

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

### Readiness through prevention.

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.

Visit [www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx) or [www.manpower.usmc.mil/portal/page/portal/M\\_RA\\_HOME/MF](http://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF) to learn more about injury and violence free living, including:

- 21st Century Sailor and Marine Initiative
- Injury Prevention Resources, Tools and Strategies
- Human Performance Resource Center
- Marine Corps Family Advocacy Programs
- "Interventions Evaluated to Make Recommendations for Physical Training-Related Injury Prevention" report
- Marine Corps Headquarters Behavioral Health Branch



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](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION) and [WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M\\_RA\\_HOME/MF/G\\_BEHAVIORAL%20HEALTH](http://WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M_RA_HOME/MF/G_BEHAVIORAL%20HEALTH)



## YOU FALL. WE CATCH.



### Injury and Violence Free Living Overview



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



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## 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. 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.<sup>1</sup> The majority of the injuries were musculoskeletal, such as sprained ankles or knees, strained backs, and tendonitis/bursitis of the knee.<sup>2</sup>

## Musculoskeletal injury prevention basics.

Musculoskeletal injuries result from internal and external factors. Internal factors include:

- Lack of physical activity
- Low aerobic fitness levels
- Having an injury or illness
- Low levels of balance, agility, and coordination
- Poor body mechanics
- Improper use of supplements; inadequate hydration
- Fatigue
- Tobacco use (heavy smoking in particular)

Common external factors for overuse injuries include:

- Training technique
- Lack of proper equipment and protective gear
- Training environment and surface
- Type of physical activity
- Un-officiated games

Maintaining adequate physical fitness, practicing safe training techniques, and using good judgment all factor in an effective injury-prevention plan.

1,2 Loring K, Bedno S, Haurer 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.

## 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 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](http://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 or speak to a Sexual Assault Response Coordinator (SARC)
- Call the Marine Corps DSTRESS line at 1-877-476-7734
- Call the National Domestic Violence Hotline at 1-800-799-SAFE(7233)
- Contact the DoD Safe Helpline for sexual assault support by calling 1-877-995-5247 or visiting [www.SafeHelpline.org](http://www.SafeHelpline.org)
- Talk to your Uniformed Victim Advocate, a medical provider or chaplain for confidential counseling and support

