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. METHODOLOGY

   - 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

- Maximum times for SLS were significantly longer for golfers on both right and left

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

Infographic by: Dr Danny Glover 2021