

## HHGR Website Overview

Helping Hands Golf Resources provide golfers free information on the Helping Hands Golf Resources website on how to accomplish getting back on the golf course.

The website design reflects a portal architecture. Information is always being added with new content and the blog articles providing strategy or solutions on various topics.

### Website Content Highlights

- ◆ Medical Research & Golfing Injuries
- ◆ Medical Aids To Wear On The Course
- ◆ Golfer Spotlight—information for new adaptive golfers due to injuries or health concerns
- ◆ Senior Golfers Research
- ◆ New Products Golf Aids
- ◆ Video Tutorials for Golf Aids On Course
- ◆ Equipment & Accessories
- ◆ Physical Therapy Resources On & Off The Golf Course
- ◆ Exercises & Health Management
- ◆ Golf Training –Swing Plane Modifications
- ◆ Golf Therapy Strategies & Solutions

## About Us

Helping Hands Golf Resources launched in 2023 as a result of CEO Jo Boettcher, a health and fitness researcher experiencing health issues preventing her capability to play golf.

As an avid golfer over 60 years, Jo was determined to return to playing golf in whatever capacity she could. Jo started doing research to uncover what she needed to return to play golf again.

By utilizing the results of her research findings and HHGR involvement in designing a golf assistance aids with other golf industry companies, Jo made her way back.

Not only did Jo return to the game of golf in less than 5 months, she was able to play 18 holes, 4 days a week! HHGR expanded their focus, so other golfers are able to return to play golf with health issues or limited mobility constraints; be it temporary or permanent.

- Providing the opportunity for anyone to learn how to play golf or continue to play golf.
- In whatever capacity they can.
- To enjoy the socialization benefits the Lifetime Sport Golf provides.

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## Making A Difference In The Golf Community



Helpinghandsgolfresources.com

Resources for golfers with health issues or limited mobility to play golf.



<http://www.hhgr.info>

## In An Instant A Golfer Can Become An Adaptive Golfer



### An Adaptive Golfer description from the USGA relates to:

- ◆ Anyone that has physical or sensory challenges.
- ◆ Temporary or permanent health conditions.
- ◆ Age related challenges to participate in the game of golf.

### -Obstacles they need to conquer to play golf again or learn to play golf.

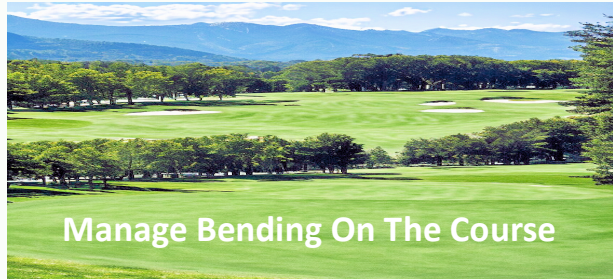


## Challenges & Solution's

Injuries are on the rise in golf. Preventative health measures are recommended.

- ◆ Mobility limitations.
- ◆ Back, knee, hip, muscles or joints issues.
- ◆ Aging Impacts (arthritis, tremors, balance, dizziness, weak hands etc.).
- ◆ **Are temporary or permanent health issues affecting your golf game?**

### Benefits of Golf Aids

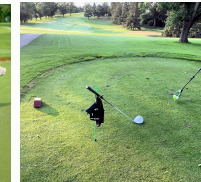


An average golfer playing 18 holes bends a minimum of 108 times. 36 times on tee box and a minimum of 72 times on green or other course locations picking up clubs,rakes etc.

### Issues are hindering a Golfer's ability To Play Golf



## HHGR Recommended Golf Aids



**REACHERGOLF**  
"Extend a golfer's reach when needed."  
REACHERGOLF.COM



- ◆ **REACHERGOLF is suitable for all golfers of all ages and abilities.** Features a telescopic design available in different versions 20-26 inches or 30-44 inches.
- ◆ REACHERGOLF offers an extra arm to help a golfer reach further. Without the golfer straining their back to place a ball, or retrieve ball on various locations on the course.
- ◆ REACHERGOLF can be used in a wide range of challenges on the course including: access to out of bounds, rough, underbrush, water hazards etc. Tee up ball, retrieve the tee, mark a ball and pick up ball from the cup.
- ◆ Using the REACHERGOLF allows limited mobility golfers or wheelchair golfers to be more independent. If able to load the 3D cup and tee up a ball or use on the greens or other course areas.
- ◆ Easy to store in provided bag in golf bag accessory zip pocket.