



## **Bowling**

Bowling can be beneficial for Soldiers who have upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries (TBI). Each Soldier's Physical Therapist / Occupational Therapist will screen each Soldier for participation in bowling.

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

- The local Morale, Welfare and Recreation (MWR) Bowling Center
- Each Soldier's Adaptive Reconditioning Team will help coordinate their participation with the local MWR. An Adaptive Reconditioning Team Member and an NCO will be present during the bowling sessions.

### **Equipment/resources provided by program:**

- Bowling Balls (with and without holes)
- Bowling shoes (provided by the bowling alley)
- Bumpers
- Ramps

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:**

- Appropriate attire (comfortable pants and shirt, socks)
- Water bottle

### **Location(s):**

- Local MWR Bowling Center
- Local bowling alley
- \*Costs may be associated (lane fees)