

**A complete resource
for injury and violence
free living.**



Resilience through prevention.

Every day, injuries put service members on the sidelines. If you are wounded, ill, or injured, a new or aggravated existing injury could derail your recovery, prolong your return to optimal health, and increase your physical and psychological stress. Many of these new or aggravated injuries can be prevented. That's where we come in. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers you practical tools, educational resources, and evidence-based injury prevention strategies that help keep wounded, ill, and injured Sailors and Marines on the path to recovery and optimal health.

Visit www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-injury-violence.aspx to learn more about injury and violence free living, including:

- ▶ 21st Century Sailor and Marine Initiative
- ▶ Injury Prevention Resources, Tools and Strategies

To learn how our programs can facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

For more information on your local resources, contact:

YOU FALL. WE CATCH.



**Injury and Violence Free Living
for Wounded, Ill, and Injured
Sailors and Marines**



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



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Types of injuries.

Injuries create more of an ongoing threat to the health of our U.S. Armed Forces than any other medical condition—both in peacetime and in combat. Injuries affecting Sailors and Marines include¹:

- › Injuries sustained in motor vehicle or motorcycle accidents
- › Shrapnel injuries
- › Bullet wounds
- › Amputations
- › Head injuries
- › Traumatic Brain Injury (TBI)
- › Fractures
- › Broken bones
- › Sprains and strains

Remaining on the path to recovery.

Rehabilitation can be a long and sometimes challenging journey. We want to keep you on the path to recovery so you reach optimal health as quickly as possible. To do this, it's important to avoid aggravating an existing injury or experiencing a new one.

Awareness is prevention.

Maintaining situational awareness is important to injury prevention. This means understanding your personal situation and factors that influence your risk including:

- › **Balance and coordination.** Imbalance from a wound, illness, or injury may influence how you perform daily activities. Work with a rehab specialist or physical therapist to improve balance and coordination.
- › **Sleep.** You are not performing at your best when you are tired. Sailors and Marines with TBI can improve their memory with additional sleep.^{2,3}
- › **Tobacco Use.** Using tobacco and products that contain nicotine can slow wound healing, increase risk of infection, lengthen hospital stays, and cause recovery time to be longer.

Injury and Violence Free Living for Wounded, Ill, and Injured Sailors and Marines Overview

- › **Alcohol.** Alcohol plays a role in affecting your mind. Avoid it during recovery as it slows healing, and blurred senses will put you at risk for another injury

Preventing further injuries.

You can reduce your risk of injury or re-injury during and post recovery from a wound, illness, or injury by:

- › Maintaining situational awareness.
- › Making adjustments with your movements and exercise to account for imbalance, uneven gait, and decreased or limited strength and coordination.
- › Following a standardized system of progressive exercise.
- › Balancing the body's need for training and recovery.
- › Getting proper nutrition, hydration, and rest.
- › Using protective and medical equipment properly.
- › Seeking early injury evaluation and care if you get injured.

Programs that prevent and protect.

We provide you with information on how and why injuries occur, what you can do to prevent future injuries, and what resources and tools are available. Talk with your rehab specialist or health care provider to find local programs that can help you prevent further injury.

Living violence free.

Exposure to violence can also impact your recovery and cause physical and psychological trauma. We have the resources to promote coping and healing among victims of violence and those who witness it.

1 Navy and Marine Corps Public Health Center EpiData Center Department. Injury Rates In Active Duty US Navy 2012. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/injury-violence-free-living/navy-injury-rates-2012.pdf>. Published February 2013. Accessed June 21, 2013.

2 Orff HJ, Ayalon L, Drummond SPA, et al. Traumatic brain injury and sleep disturbance: A review of current research. *J Head Trauma Rehabil.* 2009; 24(3):155-165.

3 Bender J. Frontline Psych with Doc Bender: The Importance of Sleep. Defense Centers of Excellence. http://www.dcoe.mil/blog/11-10-18/Frontline_Psych_with_Doc_Bender_The_Importance_of_Sleep.aspx. Published 18 October 2011. Accessed 21 March 2014.

