

Wii Sports

Wii Sports comes with the Nintendo Wii and is a great introduction to the console. Is a great game offering some easy access to using the Wii.

The basic games of boxing tennis and bowling are the main features due to their ease fo use and similarity/familiarity to the sports. Baseball and golf are also good games but might be considered more complex to play, unless your not worried about doing so well.

The game has several modes- match mode where you play an opponent, who might be the computer or another Wii user. Or you can train. Each sport has three training modules, of varying difficulties, with the first training option not necessarily the easiest. You have to open the training sessions for others to be unlocked.

The games themselves have therapeutic qualities, with tennis encouraging timing and upper limb movement, boxing encouraging bilateral upper limb movement and cardiovascular fitness and bowling encouraging precision, sequencing and upper limb strength.

Play these games for long enough and you will know about it, therefore it is worth while taking the rests as the game suggests as the repetitious movements that are required (without bat, ball, club or boxing glove) can take their toll on muscle groups not normally used in this way.

Alternatively the games can be played as a distraction bowling or golf whilst in the standing frame, sitting on a physio ball, standing without support etc etc. By working on balance and core stability playing the Wii offers the dynamic activity to work the patient at a variety of levels.

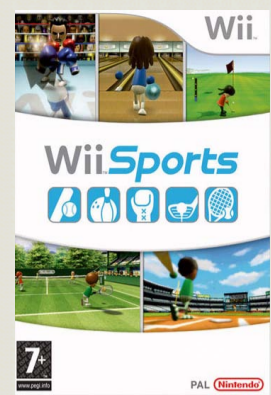
Information about Wii Sports can be found by clicking [here](#)

Below you will find an outline of the parts of the game that have been found accessible within physiotherapy sessions, you will also find indications of the level of activity or function required to play the game successfully. Easily accessible games are given 5 stars, more difficult games less.

Multiplayer	Yes - upto 4 players at once
WiiMote Buttons	Yes - A and or B in most plus the cursor in Golf and Bowling
Nunchuk	Yes with Boxing
Improves Movement	Control of fine movement, grip, dexterity, cardiovascular exercise
Motivational Tool	Games are basic but fun and enjoyable
Skill Development	Reaction speed, timing, perceptual skills and spacial awareness
WiFi option	No
No. of Mini Games	5 plus 3 training sessions for each game
Therapy Friendly	Yes - the basics, training elements can get complex

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GAME	TYPE	EASE (out of 5 stars)	Additional Info
Boxing	Match	★★★★★	Very easy to physically manage a boxing game, great cardiovascular exercise, does require 2 mobile upper limbs.
Boxing	Training 1	★★★★★	Throwing punches at a punch bag for 1 minute. 2 arm exercise although you can use splints to secure controls to forearms if unable to grip.
Bowling	Match	★★★★★	Easy when not altering start position of bowler therefore B to get ready followed by bowling action and release B to throw.
Bowling	Training 2	★★★★☆	Fun to knock down as many pins as you can <as above>
Golf	Training 1 & 2	★★★★☆	Good practice as swing and press A whilst swinging to take shot.
Bowling	Match	★★★★☆	Press cursors to position player, A to accept and B to get the player ready followed by bowling action.
Golf	Match	★★★★☆	Buttons needed to change direction of swing and club.
Tennis	Match	★★★★☆	Quick reflexes needed with speed of swing
Tennis	Training 1	★★★★☆	Quick reflexes needed with speed of swing, miss 1 and the game is over.
Baseball	Match	★★★★☆	Bowling is achievable but the hitting is as in training.
Baseball	Training 1, 2 & 3	★★★★☆	Difficult to achieve swing, timing, speed and direction.



Wii Sports is an excellent game offering the opportunity to work on control of movement, pointing and pressing buttons, reactions speeds depending on game, grip and dexterity along with others.

Therapists will have no problem using the easy aspects of this game with patients as either a distraction from therapeutic activity or as a means to focus on movement control and concentration.