



YOU FALL. WE CATCH.



Injury and Violence Free Living

Injuries threaten readiness.

Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition. Every day, injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. Exposure to violence does, too—whether it's physical or psychological trauma. The thing is: many injuries and distress triggers are preventable. That's where we come in. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and your Semper Fit Fitness and Health Promotion office offer you practical tools, educational resources and evidence-based prevention strategies that help keep Marines performing at their peak—on and off the job.

Main type of injuries: Musculoskeletal.

Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition—both in peacetime and combat. Every year, more than 800,000 service members seek medical attention for their injuries. In 2008, 53 percent of Marines reported seeking medical care for an injury in the previous 12 months, with most of those injuries occurring while participating in a sport, exercise or recreational activity.¹ The majority of the injuries were musculoskeletal, such as sprained ankles or knees, strained backs, and tendonitis/bursitis of the knee.²

Overuse injuries tend to result from either your physical makeup (internal factors) or how you engage (external factors). Maintaining an adequate level of physical fitness, and using safe training techniques and good judgment all factor in an effective injury-prevention plan.

Programs that prevent and protect.

We understand the most common injuries you face, whether it's slips and falls on the job, a motor vehicle accident, or a physical training related injury. We provide you with information on how and why injuries occur and what you can do to prevent future injuries. We also provide resources that combine human performance and injury prevention strategies, resulting in more productive and safer training routines. For more information, visit www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx or contact your installation's Semper Fit Fitness and Health Promotion office.

Living violence free.

We can provide you and your family with strategies and know-how to minimize physical, emotional, and sexual violence in your personal surroundings—whether on the job or at home. Violence not only can cause physical injuries, but also psychological trauma, fear, and post-traumatic stress. These injuries—visible and invisible—can cause depression, trigger alcohol and drug abuse, and in some cases lead to death. We have resources to promote coping and healing among victims of violence and those who witness it. For additional help living violence free, contact your local Marine Corps Community Services to learn about Marine and Family Programs, the Marine Corps Headquarters Behavioral Health Branch or speak to a Sexual Assault Response Coordinator (SARC).

To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION and WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M_RA_HOME/MF/G_BEHAVIORAL%20HEALTH



1,2 Loring K, Bedno S, Hauret K, et al. Injuries from Participation in Sports, Exercise, and Recreational Activities Among Active Duty Service Members — Analysis of the April 2008 Status of Forces Survey of Active Duty Members. <http://www.dtic.mil/cgi-bin/GetTRDoc?Location=U2&doc=GetTRDoc.pdf&AD=ADA560733>. Published September 13, 2011. Accessed June 21, 2013.

