






Table 1. Army Combat Fitness Tests and Key Injury Concerns

	<p>3 Repetition Maximum Deadlift (3RM) <u>Task</u> lift heavy loads off ground <u>Condition</u> 5 minutes; hexbar, weights <u>Measures</u> muscle strength <u>Injury concern</u> Knees, Lower back <i>Muskuloskeletal (MSK) and nerve tissues; ACUTE sprains, strains, ruptures; CUMULATIVE (aka "OVERUSE") tendons, ligaments, spine</i></p>	
	<p>Standing Power Throw (SPT) <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> Back & Neck (Spine), Shoulders <i>MSK, nerve; ACUTE strains, sprains</i></p> 	
	<p>Hand Release Push-Up (HRPU) <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> Shoulder, Elbow, Back, Neck <i>ACUTE MSK strains, ruptures CUMULATIVE tendons, ligaments</i></p>	
	<p>Spring, Drag, Carry (SDC) <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> Knees, Shoulders, Elbows, Back <i>ACUTE MSK strains, tears (e.g., ligament tears) CUMULATIVE e.g., tendonitis</i></p>	
	<p>Leg Tuck (LGT) <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> Shoulders, Elbows, Wrist, Other <i>ACUTE MSK, nerve; (e.g., fractures, sprains from falling, or muscle, tendon, or ligament tears) CUMULATIVE tendons, ligaments, nerves</i></p>	
	<p>2-Mile Run (2MR) <u>Task</u> climbing; rope bridges, load carriage <u>Condition</u> less than 21 minutes <u>Injury concern</u> Knees, Leg, Feet, Hip/pelvis <i>ACUTE MSK (e.g., fractures, sprains from falling, or muscle, tendon, or ligament tears) CUMULATIVE tendons, ligaments, also foot blisters</i></p>	