Physical Therapy & Caring for the Tactical Athlete
Jonathan Lesher, DPT, CSCS
Major, United States Army

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
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

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
RANK | PAY
--- | ---
1st 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:
- Health Care (no co-pays)
- Vacation days: 30 per year
- Regular 3-4 day weekends
-½ day schedule holiday season
- Temporary Duty Pay
- Separation Pay
- Deployment Pay

Military perks include:
- Health Care (no co-pays)
- Vacation days: 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