



Guide 6

Physical Fitness Assessment
(PFA)
Medical Clearance/Waiver

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PERS-82

8MAY12

Guide 6

Outline

- Physical Fitness Assessment (PFA) Medical Clearance/Waiver
- Medical Waiver Management
- Completing the actual form (NAVMED 6110/4)

Section 1 - Medical Clearance

- Annual Periodic Health Assessment (PHA)
 - Mandated by SECNAVINST 6120.3 CH-1 (DEC09)
- Physical Assessment Risk Factor Questionnaire (PARFQ) prior to each PFA
 - Mandated by OPNAVINST 6110.1J (JUL12)
- Pre-physical training activity questions prior to the actual PRT
 - Mandated by OPNAVINST 6110.1J

Medical Waiver

- Authorized only for sailors with either an injury or illness that will prevent them from fully participating in that PFA cycle ending either 30JUN (Cycle 1) or 31DEC (Cycle 2)
 - e.g. Recovering from surgery
- NAVMED 6110/4 form
 - SF 600 forms no longer accepted.

Medical Waiver Process

- Commanding Officers
 - Must designate (writing) an Authorized Medical Department Representative (AMDR)
 - Reviews all waivers for approval/disapproval
 - Bottom lines all waivers
 - Or By Direction authority
 - Refers sailors with either 2-consecutive or 3 in 4y waivers to nearest/serving MTF for review

Medical Waiver Process

- Military Treatment Facility (MTF)
 - Designates AMDR(s) to review referrals
 - Reviews PARFQ
 - Reviews waiver referrals
 - Reviews sailors with multiple waiver referrals
 - Those who meet criteria for either LIMDU or PEB are forwarded on to PEBLO (Physical Evaluation Board Liaison Officer)
 - » LIMDU come to PERS-82 for review
 - » PEB goes on to Navy Yard
 - » Or no action, if deemed necessary

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- LIMDU authority for all Officer requests and 3rd or more Enlisted requests (i.e. Department Reviews)
 - MPM 1301-225 for Officers
 - MPM 1306-1200 for Enlisted

Command Fitness Leader (CFL)

- Ensures compliance (for the CO) with the medical screening/clearance.
 - Before PFA
 - PARFQ
 - Day of the test/PRT

Member

- Keeps PHA accurate/up-to-date
- Keeps PARFQ (when necessary) accurate/up-dated
 - Needs medical appointment with AMDR for signed NAVMED 6110/4
- Answers honestly day of PRT

Returned to Full Duty

- If found FIT before 30JUN (Spring PFA) or 31DEC (Fall PFA)
 - Must participate in PRT
 - Pass BCA, cardio, and at least one of either sit-ups or push-ups
- Waivers valid for only current PFA cycle
 - May not extend into next cycle
 - **NO PERMANENT WAIVERS!!**

Authorized providers

- Designated AMDR by CO
 - Physicians, PA, NP, or IDC
 - May be sister-service physicians
 - Civilian providers can recommend waiver, but must be co-signed by MTF AMDR
- BCA waivers
 - Only physician AMDR

BCA Waiver

- Physician only
 - Board-eligible (anything), not GMO
- Mechanical inability to accurately measure
 - Leg in cast
 - s/p stomach or neck surgery
- Medical condition/therapy
 - Newly diagnosed/worsening chronic, in last 6m
 - New medicines known to aggravate
- Not being able to exercise is NOT an excuse

BCA Waiver

- No retroactive BCA waivers
 - Once officially measured, DONE

PRT Injury

- CFL reports injury to NAVSAFCEN
 - Has sailor report to medical for evaluation
- If medical determines that injury due to poor conditioning, no medical waiver
 - If not due to poor conditioning, retro-waiver or be approved for Bad-Day retest.

Light Duty (LD)

- Granted for minor/reversible injuries or illnesses
 - Granted in 30 day blocks
 - Still may participate in PRT after healed
- Not granted beyond 3 periods (or 90 days)
 - Needs LIMDU for periods beyond 90 days

LIMDU

- Guided by SECNAVINST 1850.4E, para 1008
 - Revisits the max LD
 - May extend one extra 30d LD period at Medical Board
- Conditions that require up to 16m recovery
 - 6m periods
 - >12m periods ENLISTED require PERS-82 approval
 - All OFFICER requests require PERS-82 approval.
- Unless specifically stated on form, BCA still required

Section 2 – Medical Waiver Management

- Purpose
 - To evaluate for medical conditions resulting in a Service member's inability to successfully complete the Navy PFA as directed by OPNAVINST 6110.1J

Medical Waiver Management continued

- MEB Eligibility
 - Two consecutive waivers for the SAME medical condition that resulted in either BCA waiver, or not doing the cardio event, or one of the 2 muscular endurance events (sit-ups or push-ups).
 - Three waivers over previous 4y for ANY medical condition that resulted in either BCA waiver, or not doing the cardio event, or one of the 2 muscular endurance events (sit-ups or push-ups).
 - CO desires the sailor to be evaluated.

Medical Waiver Management continued

- CFL
 - Essential to notify command of eligible
 - Command makes the referral for MEB
- MEB
 - Reviews AHLTA and patient
 - 3 options
 - PEB referral
 - LIMDU referral
 - No restrictions – do PFA

Flotsam and Jetsam

- NO permanent PRT waivers
 - No where in PEB instruction, except in PLD section (enclosure 6)
 - Paragraph 3307
 - “inability to pass PRT not a basis for UNFIT findings”
- Multiple waivers looks bad in Selection Pit
- Just Do It.