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# Human Performance Optimization within the Operational Force

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# Disclaimer

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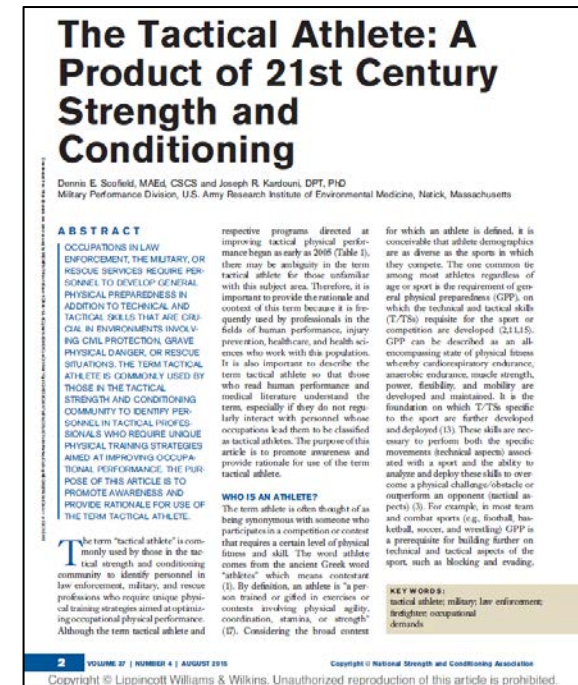
# My Background

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- Clinically trained as a Physical Therapist (Doctor of Physical Therapy)
  - Board Certified in Orthopedic Physical Therapy
  - Board Certified in Sports Physical Therapy
- PhD - Rehabilitation and Movement Science
- Current Position:
  - Clinical Operations Officer, FORSCOM
    - ✓ Advise leadership on matters related to human performance, injury, and rehabilitation
  - Vice President, American Physical Therapy Association Federal Section
- Select Previous Positions:
  - Director of Human Performance Optimization, XVIII Airborne Corps
  - Director, Epidemiology Research, U.S. Army Research Institute of Environmental Medicine (USARIEM)
  - Physical Therapist, 3<sup>rd</sup> Special Forces Group
  - Chief of Rehabilitation Services, Area Support Group Kuwait (support OEF and OIF)

# Service Members as Tactical Athletes

- Tactical Athlete - strength and conditioning industry term
  - Military
  - Law Enforcement
  - Firefighting
  - Rescue Professionals
- The Tactical Athlete
  - General Physical Preparedness
  - Technical and Tactical Skills
  - Mental Preparedness and Resilience



Scofield and Kardouni, 2015  
Strength and Conditioning Journal

# Tactical Athlete ≠ Elite Athlete

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- Several descriptions of athletes
  - Recreational
  - Competitive
  - Amateur
  - Professional
- Service Members have varying lifestyles
  - Somewhat sedentary → Very active
- Training considerations and healthcare needs
  - Treat as athletes regardless of performance level

# Stakeholders for Human Performance Programs within Tactical Organizations

- Leadership
- Service members
- Service providers
  - HP professionals
  - Healthcare providers
- Policy makers



