



# YOU FALL. WE CATCH.



## Injury and Violence Free Living

### Injuries threaten readiness.

Every day, on-duty and off-duty injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. Exposure to violence does, too—whether it results in physical injury or psychological trauma. The thing is: many injuries are preventable. That’s where we come in. The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department and Semper Fit Fitness and Health Promotion 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, both on-duty and off-duty, can threaten the health and readiness of Marines. In 2013, there were 67,263 injuries recorded in medical records for active duty Marines. The most common injuries reported were sprains and strains, fractures, contusions, superficial injuries, and open wounds.<sup>1</sup>

Overuse injuries tend to result from either your physical makeup (internal factors) or how you engage (external factors).<sup>2,3</sup> Maintaining adequate physical fitness, practicing safe training techniques, and using good judgment all factor into an effective injury prevention plan.

### Programs that prevent and protect.

NMCPHC understands the most common injuries you face, whether the injury is caused by slips and falls on the job, a motor vehicle accident, or physical training. We provide you with information on how and why injuries occur and what you can do to prevent future injuries. Semper Fit’s High Intensity Tactical Training (HITT) and the Aquatics Maximum Power-Intensity Training (AMP-IT) provide guidance on proper nutrition, injury prevention, and fatigue management.<sup>4</sup>

### Living violence free.

NMCPHC provides you and your family with strategies and information to minimize physical, emotional, and sexual violence in your personal surroundings—whether on the job or at home. Violence can cause physical injuries, as well as psychological trauma, fear, and post-traumatic stress.<sup>5</sup> These injuries—visible and invisible—can cause depression, trigger alcohol and drug abuse, and in some cases, lead to death.<sup>5</sup> 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, speak to a Sexual Assault Response Coordinator (SARC), or contact the Department of Defense (DoD) Safe Helpline for sexual assault support by calling 1-877-995-5247 or visiting [www.SafeHelpline.org](http://www.SafeHelpline.org). You can also talk to a health professional, the mental/behavioral health department, or a chaplain for confidential counseling and support.

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/MARINES/PAGES/DEFAULT.ASPX](http://www.MED.NAVY.MIL/SITES/NMCPHC/MARINES/PAGES/DEFAULT.ASPX) and [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://www.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME).

For more information on your local resources, contact:

<sup>1</sup> Navy and Marine Corps Public Health Center. EpiData Center Department. Injury Rates Using Medical Encounter Data, Active Duty US Marines, FY13. <http://www.med.navy.mil/sites/nmcpHC/epi-data-center/occupational-and-environmental-exposures/Pages/default.aspx>. Prepared April 2014. Accessed July 2015.

<sup>2</sup> Department of Defense. Joint Services Physical Training Injury Prevention Work Group. Interventions Evaluated to Make Recommendations for Physical Training-Related Injury Prevention. <http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/injury-violence-free-living/interventions-evaluated-to-make-recommendations-for-injury-prevention.pdf>. Published May 2007. Accessed July 2015.

<sup>3</sup> Zambraski E, Yancosek K. Prevention and Rehabilitation of Musculoskeletal Injuries During Military Operations and Training. *Journal of Strength and Conditioning Research*. 2012; Volume 26 (Issue 7): 101-106. <http://hprc-online.org/physical-fitness/training-exercise/files/JSCRS101PreventInjuries.pdf>. Accessed July 2015.

<sup>4</sup> USMC Fitness Readiness Guide. HITT Overview. <https://fitness.usmc.mil/Pages/HITTAcademy.aspx>. Accessed July 2015.

<sup>5</sup> Injury Prevention & Control: Division of Violence Prevention. Centers for Disease Control and Prevention. <http://www.cdc.gov/violenceprevention/>. Updated June 2015. Accessed July 2015.



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PREVENTION AND PROTECTION START HERE