrist devices
on the market, and a visit to any
of the local pro shops will reveal
a huge choice of products
designed to enhance the delivery
in one way or another.

designed to enhance the delivery in one way or another. Mark Moore of DiLaura Brothers, who supplies just abut every type of wrist device to the pro shops, says, "If you can throw a good ball without one, then don't even try it. If you don't get a good roll, or have trouble with the release, a good wrist device could definitely help."

And, of course, there is the obvious reason. A weak or sore wrist would benefit from the right type of device.

A wrist support might be hard to get accustomed to at first, and that's why the summertime is perfect for trying out something different.

The following its is based on many of the more popular types available in the shops.

Pro Release is a fully adjustable device, which offers a wide choice of positions and a lot of support.

Team Coura has three models: Scorpion II, Eagle II and Cobra II. The latter two are for more advanced bowlers. They remove quickly (the preferred way for shooting some spares) and create a very good roll. The new seites (III features an adjustable power dial.

Robby's and Robby's Plus help support the back of the wrist. They help get you to the proper release point for more roll.

The Gladiator firms up the wrist for a more powerful roll. Master Products has several wrist devices from the simple velcro-wrap Master Wrister, which will help a weak wrist, to the Deluxe Glove, designed to grip the ball better.

The Master Wrist Mate provides additional support for the fingers, giving more lift. Ebonium is a very release point in the part of the fingers, giving more lift. Ebonium is a very desired of the colors line, and a few different gloves for extra support and the wrist.

Columbia 300 has a sMs.

Force Ten-Plus wrist-wrap

device to support a weak wrist and help prevent problems such as tendinities and Carpal Tunnel Syndrome.

Pro Band Sports has the Band-it. It's not used on the writs but just below the elbow, which relieves the aforemen-

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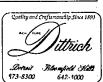
Shop located in Merri Bowl Lanes on Five Mile and Merri-man in Livonia.
Many of the pre slops around town have demos available. That makes it possible to try out a few of these to see if they are right for you. Or, as Unche Ed always said, 'Try it, you'll like it."



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