Therapeutic Golf Rehabilitation (TGR):

Integrating golf into the rehabilitation process across the continuum of care

Sari Shatil PT MSc, Lilia Golverk MD
Neu physio Rehabilitation, London ON

Objectives
• Introduction 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 a recovery goal. The Vision of TGR is that golf and other meaningful sport are available across Canada.

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

Therapeutic Golf Rehabilitation (TGR): An innovative program that integrates golf into the rehabilitation process.

Benefits of TGR
• Physical:
  • Improve balance, core control, coordination
  • Increase flexibility, strength, and power, prevent fall risk
  • Steady orientation
  • Positive outdoor, interactive, engaging environment

• Mental and Spiritual:
  • Improve quality of life
  • Learning in groups
  • Motivational factor
  • Common goal
  • Create friendships

• Social:
  • Increase socialization
  • Provide meaningful activity
  • Promote social interaction, community integration

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.

Benefits of TGR
• Promote physical health benefits of recreation and leisure
• Improve quality of life
• Increase mobility
• Positive outdoor, interactive, engaging environment
• Increase socialization
• Provide meaningful activity
• Promote social interaction, community integration

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

Secondary Prevention of Chronic Diseases
• Provide the opportunity for physical activity, leisure, and social interaction as a lifelong health promotion strategy.

Methods
TGR Rehabilitation
Principles: neuromusculoskeletal, motor learning, training principals, performance, mass practice, dynamic stretching

TGR Gold
Standard Outpatient Model: 12 visit frequency, 6-week duration, 1-1 physiotherapy, small group golf sessions

TGR Rehabilitation
Team: patient, physiotherapist, kinesiologist, golf professional, consultation with OT, SLP, RT,

For people who identify participation in golf as a recovery goal

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
- Timed Up and Go
- 2-minute walk test
- Clubhead velocity
- Video Golf Analysis
- Community Balance and Mobility Scale
- Chedoke McMaster Disability Inventory

Acknowledgments
We would like to thank the University of Western Ontario, Neuophysio, and East Park Golf for their support of this project. We would like to acknowledge past support from The Physiotherapy Foundation of Canada, and The London District of The Ontario Physiotherapy Association.

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 7-10m the equipment cupboards 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
• Shatil SM. When Golf is the Patient’s Goal. Interdivisional Review, January-February,16-24, 2000

TGR Training Available for Rehabilitation Professionals

• Shatil SM. When Golf is the Patient’s Goal. Interdivisional Review, January-February,16-24, 2000

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
• Shatil SM. When Golf is the Patient’s Goal. Interdivisional Review, January-February,16-24, 2000

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
• Shatil SM. When Golf is the Patient’s Goal. Interdivisional Review, January-February,16-24, 2000