Strength and Balance in Recreational Golfers Compared with Non-golfers aged 65-79 years.

**TAKE HOME**
- Playing golf is associated with better hand grip strength, and both static and dynamic balance in 65-79 year olds.
- Further studies on younger adults, over 80 year olds and intervention studies are warranted.

**BACKGROUND**
- Older adults have decreased strength and balance, which increases the risk of falls.
- Playing golf has the potential to improve strength and balance in older adults.
- The aim of the study was to compare the strength and balance, both static and dynamic, of recreational golfers with non-golfers aged 65-79 in community settings.

**THE PROCESS**

1. **RECRUITMENT**
   - **CAN YOU HELP?**
   - Awareness of the study was achieved using posters, adverts and local media within local golf clubs and community setting.
   - Golfers aged 65-79 who played a minimum of 18 holes per week and walked around the course were recruited to the study.
   - Age-matched non-golfers who engaged in no more than one hour of physical activity per week were recruited.

2. **METHODOLGY**
   - All potential participants underwent musculoskeletal and medical screening against exclusion criteria.
   - A standardised data collection procedure was conducted to assess:
     - **HAND GRIP STRENGTH**
     - **DYNAMIC BALANCE - Y-BALANCE TEST (YBT)**
     - **STATIC BALANCE - SINGLE LEG STANCE (SLS)**

**RESULTS**

**Participant Demographics**
- 62 golfers (31 females) & 17 non golfers (9 females) where recruited to the study.
- There were no significant differences in participant demographics between groups.

**YBT WERE SIGNIFICANTLY HIGHER FOR GOLFERS ON BOTH RIGHT AND LEFT**

**Golfers had significantly higher maximal grip strength on both right and left when compared to non-golfers**

https://doi.org/10.1123/japa.2021-0498

Infographic by: Dr Danny Glover 2021