



Complete resources for injury and violence free living.

Readiness through prevention.

Every day, on-duty and off-duty injuries put service members on the sidelines, derailing their productivity and threatening their fitness for duty. Exposure to violence does, too—whether it results in physical injury or psychological trauma. The thing is: many injuries are preventable. That's where we come in. The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department and Semper Fit Fitness and Health Promotion offer you practical tools, educational resources, and evidence-based prevention strategies that help keep Marines performing at their peak—on and off the job.

Visit www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx or <https://www.manpower.usmc.mil/webcenter/portal/MRAHome> to learn more about injury and violence free living, including:

- Injury Prevention Resources, Tools, and Strategies
- Injury Prevention Resources and Presentations
- Human Performance Resource Center
- Marine Corps Family Advocacy Programs
- Marine Corps Headquarters Behavioral Health Branch
- Articles and Publications
- Specific Resources for Providers and Professionals
- Seasonal Injury Prevention Strategies
- Motorcycle Injury Prevention Strategies
- Tools for Preventing Sports Injuries
- Tips for Workplace Safety
- 21st Century Sailor and Marine Initiative

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/MARINES/PAGES/DEFAULT.ASPX](http://www.med.navy.mil/sites/nmcphc/marines/pages/default.aspx) and [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://www.manpower.usmc.mil/webcenter/portal/mrahome).

For more information on your local resources, contact:



YOU FALL. WE CATCH.



Injury and Violence Free Living Overview



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE



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Main type of injuries: musculoskeletal.

Injuries, both on-duty and off-duty, can threaten the health and readiness of Marines. In 2013, there were 67,263 injuries recorded in medical records for active duty Marines. The most common injuries reported were sprains and strains, fractures, contusions, superficial injuries, and open wounds.¹

Musculoskeletal injury prevention basics.^{2,3}

Many injuries are often musculoskeletal in nature. Musculoskeletal injuries result from internal and external factors. Internal factors include:

- ▶ Inadequate warm up before physical activity
- ▶ Low aerobic fitness levels
- ▶ Overtraining
- ▶ Pre-existing conditions
- ▶ Low levels of core body movement skills, balance, agility, and coordination
- ▶ Insufficient functional movement patterns; poor body mechanics

Common external factors for overuse injuries include:

- ▶ Training technique
- ▶ Equipment and protective gear
- ▶ Un-officiated games
- ▶ Improper use of supplements; inadequate hydration

Maintaining adequate physical fitness, practicing safe training techniques, and using good judgment all factor into an effective injury prevention plan.

Programs that prevent and protect.

NMCPHC understands the most common injuries you face, whether the injury is caused by slips and falls on the job, a motor vehicle accident, or physical training. We provide you with information on how and why injuries occur and what you can do to prevent future injuries. Semper Fit's High Intensity Tactical Training (HITT) and the Aquatics

Maximum Power-Intensity Training (AMP-IT) provide guidance on proper nutrition, injury prevention, and fatigue management.⁴

Living violence free.

NMCPHC provides you and your family with strategies and information to minimize physical, emotional, and sexual violence in your personal surroundings—whether on the job or at home. Violence can cause physical injuries, as well as psychological trauma, fear, and post-traumatic stress.⁵ These injuries—visible and invisible—can cause depression, trigger alcohol and drug abuse, and in some cases, lead to death.⁵

The NMCPHC has resources to promote coping and healing among victims of violence and those who witness it. For additional help living violence free:

- ▶ Contact the DoD Safe Helpline for sexual assault support by calling 1-877-995-5247 or visiting www.SafeHelpline.org.
- ▶ Visit the DoD Sexual Assault Prevention and Response Office (SAPRO) website at www.sapr.mil.
- ▶ Contact your local Marine Corps Community Services to learn about Marine and Family Programs or speak to a Sexual Assault Response Coordinator (SARC).
- ▶ Call the Marine Corps DSTRESS line at 1-877-476-7734.
- ▶ Visit www.MyDuty.mil to learn more about how to respond to sexual assault.
- ▶ Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233).
- ▶ Talk to your Uniformed Victim Advocate, a health professional, the mental/behavior health department, or chaplain for confidential counseling and support.

¹ Navy and Marine Corps Public Health Center. EpiData Center Department. Injury Rates Using Medical Encounter Data, Active Duty US Marines, FY13. <http://www.med.navy.mil/sites/nmcpHC/epi-data-center/occupational-and-environmental-exposures/Pages/default.aspx>. Prepared April 2014. Accessed July 2015.

² Department of Defense. Joint Services Physical Training Injury Prevention Work Group. Interventions Evaluated to Make Recommendations for Physical Training-Related Injury Prevention. <http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/injury-violence-free-living/interventions-evaluated-to-make-recommendations-for-injury-prevention.pdf>. Published May 2007. Accessed July 2015.

³ Zambraski E, Yancosek K. Prevention and Rehabilitation of Musculoskeletal Injuries During Military Operations and Training. *Journal of Strength and Conditioning Research*. 2012; Volume 26 (Issue 7): 101-106. <http://hprc-online.org/physical-fitness/training-exercise/files/JSCRS101PreventInjuries.pdf>. Accessed July 2015.

⁴ USMC Fitness Readiness Guide. HITT Overview. <https://fitness.usmc.mil/Pages/HITTAcademy.aspx>. Accessed July 2015.

⁵ Injury Prevention & Control: Division of Violence Prevention. Centers for Disease Control and Prevention. <http://www.cdc.gov/violenceprevention/>. Updated June 2015. Accessed July 2015.

