



## Golf

Golf is beneficial for Soldiers who have stable upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). The Adaptive Reconditioning Physical Therapist/Occupational Therapist will screen each Soldier for participation in golf.

### **Resources are provided by:**

- Adaptive Reconditioning (AR) team
- Non-Commissioned Officer (NCO)
- Soldier and Family Assistance Center (SFAC)
- Morale, Welfare and Recreation (MWR) program
- United Services Organization (USO)

Each AR team will help coordinate the use of local golf courses and instructors, including contacting the Salute Military Golf Association ([www.smga.org](http://www.smga.org)) to provide support.

### **Equipment/resources provided:**

- Golf clubs, golf balls, tees
- Golf carts (regular and adaptive to be provided by the golf course)

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

[http://www.wct.army.mil/modules/support%20network/c1\\_adaptivereconditioning.html](http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html)

**Equipment/resources Soldier brings:**

- Hat
- Sunglasses and sunscreen
- Bug spray
- Water/snacks
- \*Costs may be associated (Golf course fees); Golf courses may have a dress code

**Location(s):**

- Local golf courses (varies)
- MWR golf course