Tactical Athletes, their profile, their injuries and their recovery

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Tactical Athletes, their profile, their injuries and their recovery

By Dr Rob Orr

Bond University / TSAC-A
Tactical Athletes vs Athletes

The Physiology is the same
Tactical Athletes vs Athletes

Dress and Environment are different

EVIDENCE BASED · TACTICALLY TESTED · OPERATIONALLY PROVEN
Tactical Athletes vs Athletes

Every day is game day...
recovery can be a luxury
Tactical Athletes vs Athletes

Rules and Regulations

EVIDENCE BASED - TACTICALLY TESTED - OPERATIONALLY PROVEN
Tactical Athletes vs Athletes

The cost of loss

EVIDENCE BASED . TACTICALLY TESTED . OPERATIONALLY PROVEN
Injuries in the ADF

Source: Department Media
## Sites of Injury – ADF

<table>
<thead>
<tr>
<th>Location Group</th>
<th>Casualties</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower limbs</td>
<td>1586</td>
<td>31.5</td>
</tr>
<tr>
<td>Upper limbs</td>
<td>1095</td>
<td>21.7</td>
</tr>
<tr>
<td>Trunk (includes back)</td>
<td>745</td>
<td>14.8</td>
</tr>
<tr>
<td>Head</td>
<td>574</td>
<td>11.4</td>
</tr>
<tr>
<td>Unspecified locations</td>
<td>414</td>
<td>8.2</td>
</tr>
<tr>
<td>Systemic locations</td>
<td>249</td>
<td>4.9</td>
</tr>
<tr>
<td>Multiple locations</td>
<td>237</td>
<td>4.7</td>
</tr>
<tr>
<td>Neck</td>
<td>115</td>
<td>2.3</td>
</tr>
<tr>
<td>Psychological system</td>
<td>23</td>
<td>0.5</td>
</tr>
</tbody>
</table>

Physical training is linked to the highest number of working days lost, hospital admissions, sick and light duties days. Sporting injuries are another significant factor.

*Senate Committee Hansard 17 Aug 2004*
Activity when Injured – ADF

Injuries in the Police Force
Reconditioning Challenges

• Zero to hero: Light duties may not be an option
• Recovery time may mean no work
• Multifaceted roles
• Mental mindset
  • Used to working in demanding situations
  • Pressure from group
Take Home Message

• Can suffer similar injuries (esp. sporting ones)
• Lower limbs, Upper limbs / Back
• Early initial treatment is important as recovery is more complex
References:

- Department of Defence, 2000, ADF Health Status Report, Defence Publishing Service, ACT