

SPORT SPECIFIC PROGRAMMING IN REHABILITATION AND EVIDENCE OF BEST PRACTICE: EVALUATION AND INTERVENTION OF THERAPEUTIC GOLF REHABILITATION

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Learning Objectives and Session Content:

- 1) To review the evidence supporting Therapeutic Golf Rehabilitation as a clinical physiotherapy program and business model.
- 2) To describe the treatment approach and program components through interactive case studies.
- 3) To present a framework of translating innovative programs into business practice methodology and promote discussion around same.

Relevance to Physiotherapy Profession:

Physiotherapists are the ideal professional to assist people to golf after injury or disease. Therapeutic Golf Rehabilitation involves the use of golf as a tool to improve balance and return to sport. By integrating golf training principals with physiotherapy and practice, performance is enhanced both on and off the course. Sport specific programs are a valuable addition to the rehabilitation process, are easy to implement and create satisfied patients.

Target Population:

This session will be of interest to physiotherapy clinicians, entrepreneurs, managers, researchers and golfers.

Description of Supporting Evidence:

Participation in sport and leisure activities promotes health through the lifespan and is recommended for all persons regardless of ability. According to statistics from The Heart and Stroke Foundation and Canadian Stroke Network (2009), about 300,000 Canadians are living with the effects of stroke. Based on participation, Statistics Canada(2008) reports golf as the number one recreational activity in Canada with an estimated 6 million golfers and an expected growth rate of 14 percent between 2009 and 2011. People living with stroke can use golf as a means to promote health. According to the literature, there is evidence that golf increases flexibility, improves core and extremity strength, balance, postural control and coordination, speed and functional fitness in a healthy population. Older golfers score higher on balance tests than non-golfers.

Therapeutic Golf Rehabilitation was first described in the literature in 2001. It is based on sound principals of rehabilitation including neuroplasticity, motor learning, practice and performance. Participation has been shown to improve balance and quality of life in stroke survivors. Three single case study designs demonstrate the philosophy, treatment techniques and outcomes of Therapeutic Golf Rehabilitation. A business model based on five years of operations projects early return on investment and satisfied customers.

Description:

This session will be interactive lecture format, with opportunity for discussion regarding clinical experiences and entrepreneurial ideas. Power point, a laptop, a projector, a screen, and podium microphone will be required.

Conclusions: Using sport during rehabilitation is valuable to the physiotherapy process. Therapeutic Golf Rehabilitation is one example of a successful sport specific physiotherapy model that is easy to implement, enhances outcomes and brings joy to patients.