

WARCOM & MARSOC

Current Practices and Initiatives In Injury Prevention

The U.S. special warfare community has introduced many identified best practices to the Fleet and Marine Corps population. The Navy Musculoskeletal Continuum of Care Advisory Board (MCCAB) has been presented with an overview of several of these current practices and initiatives during two prior MCCAB meetings (see below). Phase 2 of the Navy Current Practices and Initiatives Report will involve a comprehensive review of several existing special warfare programs. Identifying the applicability of these programs into the Navy and Marine Corps population will be a primary objective of Phase 2 of the Navy Current Practices and Initiatives Report.

1. May 2009: Naval Special Warfare East – Injury Prevention Current Practices and Initiatives

- NSW-E Physical Readiness Model.
- Tactical Athlete Center (TAC).
- NSW-E Human Performance & Rehabilitation Team.
- Human Performance As It Relates to Injury Prevention.
- Human Performance & Rehabilitation LAB: UPITT.
- Human Performance & Rehab Program Overview.
 - NSW Group 4
 - NSW DEVGRU
 - NSW Group 2
- Musculoskeletal Screening: A Standardized Process.
- Functional Movement Screen.
- Current Practices & Initiatives That Support The Deployed Forces.
- Nutrition for Performance.
- NOFFS: Foundational Component Inception at NSWG-4.

2. April 2010: Special Operations Command (SOCOM) Update

- University of Pittsburgh: @ 3 locations within SOF Profiling / baselining of the tactical athlete
- Old Dominion University: Success Factors for Candidate Selection.
- Ohio State University: SWCC Combatant Craft Task : Peak Performance & long term health surveillance
- University of Montana: Trainability limits looking at population /cultivation: understanding more about the prescreening methods of SOF candidates.
- Arizona State: Endocrine Markers. 4 hormonal levels in real time. Allows human performance team (CSCS) to qualify or disqualify an operator from a training cycle.
- Tufts University: Metabolomics: Results in a test or profile that allows ability to customize to qualify or disqualify tactical athletes for high intensity conditioning.
- USARIUM: United States Army Research Institute of Environmental Medicine EPO – Altitude Acclimatization using chemical EPO.
- MIT: Prototype Endocrine Marking device
- MIT & Naval Postgraduate School (NTS): Topographic Network Testing (TNT) of bio medical data. Monitor in a stand off capacity.
- NHRC San Diego: Completed Study on Brain Science.