

Prevention of Injuries to Soldiers During IET

A New Model for Physical Training

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IET Physical Training Concerns

- **Progression of lower extremity stresses**
 - running too soon, too far, too often
 - cumulative effect of PT and other training
- **Precision of movement**
- **Lack of core stability training**
 - Ex/ sit-ups before they are ready
- **Lack of strength training**

IET Physical Training Concerns, cont.

- **Lack of activity outside the sagittal plane**
- **Lack of instruction in fundamental movement skills (landing, rolling, cutting, lifting, lunging, etc)**
- **Drill Sergeants not trained as movement experts**

Proposed Changes to IET Physical Training

- **No APFT until the 6th month**
 - allows for an appropriate progression of LE stresses
 - shifts focus off of APFT and toward motor efficiency
- **Change focus of DSL course from MFT to movement expert**

Proposed Changes to IET Physical Training, cont.

- **Physical Fitness School rewrites the BCT PT POI**
 - incorporates the new doctrine
 - menus and algorithms guide commanders but allow their discretion
- **Assignment by fitness level makes all this easier**

Phased Training Model

- Pre-BCT PT video guide for recruits
- Initial assessment @ Reception BN is based on identifiable risk factors
- BCT PT focus on motor efficiency, endurance, and strength
- AIT PT starts to focus on APFT
- Units offer new-soldier PT to ensure readiness for APFT & the unit standard