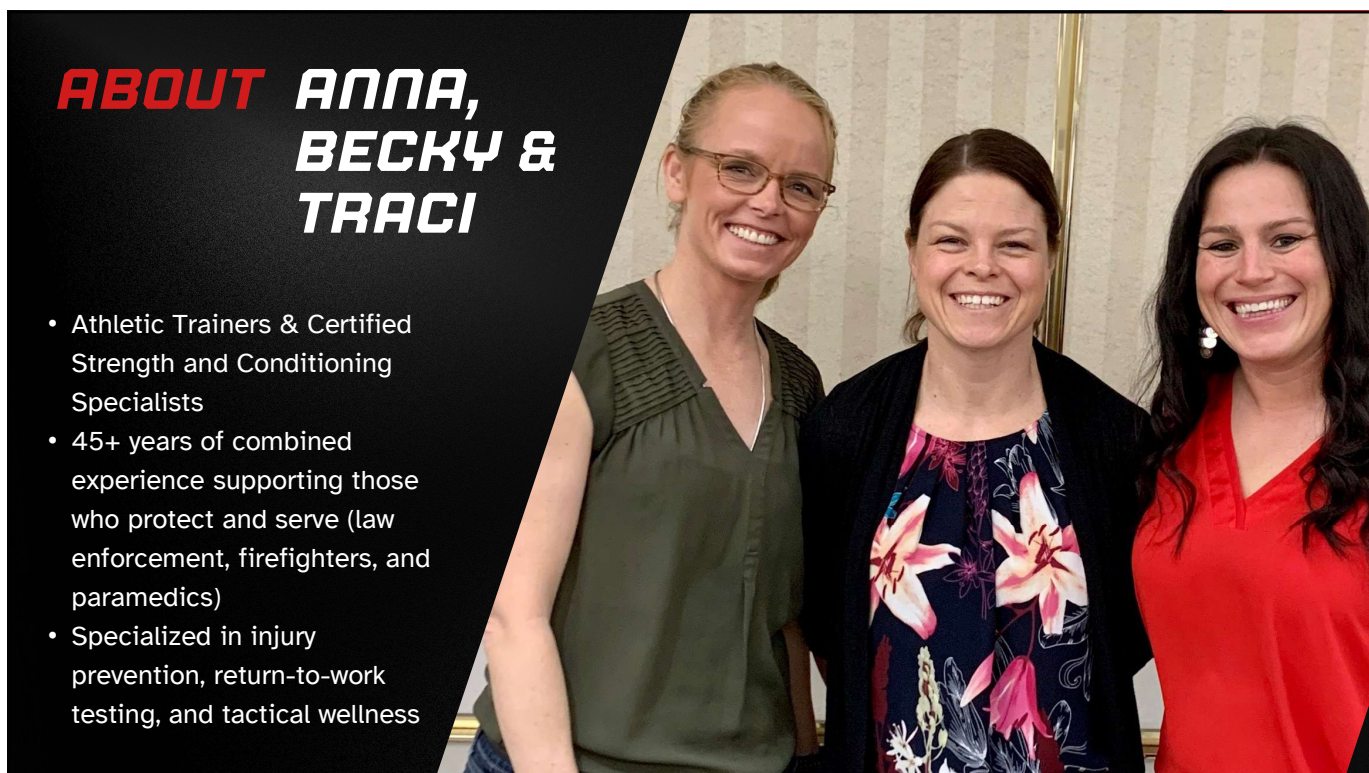




1



2

# QUICK SHOW OF HANDS



How many of you have worked directly with a tactical population before (police, fire, EMS)?

3



## TODAYS AGENDA



**OBJECTIVE 1:**  
**UNDERSTAND  
TACTICAL  
POPULATIONS**

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



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

4



## 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

## TRANSLATE AT SKILLS IN TACTICAL



7

## QUICK SHOW OF HANDS



Imagine you're dropped into a police department tomorrow, raise your hand if you know exactly which AT skill you'd lean on first. If you're unsure where to start, keep your hand down

8





9



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

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# THANK YOU



16