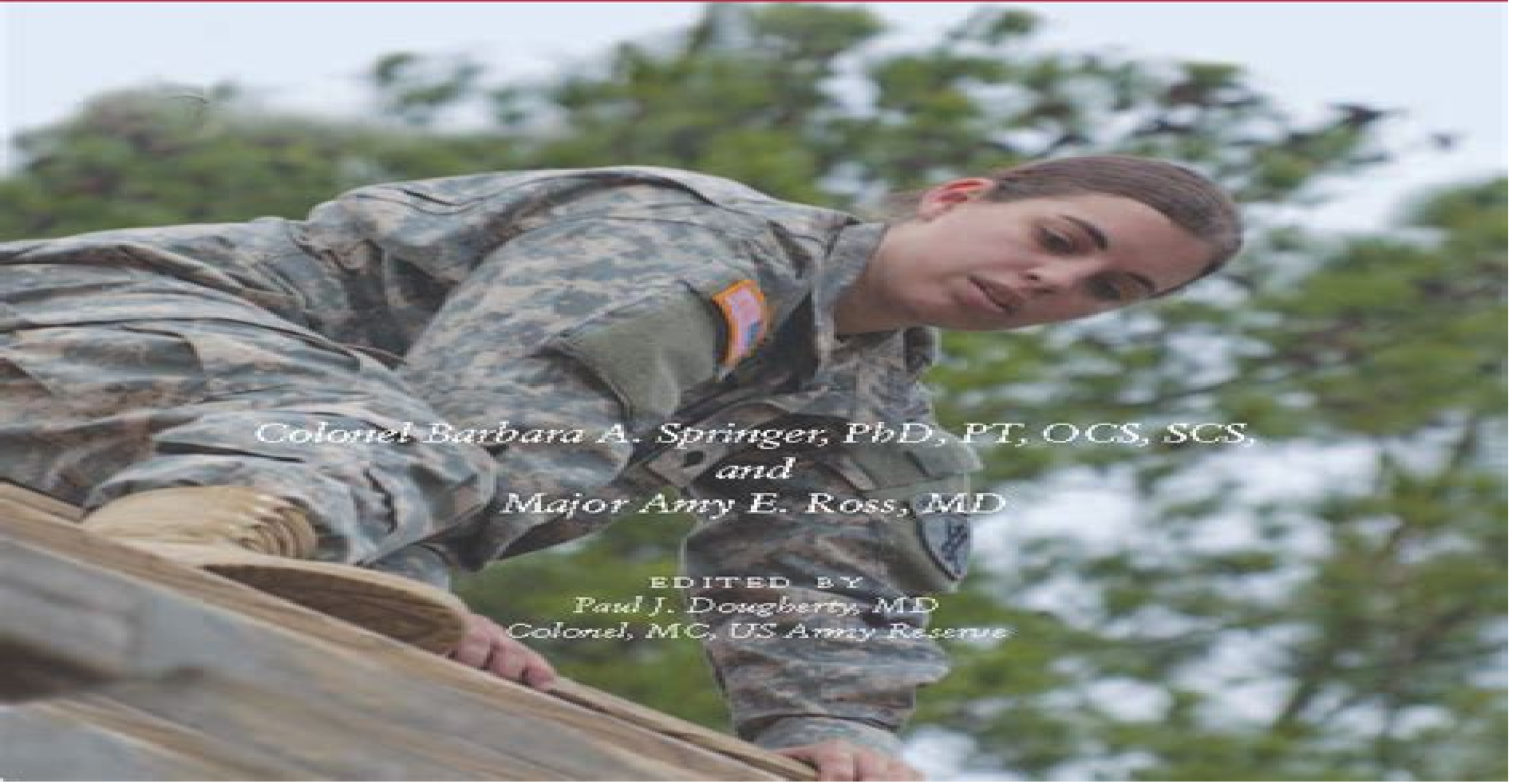


Musculoskeletal Injuries in Military Women

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A woman in a military camouflage uniform is shown from the waist up, leaning over a wooden structure. She is looking down at her work. The background is a blurred green landscape with trees.

*Colonel Barbara A. Springer, PhD, PT, OCS, SCS,
and
Major Amy E. Ross, MD*

EDITED BY
*Paul J. Dougherty, MD
Colonel, MC, US Army Reserve*

Musculoskeletal Injuries In Military Women

Yunan Wu

A decorative red circular graphic with a gradient, partially obscured by the light blue bar, located to the right of the author's name.

Musculoskeletal Injuries In Military Women:

Musculoskeletal Injuries In Military Women Barbara A. Springer, Amy E. Ross, 2013-04-29 Print Product Only NOTE NO FURTHER DISCOUNT FOR THIS PRINT PRODUCT OVERSTOCK SALE Significantly reduced list price This monograph discusses the most common musculoskeletal injuries in military women Prevention and management of these injuries are very important to sustain the fighting force and maintain military readiness Information about the incidence risk factors prevention diagnosis evaluation treatment and rehabilitation of common musculoskeletal overuse and traumatic injuries sustained by women in the military is included Sections topics cover an overview of musculoskeletal injuries in military women common lower extremity overuse injuries common traumatic injuries an overview of general injury prevention treatment and rehabilitation techniques and specific injury prevention treatment and rehabilitation techniques in the military

Assessing Readiness in Military Women Institute of Medicine, Food and Nutrition Board, Committee on Body Composition, Nutrition, and Health of Military Women, 1998-02-01 U S military personnel are required to adhere to standards of body composition fitness and appearance to achieve and maintain readiness that is the maintenance of optimum health and performance so they are ready for deployment at any moment In 1992 the Committee on Military Nutrition Research reviewed the existing standards and found among other things that the standards for body composition required for women to achieve an appearance goal seemed to conflict with those necessary to ensure the ability to perform many types of military tasks This report addresses that conflict and reviews and makes recommendations about current policies governing body composition and fitness as well as postpartum return to duty standards Military Recommended Dietary Allowances and physical activity and nutritional practices of military women to determine their individual and collective impact on the health fitness and readiness of active duty women Reducing Stress Fracture in Physically Active Military Women Subcommittee on Body Composition, Nutrition, and Health of Military Women, Committee on Military Nutrition Research, Institute of Medicine, 1998-10-06 The incidence of stress fractures of the lower extremities during U S military basic training is significantly higher among female military recruits than among male recruits The prevalence of this injury has a marked impact on the health of service personnel and imposes a significant financial burden on the military by delaying completion of the training of new recruits In addition to lengthening training time increasing program costs and delaying military readiness stress fractures may share their etiology with the longer term risk of osteoporosis As part of the Defense Women s Health Research Program this book evaluates the impact of diet genetic predisposition and physical activity on bone mineral and calcium status in young servicewomen It makes recommendations for reducing stress fractures and improving overall bone health through nutrition education and monitored physical training programs The book also makes recommendations for future research to evaluate more fully the effects of fitness levels physical activities and other factors on stress fracture risk and bone health *Textbooks of Military Medicine: Military Preventive Medicine, Mobilization and Deployment, V. I, 2003 ,*

Textbooks of Military Medicine Patrick Kelley specialty editor Explores the various natural and manmade challenges faced by today's soldier upon mobilization and deployment Offers comprehensive research on a range of topics related to preventive medicine including a historic perspective on the principles of military preventive medicine national mobilization and training preparation for deployment and occupational and environmental issues during sustainment **Military Preventive Medicine**, 2003 Recommendations for Research on the Health of Military Women, 1995 *The Epidemiology of Illness, Injury and Attrition Among Select U.S. Military Female Populations*, 1996 Evidence suggests that female military populations are at greater risk than their male counterparts for certain training and combat related illnesses and injuries Precise etiologies risk factors and Impact of disease and injury in military women are not available The objective of this prospective multisite epidemiological study was to define the patterns of illness and injury in military women during training Musculoskeletal Injuries were emphasized due to their high cost in terms of morbidity lost training time and attrition A Computer based outpatient tracking system for prospective data collection was developed for use at 1 OCS Quantico USMC female officers 2 MCRD Parris Island USMC enlisted women and 3 RTC Great Lakes USN enlisted women The most common reason for a medical encounter at all three sites was musculoskeletal Injury The percentage of women with at least one medical encounter at OCS n 303 MCRD n 2 766 and RTC n 8 865 was 87.1% 69.4% and 95.3% respectively The selected general and specific diagnoses were determined with incidence rates for each training site The databases will be Used to address morbidity and attrition issues and target areas for future preventive intervention **Sex- and Gender-Based Women's Health** Sarah A. Tilstra, Deborah Kwolek, Julie L. Mitchell, Brigid M. Dolan, Michael P. Carson, 2021-01-19 This book provides primary care clinicians researchers and educators with a guide that helps facilitate comprehensive evidenced based healthcare of women and gender diverse populations Many primary care training programs in the United States lack formalized training in women's health or if they do the allotted time for teaching is sparse This book addresses this learning gap with a solid framework for any program or individual interested in learning about or teaching women's health It can serve as a quick in the clinic reference between patients or be used to steer curricular efforts in medical training programs particularly tailored to internal medicine family medicine gynecology nursing and advanced practice provider programs Organized to cover essential topics in women's health and gender based care this text is divided into eight sections Foundations of Women's Health and Gender Based Medicine Gynecologic Health and Disease Breast Health and Disease Common Medical Conditions Chronic Pain Disorders Mental Health and Trauma Care of Selected Populations care of female veterans and gender diverse patients and Obstetric Medicine Using the Maintenance of Certification MOC and American Board of Internal Medicine blueprints for examination development authors provide evidence based reviews with several challenge questions and annotated answers at the end of each chapter The epidemiology pathophysiology evaluation diagnosis treatment and prognosis of all disease processes are detailed in each chapter Learning objectives summary points

certain exam techniques clinical pearls diagrams and images are added to enhance reader s engagement and understanding of the material Written by experts in the field Sex and Gender Based Women s Health is designed to guide all providers regardless of training discipline or seniority through comprehensive outpatient women s health and gender diverse care

Epidemiology of Illness, Injury, and Attrition Among Select U.S. Military Female Population ,1995 Evidence suggests that female military populations are at greater risk than their male counterparts for certain training and combat related illnesses and injuries Precise data of the etiologies risk factors impact of disease and injury in military women are not available The objective of this prospective multisite epidemiologic study is to define the patterns of illness and injury in military women Musculoskeletal injuries have been emphasized due to their high cost in terms of morbidity Guides to the Evaluation of Disease and Injury Causation J. Mark Melhorn,William E. Ackerman,2008 This book is intended as a guide to help bridge the gap between occupational and non occupational evidence based causation Fourni par l diteur **Evaluation of a Strength Training Intervention and Physical Activity Measurement** Meghan Warren,2006 **NTIS Alert** ,1997 **Military Medicine** ,2002 **The Effects of Oral Contraceptives on Exercise Performance in Endurance Athletes** Yunan Wu,2006 **Sports Medicine--sports Science** Robert C. Cantu,William Jay Gillespie,1982 Government Reports Announcements & Index ,1996 Women's Health in Sports and Exercise William E. Garrett,2001 Discusses training methods injury risks and the effects of exercise on physical and emotional health Maxcy-Rosenau-Last Public Health and Preventive Medicine: Sixteenth Edition Matthew L. Boulton,Robert H. Wallace,2021-06-05 Now in full color the 1 text spanning the fields of public health and preventive medicine brings you fully up to date on the issues and topics you need to know A Doody s Core Title for 2024 2023 Maxcy Rosenau Last Public Health and Preventive Medicine has been updated and revised for the first time in more than a decade This highly anticipated and extensive edition provides the most current information and insights available on evidence based public health and preventive medicine from basic methodologies of public health to principles of epidemiology and infection control to environmental toxicology to global health The most comprehensive resource of its kind Maxcy Rosenau Last Public Health and Preventive Medicine is the clear choice for anyone seeking a career in public health Features Edited and written by a who s who of global experts 384 photos and illustrations New full color format and improved artwork Significantly expanded coverage of diseases and preventive methods common in international markets Greater use of tables and summary lists for easier reading and retention **Validation of the Military Entrance Physical Strength Capacity Test** ,1984 *The Year Book of Sports Medicine, 1994* Roy J. Shephard,1994

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