

Therapeutic Golf Rehabilitation (TGR):

Integrating golf into the rehabilitation process across the continuum of care

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THERAPEUTIC GOLF REHABILITATION



Objectives

- Introduce TGR in rehabilitation as a means to promote balance and mobility
- Provide examples of TGR programming across the continuum of care
 - Health Promotion
 - Acute Recovery
 - Rehabilitation
 - Community Re-Integration
- Promote knowledge translation and discussion surrounding the health benefits of recreation and leisure

What is TGR?

Therapeutic Golf Rehabilitation

An innovative program that integrates golf into the rehabilitation process. It is effective across the continuum of care, providing benefits to people living with neurological disease or musculoskeletal injury.

The mission of TGR is to include golf and other meaningful sport as client centered rehabilitation goals.

The Vision of TGR is that golf and other meaningful sport are available across Canada.

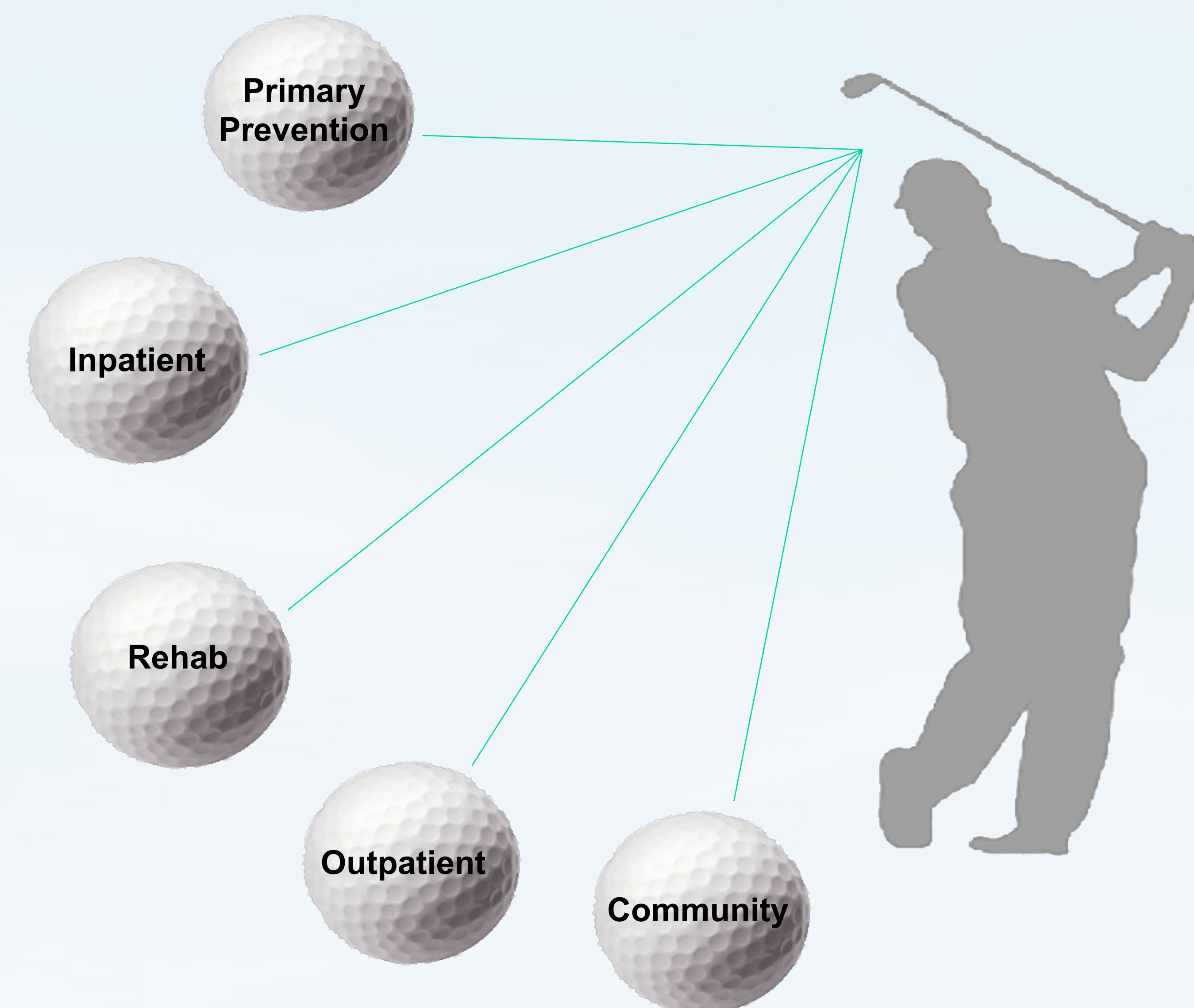
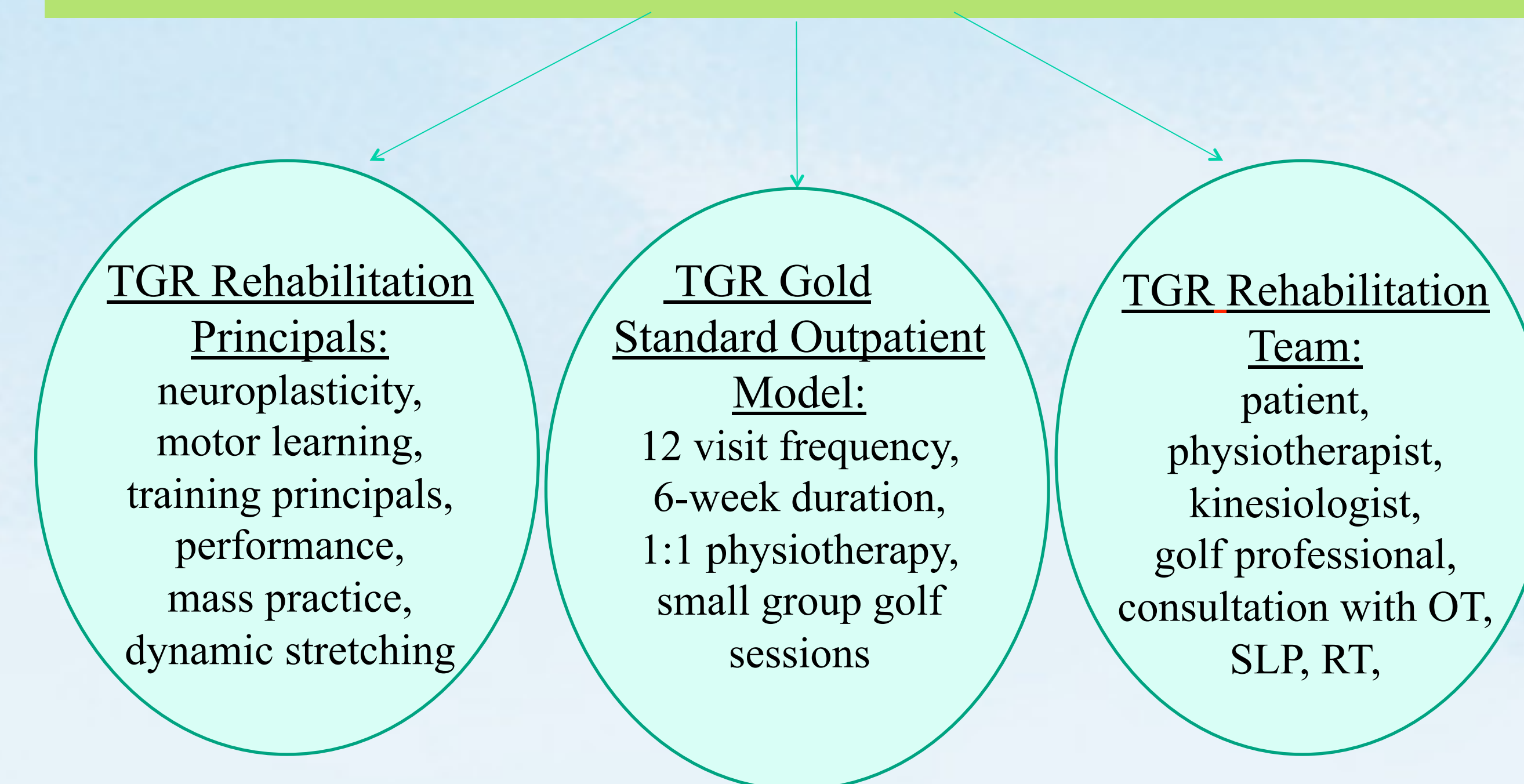
Benefits of TGR

<u>Physical:</u>	<u>Mental and Spiritual:</u>	<u>Social:</u>
<ul style="list-style-type: none"> • Improve balance, core control, coordination • Increase flexibility, strength and power, prevent fall risk 	<ul style="list-style-type: none"> • Improve quality of life • Steady orientation • Positive outdoor, interactive, environment 	<ul style="list-style-type: none"> • Learning in groups • Motivational factor • Common goal • Create friendships

Purposes

- Have fun and do something good for yourself!
- Improve balance and life quality
- Achieve safe and successful return to active lifestyle
- Bring meaning to the rehabilitation process
- Promote golf as a tool in prevention, rehabilitation, and secondary prevention of chronic diseases
- Provide the opportunity for physical activity, leisure, and social interaction as a lifelong health promotion strategy.

Methods



Program Description

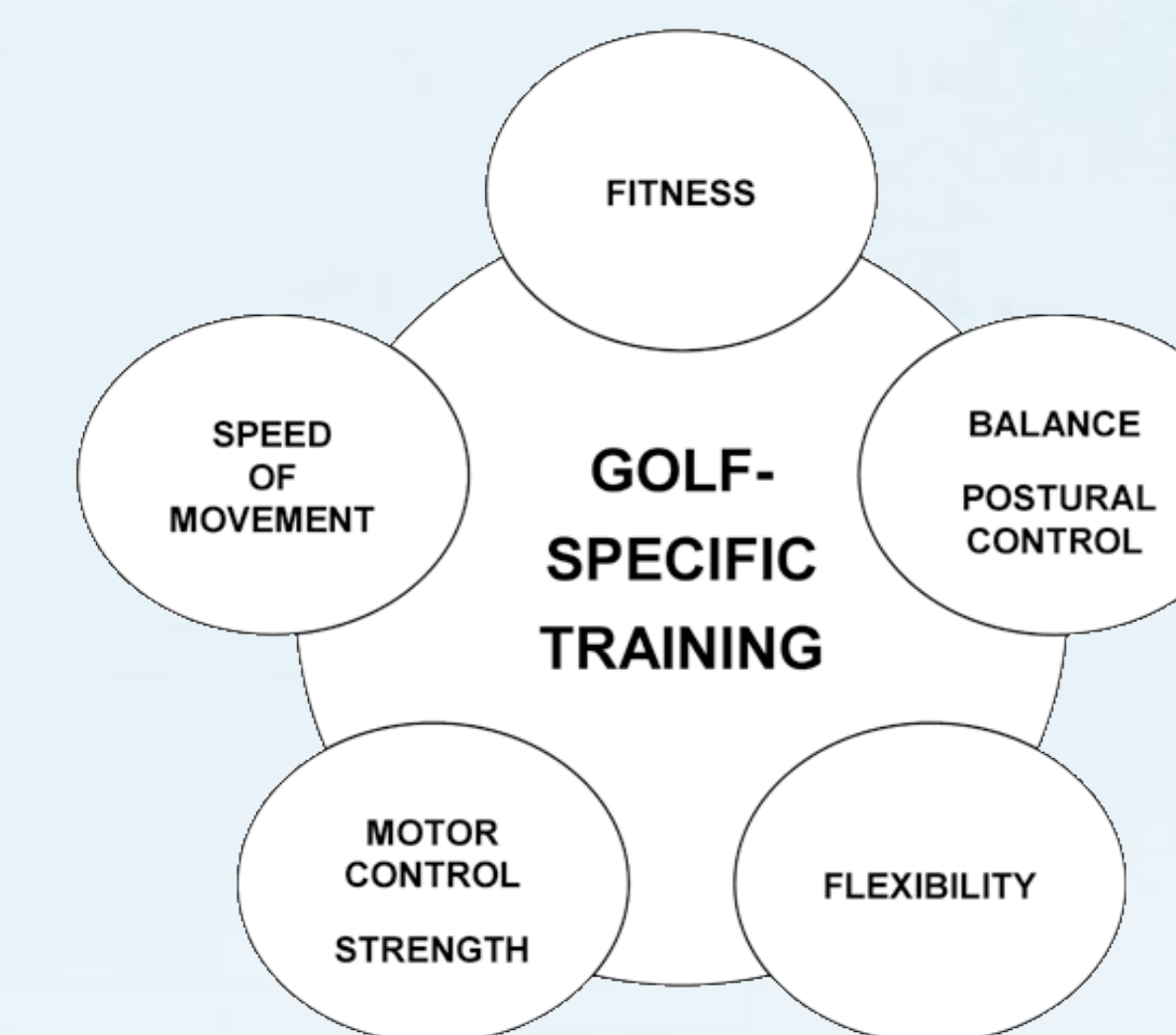
Patient Criteria

Inclusion: Any person with an interest in golfing, during and post rehabilitation at any age or gender who can or cannot play golf.

Exclusion: Any person medically unstable, or with a fatigability of < 15 minutes.

Has benefited people living with Stroke, ABI, SCI, MS, CP, Parkinson's Disease, Vestibular disorder, Arthroplasties, Amputees, Back injury, Arthritis, Whiplash and other injuries.

Treatment Components



Assessments

Each participant is assessed on physical variables, life quality measures, golf performance indicators and program satisfaction.

Typical Measures include

- | | |
|---------------------------------------|----------------------|
| Berg Balance Scale | Oxford Scale |
| Timed Up and Go | Swing Arc |
| 2-minute walk test | VAS |
| Clubhead velocity | Goniometry |
| Video Golf Analysis | Patient Satisfaction |
| Community Balance and Mobility Scale | |
| Chedoke McMaster Disability Inventory | |

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Implementation

TGR in a Healthy Lifestyle

- Golf as a healthy living activity
- Participation in golf contributes to the daily recommended guidelines of healthy activity
- Future Research: Do golfers have better balance?

TGR in Acute Injury and Disease

- Keep a 7-iron the equipment cupboard to promote TGR activities during acute care such as early shoulder strengthening or balance training
- Returning to leisure as a long term goal can increase motivation during the acute phase

TGR in Rehabilitation

- Setting up a TGR station in your rehab facility
- Role of Wii Golf
- TGR Circuit Training
- Have clubs available, a designated swing area

Out patient TGR

- 6 week gold standard program represented under Methods
- Benefits of liaising with golf pro and golf course / driving range
- Video and photos
- Future Research: Analyze and discuss outcome data including patient satisfaction, physical and functional measures.

TGR as a Means to Re-integrate into the Community

- Workshops at community and fundraising events
- Successful participants return to golf and continue to enjoy the game for many seasons
- Benefits of long term participation

Conclusions

Therapeutic Golf Rehabilitation programming is beneficial to participants, providing an opportunity to return to the game or set out on fun, enjoying the golf experience throughout the path to recovery with physical activity, social interaction and community closeness.

Evidence: rehabilitation target is successful, and patients are satisfied.

References

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For people who identify participation in golf as a recovery goal

