



RRC's OBJECTIVES:

MRF works directly with the Occupational Therapists and Command's Echelon to foster

- Self-confidence
- Team Building
- Increase concentration

Racquetball Rehabilitation Clinics *ARE NOT* recreational activities but *a New Form of Rehabilitation* designed for the soldiers versus a recreational program. These clinics are directly implemented into the soldier's required daily rehabilitation program, as mandated by the Command.

ONE CLINIC is 8wks long (teaching up to 24 students) MRF runs 6 CLINICS per year = 48 wks of training, impacting 192 soldiers per year.



DIRECT BENEFITS OF RACQUETBALL:

MENTAL ATTRIBUTES

- Increases mental alertness
- Quickens the analytical process
- Improves hand - eye coordination
- Increases concentration

PHYSICAL ATTRIBUTES

- Builds muscle tone
- Increases range of motion
- Strengthens body core
- Increases flexibility & agility



CLINICS ON BASES & VAs

- HILLSBOUGH (LYONS CAMPUS) NJ
- FORT GORDON, GA
- PHOENIX VA MEDICAL CENTER
- DURHAM VA MEDICAL CENTER
- SAN ANTONIO, TX (CFI)
- SAN DIEGO NAVAL HOSPITAL, CA
- CAMP LEJEUNE, NC
- Over 200 wounded warriors have participated to date.



Military Racquetball Federation
 Racquetball Rehabilitation Clinics
www.militaryracquetball.com

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