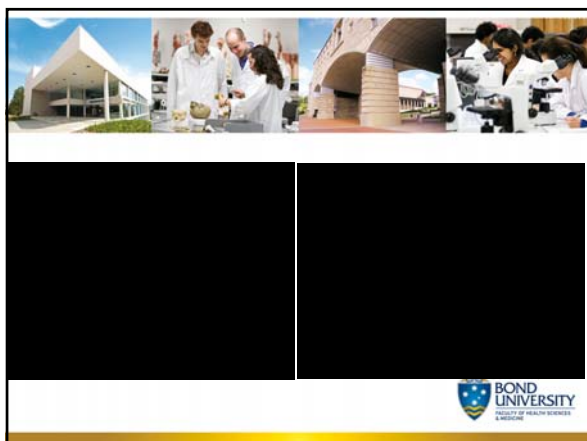




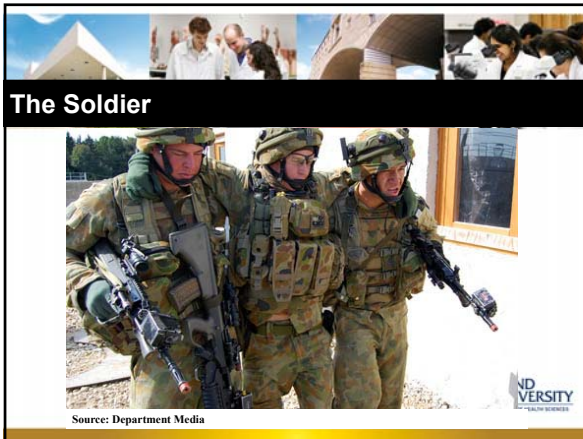
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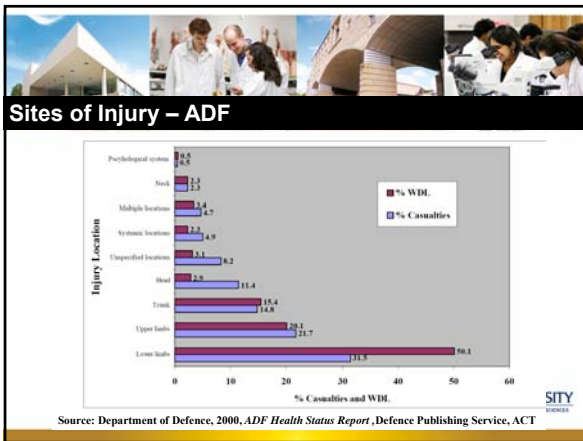
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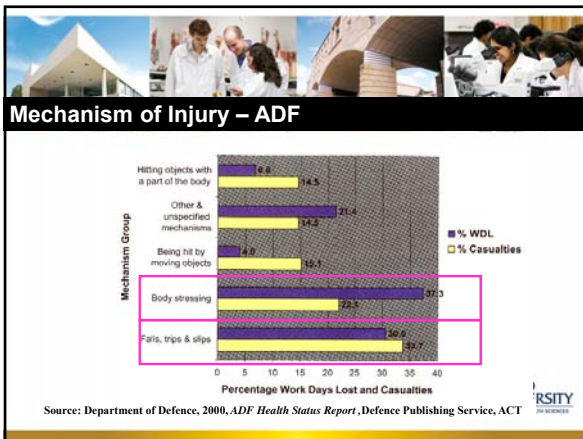
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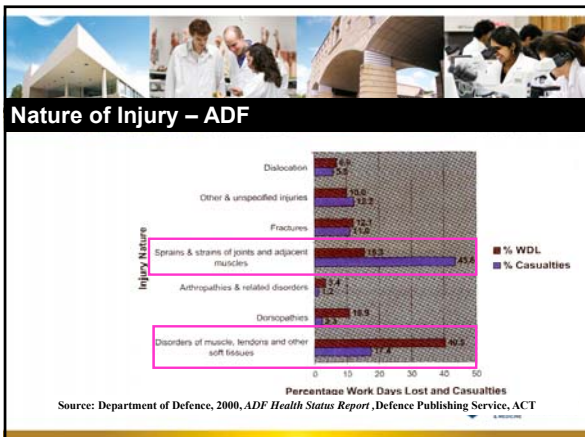
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The Soldier in Combat Theatres

- No battle injuries major cause of attrition (Cohen et al., 2005)
- Leading site of injury on operations Lower back followed by knee (Cohen et al., 2005; Roy et al., 2013)
- Most frequent activity to cause injuries were lifting, carrying and dismounted patrolling (Roy et al., 2013)

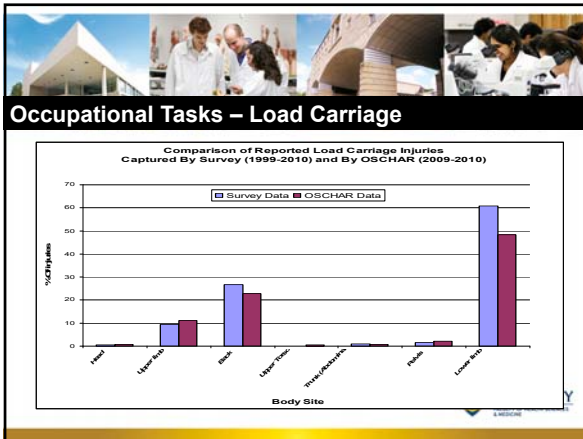
Source: JPAU Achieves

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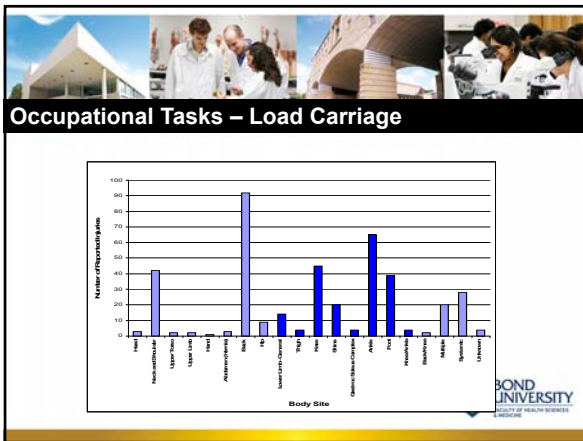
Occupational Tasks – Load Carriage

- Mean load for Australian soldiers in last decade 47.7 kg / 56%BW

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Occupational Tasks – Load Carriage

- 39% Bones & Joints
- 36% Tendons & Muscles
- 15% Ligaments
- 4% Skin


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Occupational Tasks – Load Carriage

Mechanism of Load Carriage Injuries	Number of reported injuries (%)	
Muscular stress	251	62%
Fall	85	21%
Exposure to environmental heat	28	7%
Rubbing and chafing	21	5%
Stepping kneeling or sitting on objects	9	2%
Unspecified mechanisms of injury	3	1%
Contact with moving or stationary object	4	1%
Other and multiple mechanisms of injury	2	0%
Being trapped between stationary and moving object	1	0%
TOTAL	404	100%

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Trainees – ARMY

- Recruits typically report 3-5 times the rates of injury reported by trained ADF personnel
 - lower skill and experience levels, low levels of personal control, high training tempos and constant group training and fixed workloads contribute strongly to this situation, which is common across industries for new recruits
- This is similar to military trainees of other nation

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Defence Injury Wrap Up

- The back and lower limbs are common injury sites
- Nature of injuries are wide and varied from blisters to nerve injuries but musculoskeletal injuries dominate
- Conditioning and Reconditioning practices need to consider:
 - The sites more prone to injury
 - The specific tasks required of military soldiers (esp load carriage)




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Injuries in a Police Force




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The Police Officer

- Police undertake a complex and varied job.
- Job details can change minute to minute, hour to hour and day to day.



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Sites of Injury – Law Enforcement

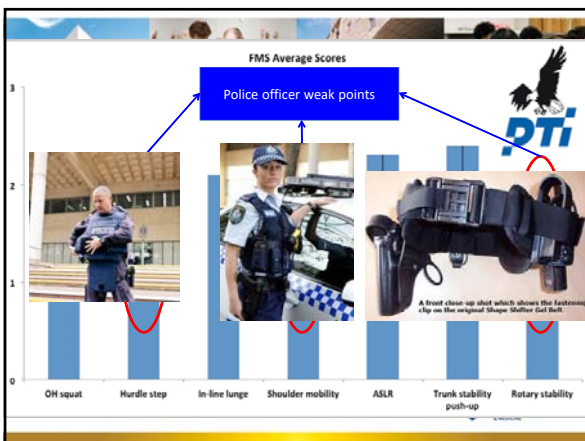
- Common injury sites in law enforcement, include the knee, lower back and shoulder



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Law Enforcement Injury Wrap Up

- The lower limbs, back and upper limbs are all common injury sites
- There is a link between the sites of movement dysfunction in police officers and sites typically injured.
- Conditioning and Reconditioning practices need to consider:
 - The sites more prone to injury
 - The role and tasks required of the individual and the PPE they have to wear


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Questions?

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