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## Preventing tactical training injuries: progress & the future

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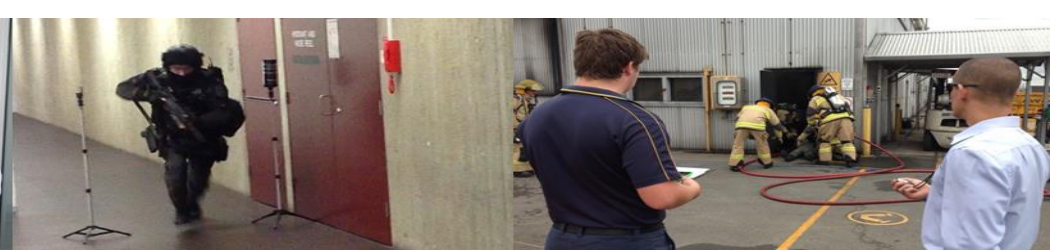
# Preventing Tactical Training Injuries: progress and the future

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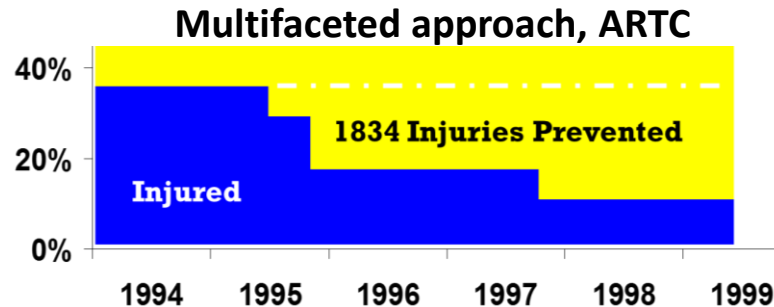
<sup>2</sup> Tactical Research Unit, Bond University



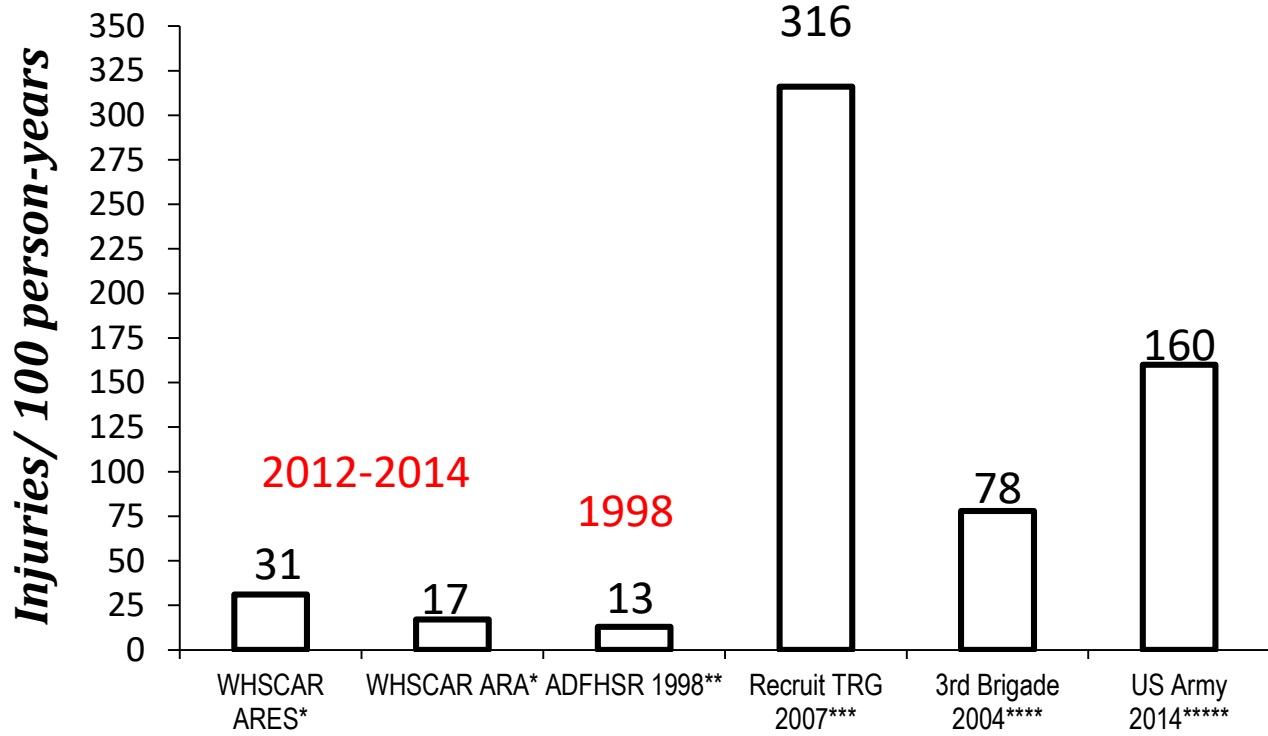
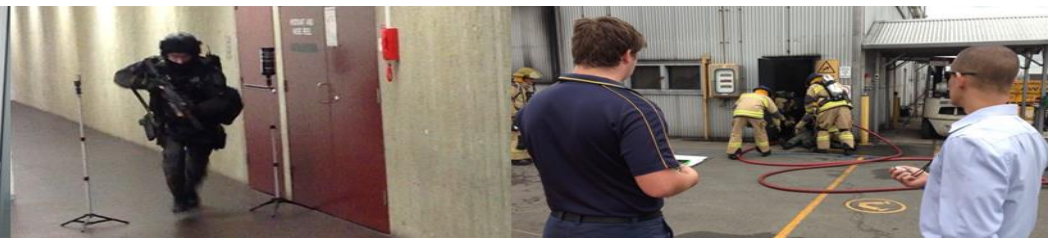


# Preventing tactical training injuries: *Progress?*

- *Lots of activity* - focus on fitness, conditioning, selection, standardization/control of training, hazard management, PHA / RMA / hybrid systems
- *Some successes* – but limited in time and reach (see reference list for details)



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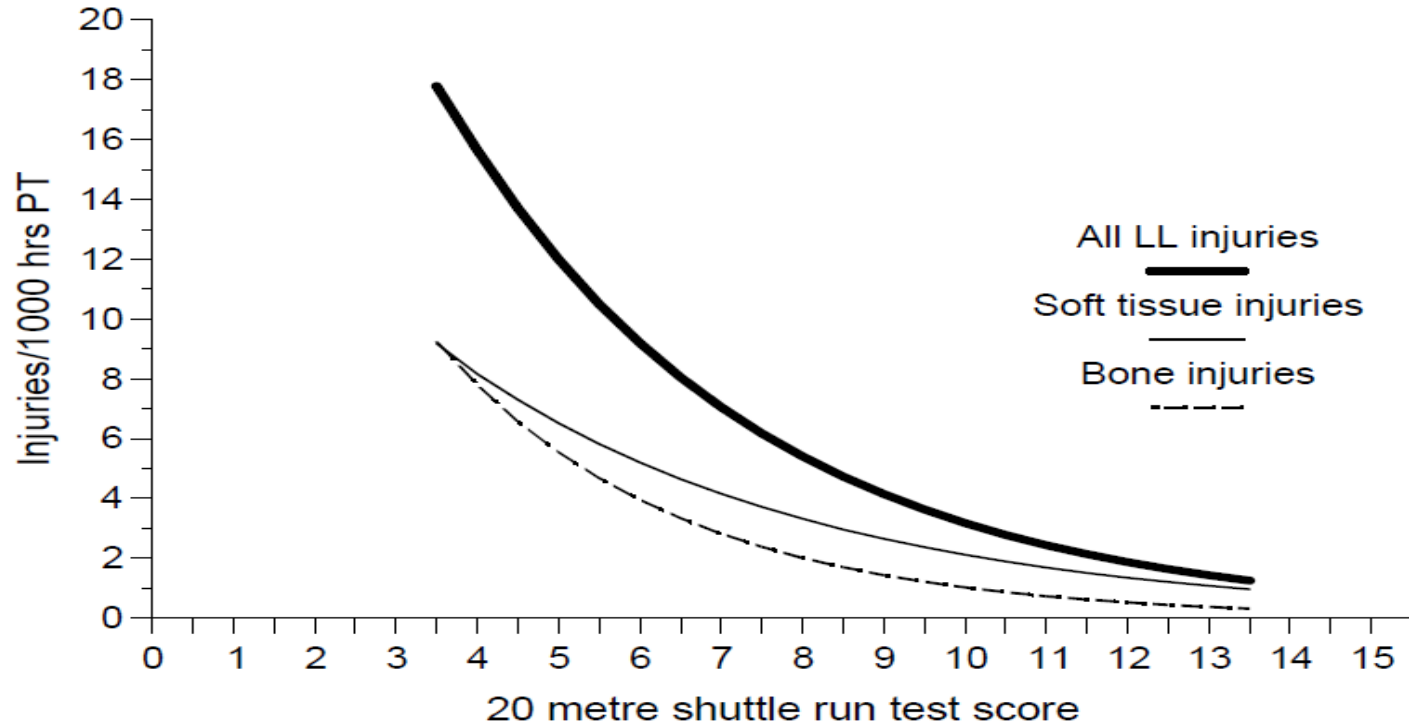
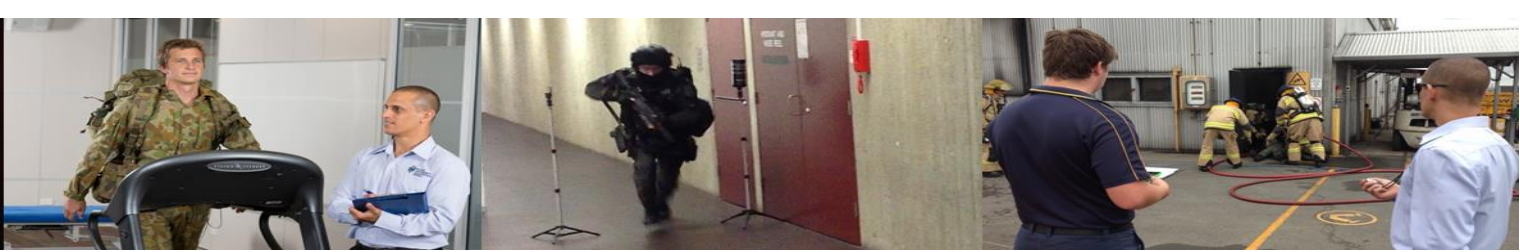


(Pope & Orr, 2017)

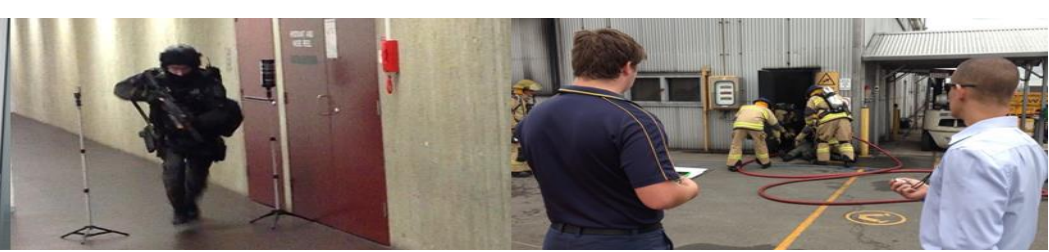


# Preventing tactical training injuries: *Progress?*

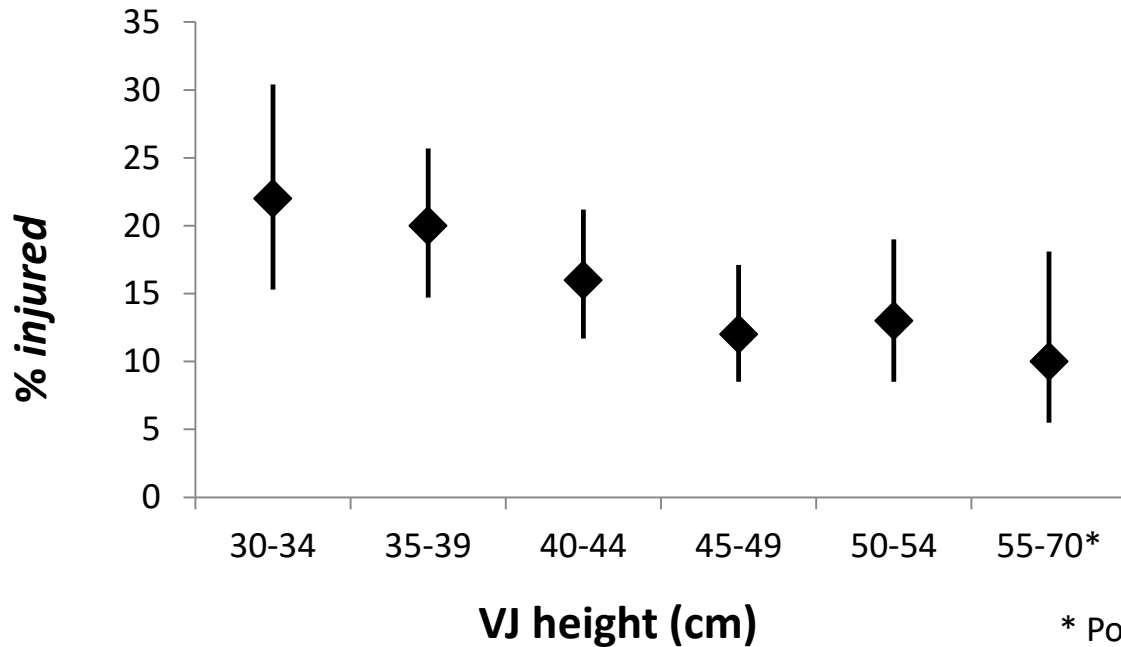
- *Key issues*
  - Injury causation is multifactorial
  - Each factor typically accounts for 1-5% of overall injury risk (but small risks accumulate over repeated exposures & factors additive)
  - Command changes & posting cycle - progress often lost or reversed
  - Injuries a hidden problem – reporting/ monitoring inadequate & ‘gamed’ due to repercussions
  - Focus on the wrong issues (eg gender rather than fitness, stature)
  - Translation to practice can be fraught (eg balance & agility) & some interventions don’t work (eg pre-exercise stretching)



(Pope, 2002, pp. 82;  
[www.researchgate.net/  
publication/273119693](http://www.researchgate.net/publication/273119693)  
[Prediction and prevention of lower limb injuries and attrition in army recruits](#))



## Percentage of Recruits *injured*, by VJ height, with 95% CI



(Orr R, Pope R, Peterson S,  
Hinton B & Stierli M, 2016)

\* Pooled results (small cell counts)



# Preventing tactical training injuries: *the Future?*

- *We need:*
  - High-level buy-in, monitoring, oversight, accountability – recognize and monitor personnel / mission consequences
  - Outcome measures that are difficult to ‘game’, eg personnel impacts, actions to address factors
  - A system approach – PHA/RMA hybrid, automated system control charts & alerts
  - Multifaceted interventions
  - Intervention studies





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# Questions?

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