








**Table 1. Army Combat Fitness Tests and Key Injury Concerns**

	<p><b>3 Repetition Maximum Deadlift (3RM)</b></p> <p><u>Task</u> lift heavy loads off ground  <u>Condition</u> 5 minutes; hexbar, weights  <u>Measures</u> muscle strength  <u>Injury concern</u> <b>Knees, Lower back</b>  <i>Muskuloskeletal (MSK) and nerve tissues; ACUTE sprains, strains, ruptures; CUMULATIVE (aka "OVERUSE") tendons, ligaments, spine</i></p>	
	<p><b>Standing Power Throw (SPT)</b></p> <p><u>Task</u> mount/climb obstacle/vehicles, lifting  <u>Condition</u> 3 min; 10lb medicine ball, 3 throws  <u>Measures</u> lower body power  <u>Injury concern</u> <b>Back &amp; Neck (Spine), Shoulders</b>  <i>MSK, nerve; ACUTE strains, sprains</i></p> 	
	<p><b>Hand Release Push-Up (HRPU)</b></p> <p><u>Task</u> pushing load up/over; load carriage  <u>Condition</u> 2 minutes, hands lift when down  <u>Measures</u> upper body muscle endurance  <u>Injury concern</u> <b>Shoulder, Elbow, Back, Neck</b>  <i>ACUTE MSK strains, ruptures            CUMULATIVE tendons, ligaments</i></p>	
	<p><b>Spring, Drag, Carry (SDC)</b></p> <p><u>Task</u> pushing load up/over; load carriage  <u>Condition</u> 4 minutes, 5 x 50m shuttles in the following order – 50m sprint, 50m sled drag, 50m lateral shuttle, 50m kettlebell carry  <u>Measures</u> muscle endurance, power  <u>Injury concern</u> <b>Knees, Shoulders, Elbows, Back</b>  <i>ACUTE MSK strains, tears (e.g., ligament tears)            CUMULATIVE e.g., tendonitis</i></p>	
	<p><b>Leg Tuck (LGT)</b></p> <p><u>Task</u> climbing; rope bridges, load carriage  <u>Condition</u> 2 minutes, 7ft high x 5ft wide pull-up bar or climbing pod  <u>Injury concern</u> <b>Shoulders, Elbows, Wrist, Other</b>  <i>ACUTE MSK, nerve; (e.g., fractures, sprains from falling, or muscle, tendon, or ligament tears)            CUMULATIVE tendons, ligaments, nerves</i></p>	
	<p><b>2-Mile Run (2MR)</b></p> <p><u>Task</u> climbing; rope bridges, load carriage  <u>Condition</u> less than 21 minutes  <u>Injury concern</u> <b>Knees, Leg, Feet, Hip/pelvis</b>  <i>ACUTE MSK (e.g., fractures, sprains from falling, or muscle, tendon, or ligament tears)            CUMULATIVE tendons, ligaments, also foot blisters</i></p>	