

## Technical Bulletin Tb Med 592 Prevention and Control of Musculoskeletal Injuries Associated with Physical Training



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***(Ena Klein MD)***

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Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This bulletin provides guidance to military and civilian health care providers and allied medical personnel to- a. Understand and implement evidence-based preventive principles to protect U.S. Army personnel from musculoskeletal injuries associated with physical training (PT). b. Understand the physiologic and pathophysiologic responses to exercise. c. Understand the risk factors associated with training-related musculoskeletal injuries. d. Understand interventions with varying levels of evidence for effectiveness in preventing training-related musculoskeletal injuries. e. Understand the presentation and acute treatment of Soldiers with training-related musculoskeletal injuries. f. Implement appropriate evaluation and acute treatment for Soldiers with training-related musculoskeletal injuries. g. Advise commanders on planning, implementing, and evaluating a comprehensive program to reduce musculoskeletal injuries related to PT.

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