



We Got Your 6:

How Athletic Trainers are Transforming Military Medicine



Dr. JoEllen Sefton, LAT, ATC
Director




Maximizing Readiness Through Improved Health and Performance

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Learning Objectives

- Understand how the sports medicine approach is being adopted into military medicine
- Discover the expansion in job opportunities for ATs working with service members
- Recognize the unique characteristics and needs of tactical athletes
- Summarize cultural differences that influence tactical athlete care outcomes
- Discover how the Army's Holistic Health and Fitness (H2F) and similar programs are advocating for these changes



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The Tactical Athletic Trainer



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THE TACTICAL ATHLETE



- Common Characteristics of the Job
 - Load carriage
 - Head supported mass
 - Military-like vehicle exposure
 - Equipment intensive
 - Physically demanding
 - High stress
 - Poor sleep
 - Poor fueling
 - High injury rates
 - Lack of self-care



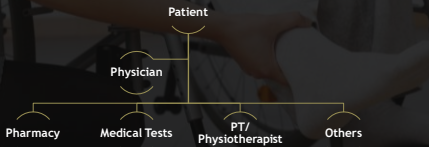





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Medical Model




```

            graph TD
            Patient --- Physician
            Physician --- Pharmacy
            Physician --- Medical Tests
            Physician --- PT_Physiotherapist[PT/Physiotherapist]
            Physician --- Others
            
```

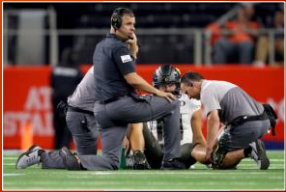
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The Sports Medicine Model (SMM)



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            graph TD
            Athletic_Trainer[Athletic Trainer/Physiotherapist] --- Medical_Physician[Medical Physician]
            Athletic_Trainer --- Dietitian
            Athletic_Trainer --- Strength_Coach[Strength Coach/Physical Therapist/Trainer]
            Athletic_Trainer --- Sports_Psych[Sports Psych]
            Athletic_Trainer --- Training_Team[Training Team]
            Athletic_Trainer --- Unn_Coaching[Unn Coaching Staff]
            Athletic_Trainer --- Others
            Athletic_Trainer --- Commanding_Officer[Commanding Officer/Mental Team/The (F)G(TH) Team]
            
```



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Benefits of the SMM

- Rapid diagnosis and treatment
- Coordinated team
 - Communication
 - Relationships
 - Job awareness
- Musculoskeletal focus/experience
- Prevention
- Education
- Data



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Our Athletes



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The Military AT



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Cultural Differences



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February 2019 36,000 soldiers were non-deployable	Equal to 13 Brigade Combat Teams
12,000 on temporary profile, 15.5 on permanent profile	2018 - 56k injured/year • 71% of these were lower extremity exercise injuries
\$557,000,000 in health care costs for active duty	Obesity, sleep deprivation, and other issues



Army Holistic Health and Fitness (H2F)


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H2F and Similar Programs

Goal: To build physical lethality and mental toughness to win both defense and offense in multi-domain operations quickly and then return home healthy. To optimize and mitigate the rate of loss of physical and mental readiness for missions at any time.

- \$110 million across 28 Brigades to start
 - Then 18/year through 2026
- Personnel
 - 500 uniformed
 - 700 Army civilians
 - 1,900 contractors
- 37 member H2F team:
 - PTs, OTs, dieticians
 - 7 ATs
 - 14 CSCS
- Equipment - fully resourced

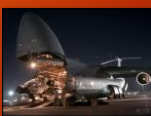


To Start:
196 ATs
392 CSCS
(Army really likes a combined AT/CSCS)



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Expansion of Military ATs



Air Force Total Force Fitness
AMFC Connect (focus on mental health)


Marines Performance and Resiliency program (PERRES)

Navy Health and Wellness Promotion Program

VA Whole Health

All have similar new programs with different names and slightly different focus

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We Get To Do Cool Things



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Benning NATA video

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Thank You!

Questions?



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