



">>>>

TACTICAL CARE:

THE POSITIVE IMPACT OF ATHLETIC TRAINING ON THOSE WHO PROTECT AND SERVE

">>>>

Anna August, MS, LAT, ATC, CSCS | Fairfax County Police Dept.
Rebecca Swan, M.R.Sc., CAT(C), CSCS | West Vancouver Police Dept.
Traci Tauferner, LAT, ATC, CSCS | Advanced Tactical Medicine

1

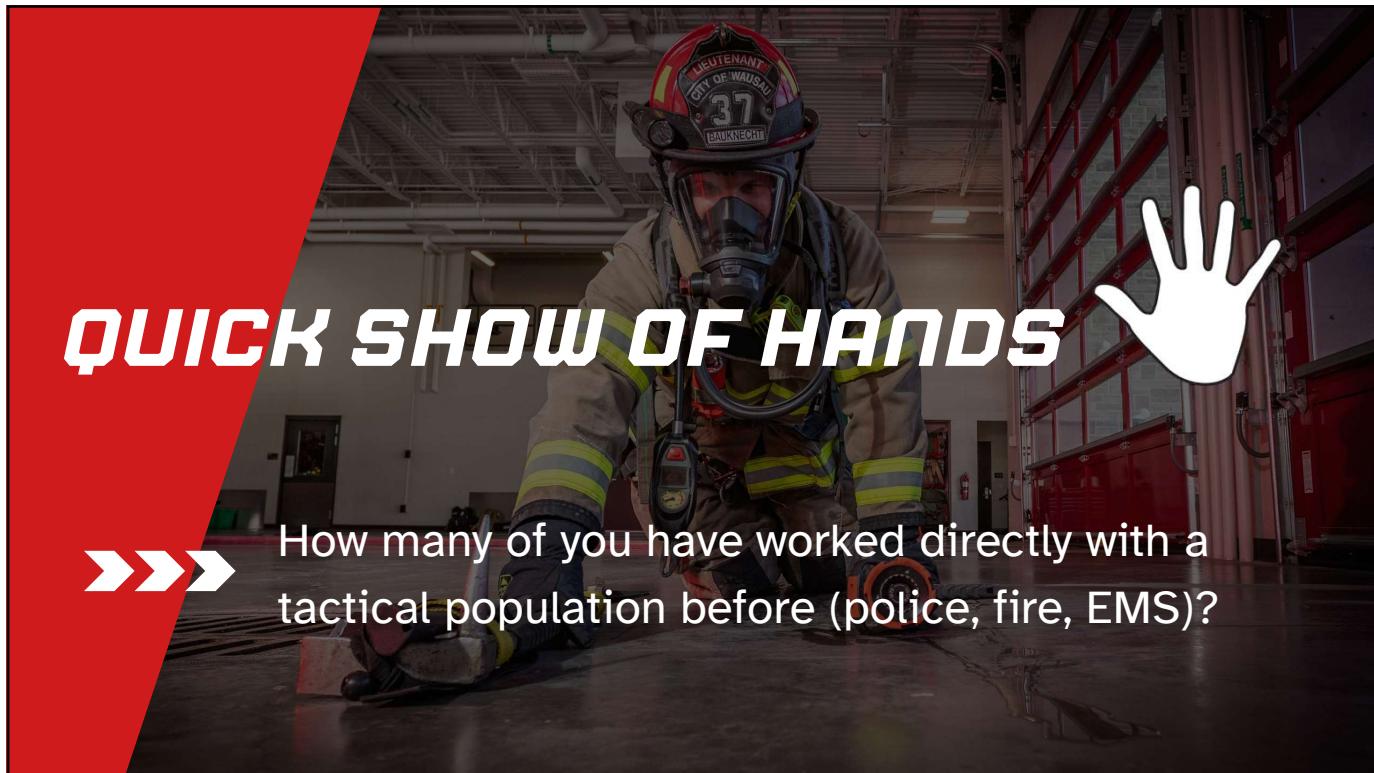


ABOUT ANNA, BECKY & TRACI

- Athletic Trainers & Certified Strength and Conditioning Specialists
- 45+ years of combined experience supporting those who protect and serve (law enforcement, firefighters, and paramedics)
- Specialized in injury prevention, return-to-work testing, and tactical wellness

2

1



3

TODAY'S AGENDA

OBJECTIVE 1:
**UNDERSTAND
TACTICAL
POPULATIONS**

OBJECTIVE 2:
**TRANSLATE
ATHLETIC TRAINING
SKILLS INTO THESE
ENVIRONMENTS**

OBJECTIVE 3:
**LEARN
INTERVENTIONS YOU
CAN USE TOMORROW**

4

2

UNDERSTANDING TACTICAL POPULATIONS



5

THUMBS UP OR THUMBS DOWN



If you think your current patient population faces daily stressors similar to tactical athletes, give me a  thumbs up. If you think they're very different, give me a  thumbs down.

6



7

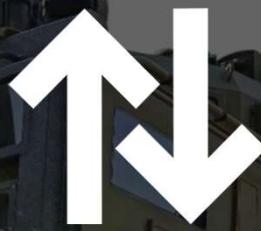


8

EXPANDING INTO TACTICAL PRACTICE



9



STAND UP / SIT DOWN

Stand up if you think your biggest barrier to working in tactical care would be funding. Stay seated if you think it would be culture or confidence.



10



11

BREATHING & RECOVERY

Inhale/Inhale Hold = Sympathetic
Exhale/Exhale Hold = Parasympathetic

- Choose a pattern to match your goal
- Examples:
 - Physiological sigh
 - 4-6
 - 4-7-8
- The location of the breath is important

12

TACTICAL SPECIFIC REHAB >>>

- Return to play v. return to duty
- Therapeutic partnership
- Get creative...



13



QUICK SHOW OF HANDS



Of these three interventions: gear screen, breathing, or tactical rehab, raise your hand when you hear the one you'd be most likely to try first in your own setting.

14

LEARN MORE!



Public Safety Athletic Trainers' Society



National Strength & Conditioning Association:
Tactical Annual Training



National Athletic Trainers Association-
Emerging Settings: Public Safety



Bond University: Tactical Research Unit

15

Anna August, MS, LAT, ATC, CSCS
Fairfax County Police Dept.
anna.august@fairfaxcounty.gov



Rebecca Swan, M.R.Sc., CAT(C), CSCS
West Vancouver Police Dept.
rebeccaswan@wvpd.ca



Traci Tauferner, LAT, ATC, CSCS
Advanced Tactical Medicine
ttauferner@advancedptsm.com
www.advancedtacticalmed.com



THANK
YOU



16