

Title: Prevention of Injuries in Women Service Members

Congress Theme: "Prehab or Musculoskeletal Injuries"

Author: Tara Reilly

Co-Authors: None

Institution: Personnel Support Programs Canadian Forces Morale & Welfare Services

Government of Canada

Summary

Women currently make up 16.3% of Regular Force and Primary Reserve and the aim is to increase representation of women in the CAF to 25.1%. From 2014-2017, the proportion of releases with a primary diagnosis of MSKI was higher for women men (43% vs 39%) (Serré L, 2019). PSP have a funded plan to focus on 6 phases of a CAF women's career to reduce susceptibility of MSKi, leveraging existing Base and Wing efforts led by PSP, in collaboration with CAF Health Services.

(1) Pre-BMQ Physical Fitness Training for Applicants; a 4-week preparation to prepare recruits for the rigors of Basic Military Qualification (Reilly et al, 2020). **(2) Increased sex-specific training;** injuries are explained by fitness levels, and gender difference is eliminated in MSKi prevalence (Chasse et al, 2020; Dufour et al 2019). **(3) Program Evaluation of targeted interventions;** such as occupational neck injury reduction for aircrew and sex specific comparisons (Smith and Reilly, 2021). **(4) National Pre-Natal/Postpartum programs (PNP3);** programs exist but are not evaluated or continuous, consider policy and accessibility. **(5) CAF emphasis on health related physical training;** recent internal data (2018/19) identified that more than 50% of women over 45 years old do not attempt the annual fitness evaluation, participation in strength and occupational training will come comfort and confidence for CAF women. **(6) Menopause and post menopause Physical Training resources.** As metabolism drops, and roles become sedentary many women do not adjust their calories leading to weight gain, increasing risk of MSKi and cardiovascular disease/metabolic diseases.