

**SADGA MEDICAL ELIGIBILITY REPORT**

Name.....Date.....

Address.....

Code.....City.....Country.....

Telephone.....E-mail.....

Date of birth (dd/mm/yy) .....Gender M/F Diagnosis .....

OBS: only relevant disabilities need to be entered, ranges of motion etc are to be given with aids used i.e. orthoses etc.

	R	L
Back rotation to		
Neck rotation		
Vision		
Plays from		

	Mobility		Strength	
	R	L	R	L
<b>Shoulders</b>				
Extension				
Flexion				
Rotation				
Abduction				
Adduction				
<b>Elbows</b>	R	L	R	L
Pronation				
Supination				
Extension				
Flexion				
<b>Wrists</b>	R	L	R	L
Dorsi-flex.				
Radio-ulnar				
<b>Hips</b>	R	L	R	L
Extension				
Flexion				
Abduction				
<b>Knees</b>	R	L	R	L
Extension				
Flexion				

Walks with Tredelenburg		
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Neurology	Yes	No
Severe spasticity		
Severe athetosis		
Other severe neurology		

**Use of buggy**

Due to the above described physical restrictions I find it impossible for this person to play 18 holes without a buggy. I therefore recommend this player to have access to a buggy:

Yes	
No	

I confirm that the above information is correct\*

Date..... Date.....

Signature Signature

Printed name Phone Number  
Reg. Doctor or Reg. Occupational therapist

Approved by SADGA official:

Date:\_\_\_\_\_ Signed:\_\_\_\_\_

	R	L
Arm length cm		
Leg length cm		
Grip lacking		

	Yes	No
Arm amputation		
Above Syme amputation		



**ADELE GELDENHUIS**  
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PRACTICE NUMBER 0174637

**Please see instructions for filling in this Report**



## Instructions for filling in the report

We do recommend that the professional examiners have both personal experience and knowledge of golf so as to be aware of, and familiar with the restrictions and difficulties, which will occur with regard to playing golf. Range of motion is measured based on the anatomic position. Strength is measured in a scale from 0-5. Usually if the strength is reduced in any modality below three the person is eligible. At grade 3, the sole weight of the extremity can be overcome. The only requirement is to decide whether the disability is severe enough to qualify for the competition based on the issue if it is really a lot more difficult for this person to play golf than anyone else.

Qualifying factors for participation are the types and the magnitudes of impairment with regard to leg range of motion and strength, grip, arm length, two hands, shoulder range of motion and strength, elbow range of motion and strength, back range of motion, vision, balance and neurology. Major impairment in any of these functions, or in combinations, will qualify for participation. If a player; previously approved, for any reason has a changed impairment it must be reported to the authority giving the licence immediately.

### Muscle Testing (Power scale)

- 0 - Total lack of voluntary contraction
- 1 - Faint contraction without any movement of the limb (trace, flicker)
- 2 - Contraction with very weak movement through full range of motion when gravity is eliminated
- 3 - Contraction with movement through the complete joint range against gravity
- 4 - Contraction with full range of movement against gravity and some resistance
- 5 - Contraction of normal strength through full range of movement against full resistance

### Spasticity Grade Scale for Muscle Tone ( spasticity/stiffness)

#### ASHWORTH SCALE

- 0 No increase in tone
- 1 Slight increase in tone giving a 'catch' when the limb is flexed or extended
- 2 More marked increase in tone, but limb is easily flexed
- 3 Considerable increase in tone with passive movement difficult
- 4 Limb rigid in flexion or extension

### DISABILITIES QUALIFYING FOR DISABLED GOLF

#### AMPUTEES OF LOWER LIMBS AND LEG LENGTH

Amputee of any part of the Lower Limb with minimal disability to be eligible as follows:  
Amputation of 2/3 of 1 foot (part of foot covering ground must be 1/3 or less of non amputated foot).  
Leg length difference should be at least 20cm.

#### AMPUTEES OF UPPER LIMBS AND ARM LENGTH

In a grip the primary fingers are the thumb, index finger and middle finger. Amputee of any part of the Upper Limb with minimal disability to be eligible as follows:

- 2 Digits of 4 fingers amputated in 1 hand.
  - 3 fingers on 1 hand amputated with 2 two being primary fingers.
  - 2 Digits of 6 fingers in 2 hands amputated of which 4 fingers has to be primary fingers.
- Arm length difference should be at least 15cm

### JOINT AND MUSCULAR DISORDERS

#### HIP:

A complete stiff hip joint in neutral position with no movement in any direction or flexion contracture of 35 degrees or more on at least one side will qualify.  
Strength in abduction, extension and flexion below 3 in a scale of 0-5, will be eligible. At grade 3, the sole weight of

the extremity can be overcome and is therefore not eligible.

**KNEE:**

A complete stiff knee in extension with no movement in any direction or flexion contracture of 40 degrees or more on at least one side will qualify.

Strength reduction in both flexion and extension below 3 in a scale of 0-5 will be eligible.

At grade 3, the sole weight of the extremity can be overcome.

**ANKLE:**

If the only disability is a stiff ankle, the player is not eligible for DISABLED GOLF.

**GRIP:**

Complete lack of grip on one side due to joints stiffness or lack of muscle power and function will be eligible but the final decision is made by the medical team.

**WRIST:**

Dorsiflexion on the right side of less than 10 degrees together with of no more than 5 degrees radio-ulnar deviation will qualify for the right-handed player and the same on the left for the left-handed player.

Reduction in strength below 3 in dorsiflexion and radio-ulnar deviation in the right hand of the right-handed player and left hand for the left-handed player will be eligible.

**SHOULDER:**

Range of motion in either shoulder is less than 30 degrees in adduction and abduction, flexion less than 25 degrees as well as rotation less than 45 degrees will be eligible.

Impaired extension does not qualify.

Reduction in strength below 3 in a scale of 0-5 of abduction, adduction, rotation and flexion, will be eligible. At grade 3 the sole weight of the extremity can be overcome.

**ELBOW:**

Flexion contracture of more than 45 degrees on at least one side with movement into pronation and supination less than 30 degrees on the same side will be eligible.

The right-handed player who cannot flex the right elbow beyond 90 degrees on the right side or beyond 60 degrees on the left side and less than 30 degrees of pro and supination on the affected side, is eligible. Reverse for the left handed player.

Reduction of strength below 3 in a scale of 0-5 in flexion, extension, pronation and supination in the same elbow will be eligible.

**BACK AND NECK RANGE OF MOTION:**

Rotation of the back and neck is fundamental in a golf swing whereas other trunk movements are of less importance. Rotation in the entire thoracic and lumbar regions of less than 10 degrees and a stiff cervical spine or movement less than 10 degrees, will be eligible.

Other impairments such as back and forward, and side to side movements do not qualify.

**NEUROLOGICAL DISORDERS:**

Neurological disorders with impairments such as spasticity tested according to Ashworth Scale, athetosis or other impairments that cause severe difficulties to perform a normal golf swing will be eligible as follows:

**Hemiplegia** – Spasticity Gr 2+ in upper limb and marked movement and balance problems in lower limb on affected side.

**Diplegia** - Spasticity Gr 2+ in lower limbs but able to stand and swing and walk. The player not able to walk long distances between shots in the same time as other players, will be expected to be pushed by a helper between shots.

**Athetoid** – Due to the inability to control the swing and balance not falling over, the player with athetosis will only be eligible for competitions if the player can play 7/10 balls 100m+ - 30m width in a desired/pointed direction in 10 min.

**PERMANENTLY WHEELCHAIR BOUND:**

The player permanently in a wheelchair with a normal grip and swing in at least one hand and arm is eligible for disabled golf. The player must have a helper to push him between shots.

**MENTAL CAPIBILITIES, CARDIOPULMONARY DISORDERS & NORMAL AGEING:**  
DO NOT qualify for DISABLED GOLF.

**CHANGED IMPAIRMENT:**

If a player, previously accepted as eligible, for any reason has a decreasing impairment it must be reported and the player must be re-tested before the next disabled golf competition the player wish to play in.

**Please Submit this report to SADGA**

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