

Table 2. Injury prevention recommendations when training for the ACFT

<p>General risk reduction</p>	<p>Establish healthy behaviors –</p> <ul style="list-style-type: none"> ▪ Don't use anabolic steroids ▪ Ensure proper hydration and nutrition ▪ Review procedural guidance in FM 7-22, Appendix A ▪ Get instruction from certified trainer on technique frequency and increases to distance or weights, and any unique problems (for example - previous injuries, predisposition to knee injury)
<p>Warm up</p>	<ul style="list-style-type: none"> ▪ Prior to any physical training activity warm up the body with light jogging, arm swings. ▪ Avoid static or bouncy stretching of cold muscle and joint tissues – this may even cause injury. ▪ Avoid using anti-inflammatories such as ibuprofen prior exercise due to potential tissue damage and inability to notice body signals of pain.
<p>Running</p>	<ul style="list-style-type: none"> ▪ Allow days of rest between, building distance and speed over time. ▪ Wear comfortable shoes that are not worn out and that have thumbnail space between toe and end of shoe. ▪ Replace some distance runs with sprint intervals. ▪ Conduct agility sprints (sharp turns of direction) on surfaces that are not slippery to avoid tears to knee ligaments.
<p>Strength-building activities - free weights and weight machines</p>	<ul style="list-style-type: none"> ▪ Allow days of rest between, building the amount of weight over time. ▪ Start with a low weight for first set to continue warm up. ▪ Adapt weights to be accomplished without imbalance on one side for complete sets. General guidelines are 8-12 repetitions and 2-3 sets. ▪ While muscle fatigue is expected, avoid complete muscle failure. ▪ Do not use back braces – they can reduce reliance on proper muscles and increase risk of injury. While braces may be useful for those with existing injury, lifting may not be appropriate. ▪ Work opposing muscle groups: for example, excessive size and strength of front shoulder muscles could lead to an imbalance with weaker upper back and shoulder muscles – the imbalance increases risk of injury. ▪ Avoid bench-pressing heavy weights – other activities can work same muscles without as much risk of muscle or tendon rupture. ▪ If using lateral pull down weight machines, do not pull down behind the neck (proper technical is to pull in front toward chin).