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Control and surveillance health problems during training in military surrounding

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Background.

- Combat training course conducted training participants in military environment with high physical and psychological load.
- Standardized nature of stressors provide a unique opportunity to examine changes simultaneously occurring in condition of individual adaptation to a military environment closed to real situation.

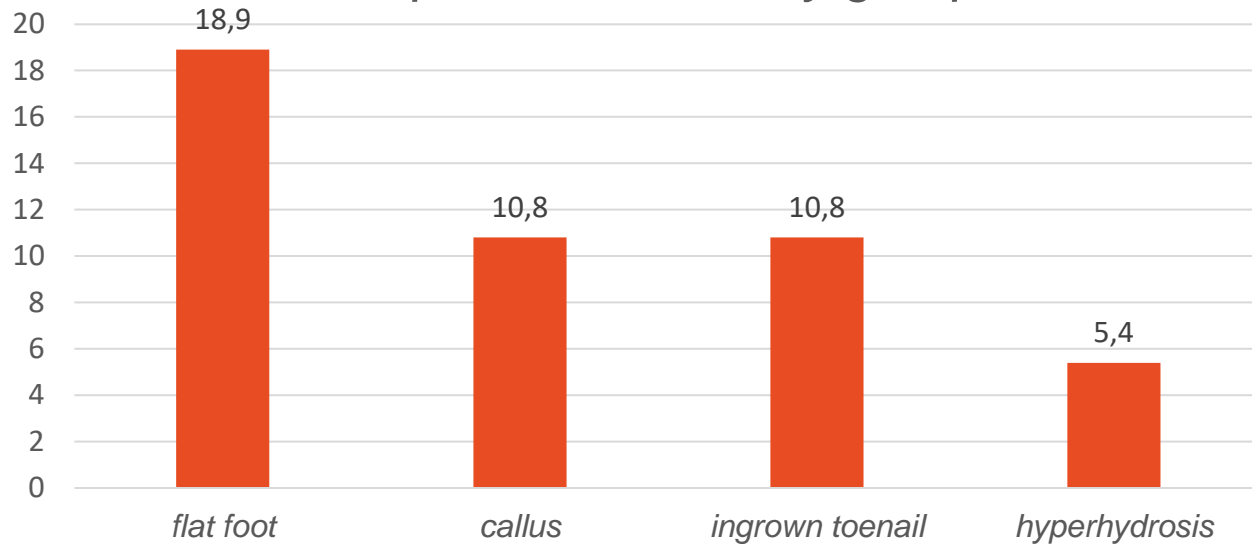
Aim of the study

The aim of the study was to assess health problems of participants during the training course that allow to plan adapted pre-course training program.

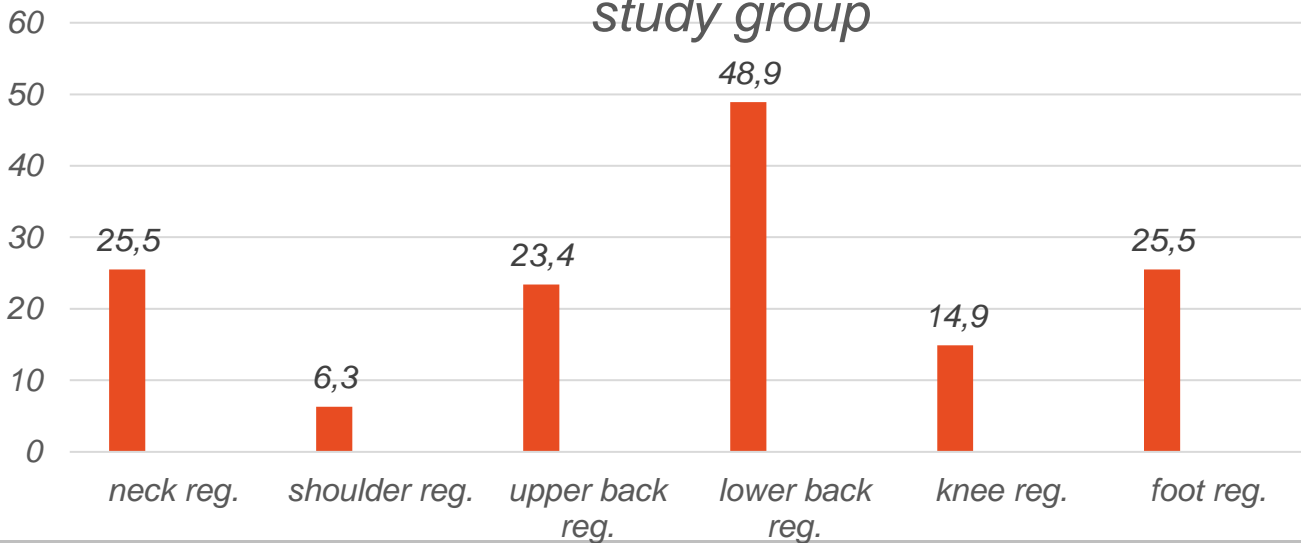
Methods

- The research group included 70 participants of both gender (7 females and 63 males) in aged from 22 year until 34 year.
- All participants passed enhanced medical examination of health status. We provided Nordic Musculoskeletal questionnaire and survey of feet health status in study group.
- Control of anthropometric parameters have provided daily.
- Medical team specialists controlled the health status during the training course.

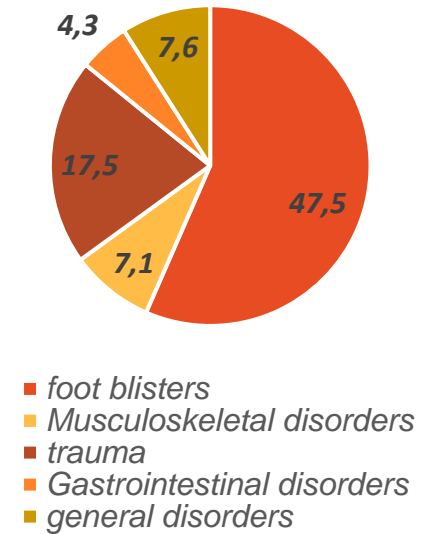
Feet problems in study group



Nordic Musculoskeletal questionnaire in study group



Summary of health problems in study group during the training course.



Participants of combat training are been exposed to specific military surrounding that increased the risk of sustaining injuries, including overexertion injuries, to the locomotor system.

Conclusion

- Military surrounding increased risk for health of participants. Pre-course training program should be adapted to status of participants and provided improvement of physical fitness and preparedness level, which is essential for support health capacity and successful processing training course .