






ARMY MEDICINE
Bringing Value... Inspiring Trust


Physical Therapy & Caring for the Tactical Athlete

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TOPICS

- What is a tactical athlete
- A day in the life...
- Military & Other duties
- Unique opportunities
- Compensation
- Questions




Tactical Athlete

- *an individual required to excel in multiple fitness domains simultaneously at any given time*
- *Individuals who train and prepare for emergency response under all conditions*
- *Military, Fire Fighter, LE, Rescue*



Tactical vs. Technical Athlete

- Generalize vs specificity
- No offseason
- Resources
- Filtering
 - High school >1,000,000,000
 - College >70,000
 - Professional 1,696
 - *football



Physical Stressors

- Depends on the Soldier's military occupation specialty (MOS) 190 different MOS
 - Physical work
 - Sleep deprivation
 - Austere environments

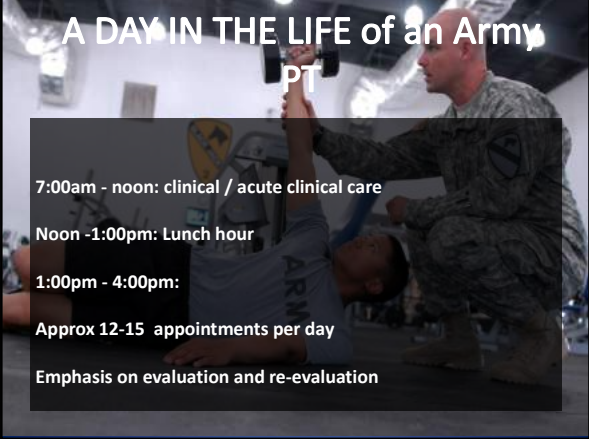




Injury Trends

Over one million medical encounters and roughly 10 million days of limited duty occur annually as a result of injuries and injury related MSK conditions, affecting about 50% of Soldiers each year

\$443M per year in physical therapy costs



A DAY IN THE LIFE of an Army PT

7:00am - noon: clinical / acute clinical care

Noon -1:00pm: Lunch hour

1:00pm - 4:00pm:

Approx 12-15 appointments per day

Emphasis on evaluation and re-evaluation



Military Duties (Non clinical)

- **Working with units**
 - Education
 - Screening soldiers for schools
 - Human Performance Programs
- **Attending Trainings**
 - Mackenzie, Maitland, TDN, APTA CSM, NSCA TSAC
 - Military Clinical Business Courses
- Bi-annual fitness test, additional duties (LOTS)





Human Optimization & Injury Prevention

10MDUnbreakableWarrior on Facebook
<https://www.facebook.com/10MDUW/videos/1664332376926942/>





Skillset

- Orthopedic
- Sport medicine
- Research
 - Strong emphasis on EBM
- Human Performance
 - NSCA, CSCS, ATC
- Inpatient, peds, neuro



Unique Opportunities .

- Direct Access & Autonomy
 - (imaging, lab work, meds)
- Military Schools
- Continuing Education
- Clinic Management
- Leadership opportunities
 - Nonclinical positions
- Deployed environment






The Fun Stuff

- AIRBORNE
- AIR ASSAULT
- RANGER SCHOOL
- EXPERT FIELD MEDICAL BADGE







Compensation


RANK	PAY
1 st Lieutenant (1LT)	~\$3,500 per month
Captain (CPT)	~\$5,000 per month
Major (MAJ)	~\$6,000 per month
Board Certification (OCS, SCS, etc)	Extra \$6,000 per year
Military perks	<ul style="list-style-type: none">• Health Care (no co-pays)• Vacation days<ul style="list-style-type: none">• 30 per year• Regular 3-4 day weekends• ½ day schedule Holiday season• Temporary Duty Pay• Separation Pay• Deployment Pay



Want to learn more?

Local Military Recruiter
CPT Johnson, Sean
410-379-2055

www.goarmy.com



Government Service Civilians

- **Comprise a large portion of the PTs in the DoD.**
- **Same job minus the “Army” stuff**
 - Federal position
 - Clinical
 - Continuity in clinics
 - Opportunities to move
- USAjobs.com
