Maximizing Readiness Through Improved Health and Performance

We Got Your 6: How Athletic Trainers are Transforming Military Medicine

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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

The Tactical Athletic Trainer

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

Medical Model

The Sports Medicine Model (SMM)
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Benefits of the SMA

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

Our Athletes

Cultural Differences

The Military AT

Army Holistic Health and Fitness (H2F)

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

Equal to 17 Brigade Combat Teams

- 12,000+ in temporary profile
- 2,500 in permanent profile
- Obesity, sleep deprivation, and other issues

7,000,000 in healthy care costs for active duty

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 - 56% injured/year

- 71% of these were lower extremity overuse injuries

$557,000,000 in health care costs for active duty

Obesity, sleep deprivation, and other issues

To Start:

196 ATs
392 CSCS

March 2022
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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.

We Get To Do Cool Things

Thank You!
Questions?

CCSU Sports Medicine Symposium - March 2022