

GOLF WORKS LIMITED

1st April 2009

To whom it may concern,

In March 2008 I was given the opportunity to assess the Bodywall for its suitability as a therapeutic tool for injury rehabilitation and performance enhancements within the golf industry. Having worked as a physiotherapist for over 12 years I have been very impressed with the results that can be achieved on the Bodywall in this current time-poor climate when compared to conventional training and rehabilitation models. I believe that the muscle activation and motor patterning that is targeted by the inherent nature of the Bodywall technology would require significantly more specificity and attention to detail if one tried to achieve the same results in more traditional training and rehabilitation settings.

Successful rehabilitation outcomes are dependent on an appropriate interplay between the biological, the psychological and the social factors that are unique to each individual seeking help with their physical ailments. The biological component is one that is often lacking in specificity due to both time and/or economic constraints. People can spend countless hours in gyms and in classes doing exercises poorly, which usually results in sub-optimal long-term outcomes. Whilst one can still train poorly on any piece of equipment, the Bodywall system appears in part to minimise this effect. I suggest that this is due to both the technology utilised by the Bodywall and to the skill sets of the trainers using this training system.

From a personal experience I found 1-2 hours per week of training on the Bodywall led to significant improvements in my overall physical strength, stability, movement control and aerobic capacity. This is something that I have not been able to achieve with the muscle 'isolation' approach encouraged in most gym settings. Because the Bodywall system appears to recruit significantly more muscle fibre throughout the body with the majority of the exercises I have noticed that this 'minimal' amount of training on a weekly basis has achieved significantly better weight loss and strength gains than I have noted from spending similar timeframes training in gyms in the past. Furthermore, training on the Bodywall over a six-month period led to a surprising improvement in the scoliotic shape of my spine, an improvement that I did not expect but a result I am pleased with.

In the current economic climate where funding bodies are requiring evidence-based outcomes to justify the dollars being spent on health and rehabilitation I believe the Bodywall system, when utilised by appropriately trained personnel, has the potential to meet and exceed the outcomes being achieved in the current world of rehabilitation. The Bodywall system is capable of enhancing practically every exercise component required for successful injury rehabilitation I have no hesitation in recommending the Bodywall system becoming an integral part of any rehabilitation scheme.

Yours sincerely

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