

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) were 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

MAXIMUM TIMES FOR SLS WERE SIGNIFICANTLY LONGER FOR GOLFERS ON BOTH RIGHT AND LEFT

GOLFERS HAD SIGNIFICANTLY HIGHER MAXIMAL GRIP STRENGTH ON BOTH RIGHT AND LEFT

WHEN COMPARED TO NON-GOLFERS

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R&A

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

Infographic by: Dr Danny Glover 2021

