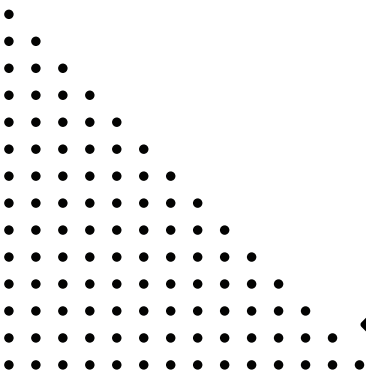


# 44TH MEDICAL BRIGADE H2F MANUAL



**FORT BRAGG, NC**

*CAO: August 2022*





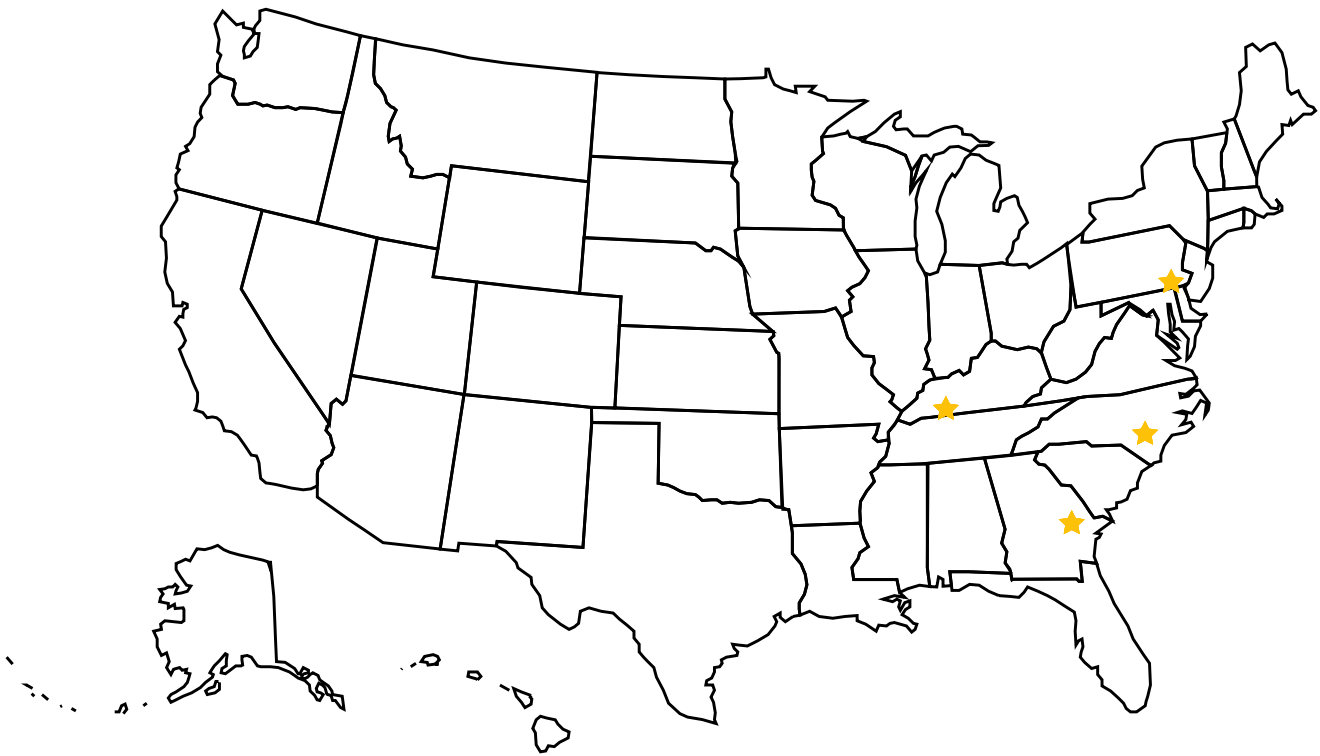
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# 44th MED H2F LOCATIONS

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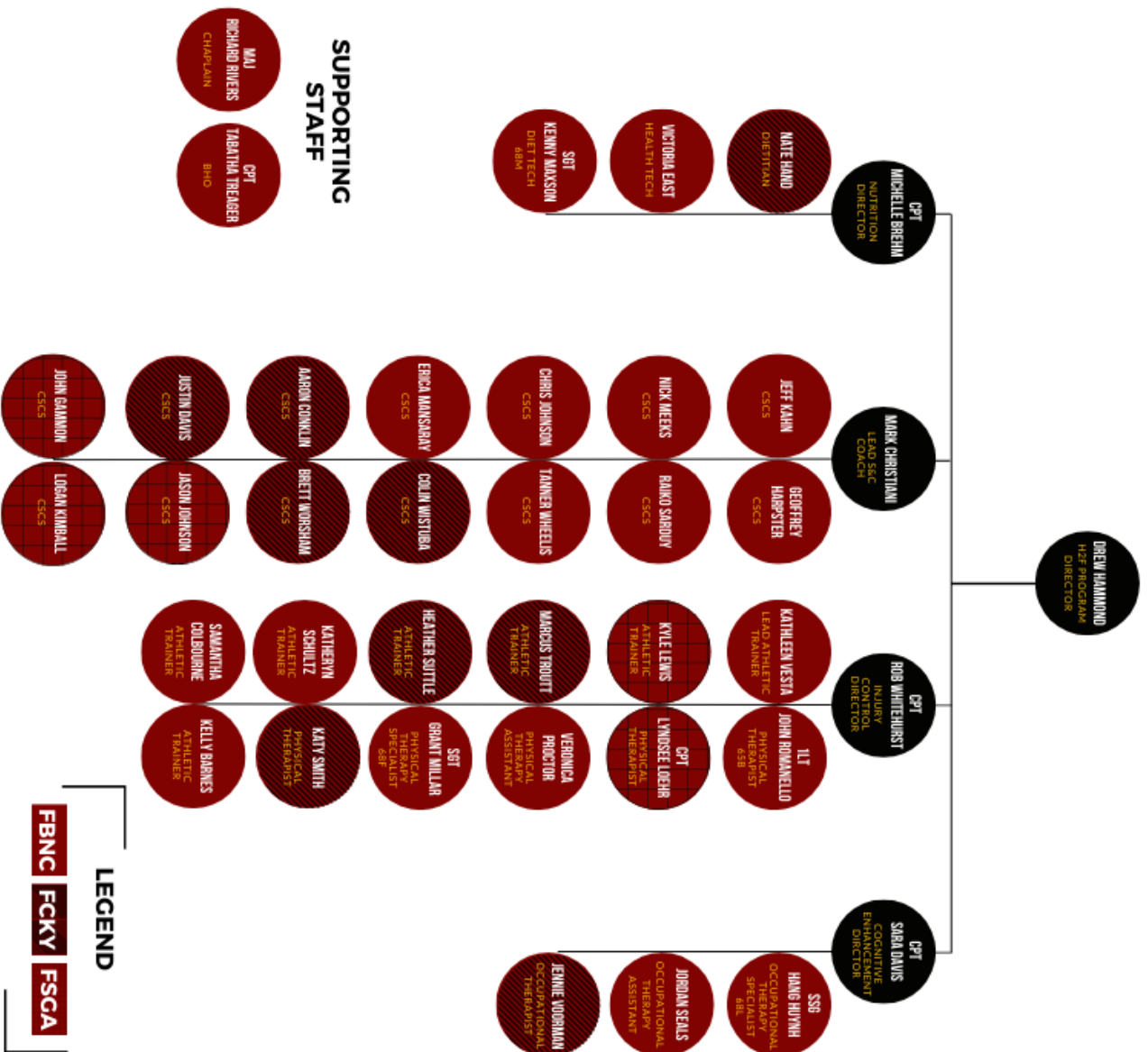
- 
- ★ **Fort Bragg, NC** - A-2298 Longstreet, Fort Bragg, NC 28310
  - ★ **Fort Stewart, GA** - 2233 Gulick Avenue, Fort Stewart, GA 31314
  - ★ **Fort Campbell, KY** - 6206 Desert Storm Avenue, Fort Campbell, KY 42223
  - ★ **Aberdeen Proving Ground, MD**



# OUR TEAM

H2F is an interdisciplinary system designed to assess, improve, and sustain soldier's ability to meet the demands of their military occupational specialties, duty assignments, and combat-specific tasks. It is comprised of licensed professionals specializing in physical therapy, occupational therapy, athletic training, strength and conditioning, and dietetics. Our goal is to provide direct access care to optimize soldier readiness within the five pillars of the program, mental readiness, sleep readiness, nutritional readiness, physical readiness, and spiritual readiness.

[DRAGONMEDH2F.COM](http://DRAGONMEDH2F.COM)



## SUPPORTING STAFF

MAJ RICHARD RIVERS  
CHAPLAIN

CPT TABATHIA REAGER  
BHO

## LEGEND

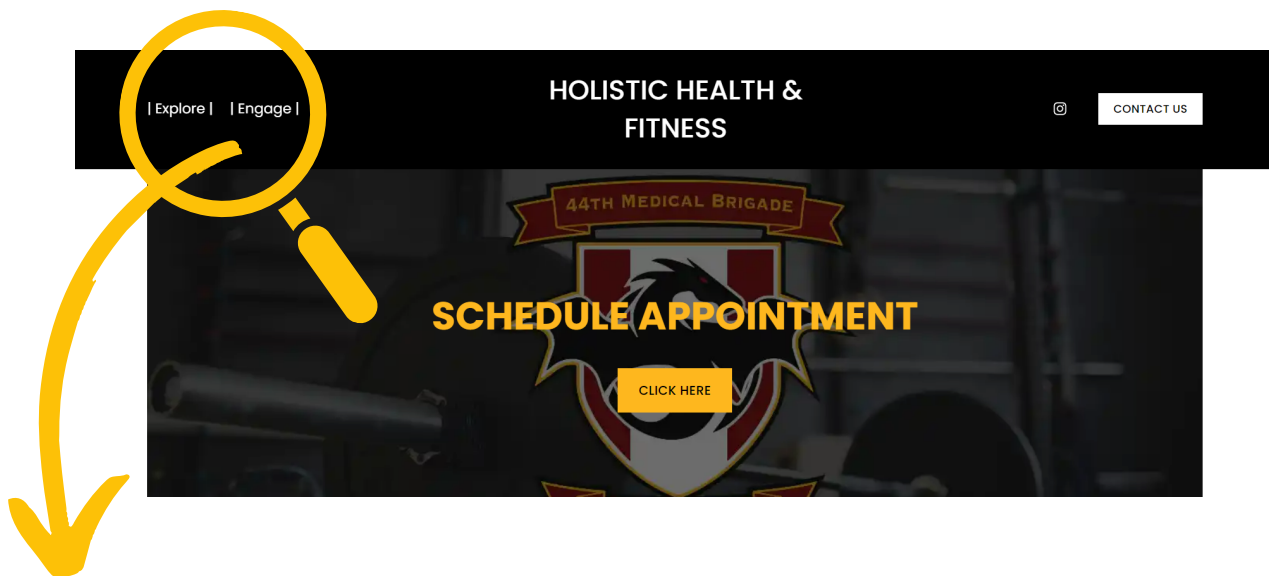
FBNC FCKY FSCA



# 44th MED BDE WEBSITE

 [www.dragonmedh2f.com](http://www.dragonmedh2f.com)

**PURPOSE:** to provide soldiers direct access to all information regarding 44th MED H2F. The website is the primary hub for scheduling one-on-one appointments and group classes.



## EXPLORE

- **About** - what H2F is and our goal
- **Our Team** - our personnel located at each of the 44th MED H2F facilities
- **Helpful Resources** - useful apps & resources utilized by H2F providers
- **FAQs**

## ENGAGE

- **P3T** - what P3T is, documents for enrollment, & additional resources
- **H2F Trainer** - info about the H2F Trainer Course, application/course dates, and application documents
- **Group Services** - group classes offered by each pillar along with scheduling options



# SQUARESPACE APPOINTMENT SCHEDULING PROGRAM

| Explore | | Engage |

HOLISTIC HEALTH &  
FITNESS



CONTACT US



**Squarespace** provides a scheduling option making it easy for soldiers to schedule **one-on-one** appointments with the H2F provider of their choice (*i.e. Registered Dietitian, Physical Therapy, Occupational Therapy, etc.*) at their respective location (*i.e. Fort Bragg, Fort Campbell, Fort Stewart, etc.*).

Once a soldier schedules an appointment with the desired provider, a confirmation email is sent to them to confirm the appointment date and time. Text message reminders are also available as an option to soldiers, along with an option to cancel or reschedule their appointments.



# SQUARESPACE

## APPOINTMENT SCHEDULING PROGRAM

[STEP-BY-STEP SCHEDULING PROCESS]

### 1 CHOOSE LOCATION

FORT BRAGG, NC

SCHEDULE

FORT CAMPBELL, KY

SCHEDULE

FORT STEWART, GA

SCHEDULE

### 2 CHOOSE A SERVICE

44th Medical Brigade H2F (Holistic Health & Fitness)

1 Choose Appointment

Choose a category...

- Behavioral Health
- Nutrition
- Occupational Therapy
- Physical Therapy
- Spiritual Readiness
- Strength & Conditioning

### 3 CHOOSE APPOINTMENT

1 Choose Appointment

Physical Therapy

I would like to schedule...

**One-On-One Physical Therapy Evaluation** (1 hour)  
Evaluation for recent (<3months) or chronic (>3months) musculoskeletal injuries.  
Location: 44th MED H2F HQ (A-2298 Longstreet, Fort Bragg, NC 28310)

**One-On-One Injury Evaluation/Rehab (Athletic Trainer)** (1 hour)  
Evaluation and rehabilitation for injuries occurring within 3months or <  
Location: 16th HQ

### 4 CHOOSE DATE/TIME

YOUR TIME ZONE  
(GMT-4:00) Eastern Time

< PREVIOUS

IN 2 WEEKS

Wednesday September 7	Thursday September 8
8:00am	9:00am
10:00am	10:00am

MORE TIMES >



# GROUP CLASSES

We offer a variety of group training options for platoon, company, and battalion-sized elements. These classes are scheduled by request.

## NUTRITION



FAD DIETS  
VS.  
HEALTHY EATING



NUTRITION BASICS/  
WEIGHT  
MANAGEMENT



FOOD LABELS,  
GROCERY SHOPPING,  
MEAL PREPPING



EMOTIONAL,  
MINDFUL EATING,  
SLEEP NUTRITION



PERFORMANCE  
NUTRITION

## INJURY PREVENTION



CHRONIC PAIN  
MANAGEMENT



FULL BODY  
FOAM ROLLING



MOBILITY  
WOD



WOMEN'S HEALTH  
SERIES (PHYSICAL  
ACTIVITY &  
NUTRITION)



LUMBAR  
STABILIZATION

## STRENGTH & CONDITIONING



WEIGHTLIFTING  
INSTRUCTION



RUNNING  
ASSESSMENT



RUCK PREP



CUSTOM  
EXERCISE  
PROGRAM



GENERAL/  
REMEDIAL PT



SELECTION  
SCHOOL PREP

## COGNITIVE PERFORMANCE



SLEEP  
PERFORMANCE



STRESS  
MANAGEMENT



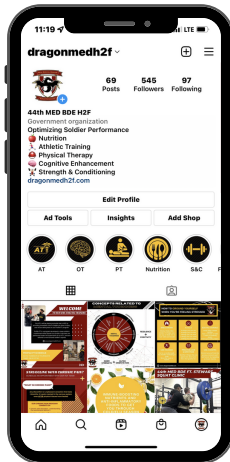
MAD  
SKILLZ





# OUTREACH

**Our team uses a variety of marketing tools to help increase soldier awareness and engagement with 44th Medical Brigade H2F, to enhance our efforts in optimizing soldier readiness.**



## INSTAGRAM

 [dragonmedh2f](#)

Through Instagram, we share various educational content from each pillar (videos, infographics, etc.), along with program updates/offerings (new classes, new team members, surveys etc.).

## READINESS CHECK

The Readiness Check is a marketing tool designed to engage soldiers' interest in the offerings of H2F, providing them with a self-assessment survey and individualized scoring based on their outcomes. The goal is to provide soldiers a starting point of where to begin when interested in seeking help from our H2F providers.



### Readiness Check

Take our short assessment to find out which of the five pillars of H2F you need improvement in, and get your personal report with recommended actions.

[Take the Test](#)



### Mobility Assessment

Unlock your movement potential by taking our short mobility assessment. You will be provided with individualized feedback to enhance your athletic performance.

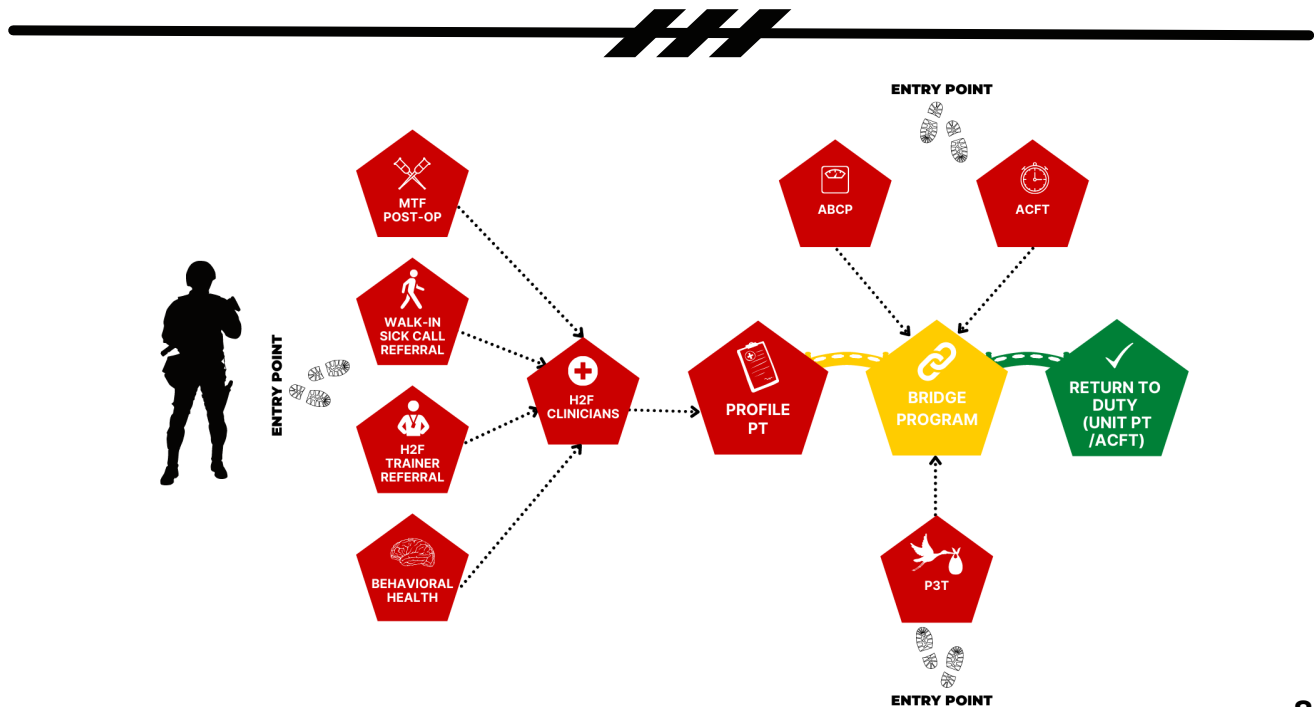
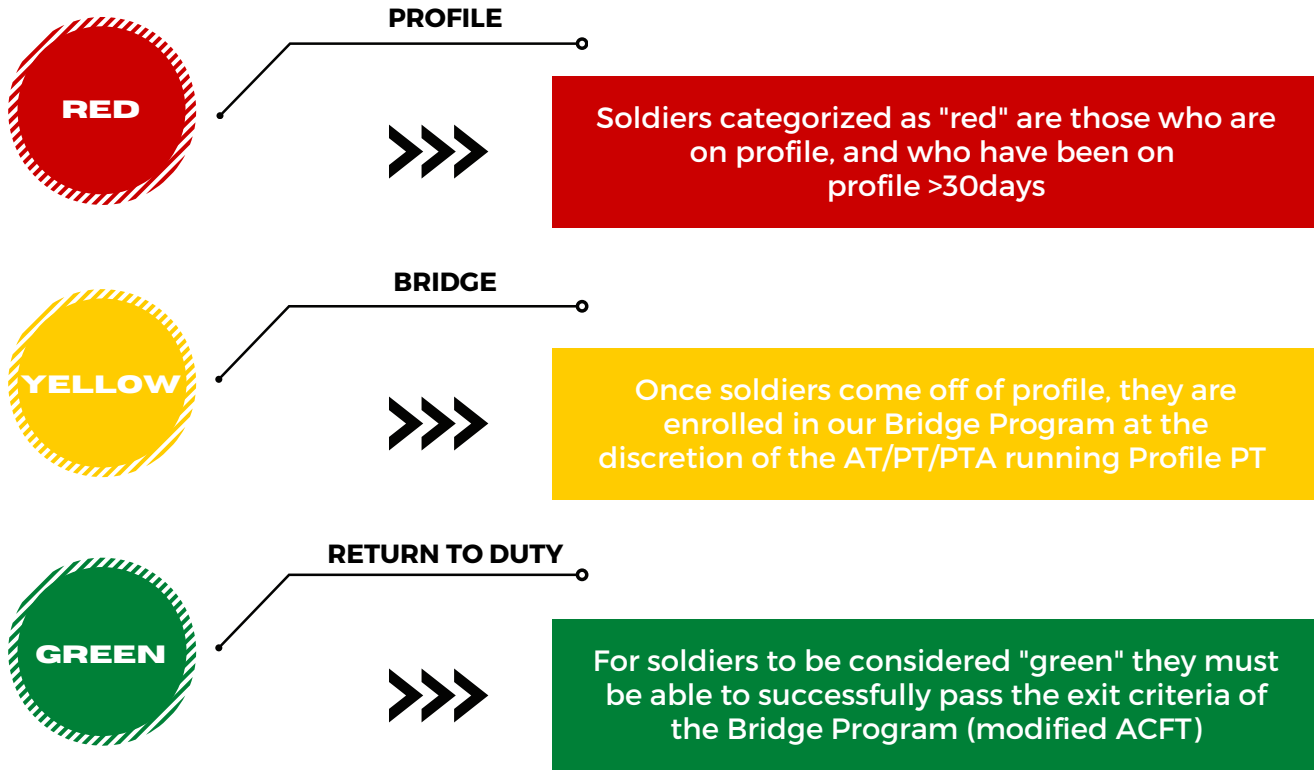
[Take the Test](#)

## MOBILITY ASESMENT

With the same goals in mind as the Readiness Check, the Mobility Assessment is a self-assessment marketing tool focusing on soldiers' overall mobility. Based on how the soldiers score, they will be provided with various mobility exercises to help improve in their lowest scoring area.



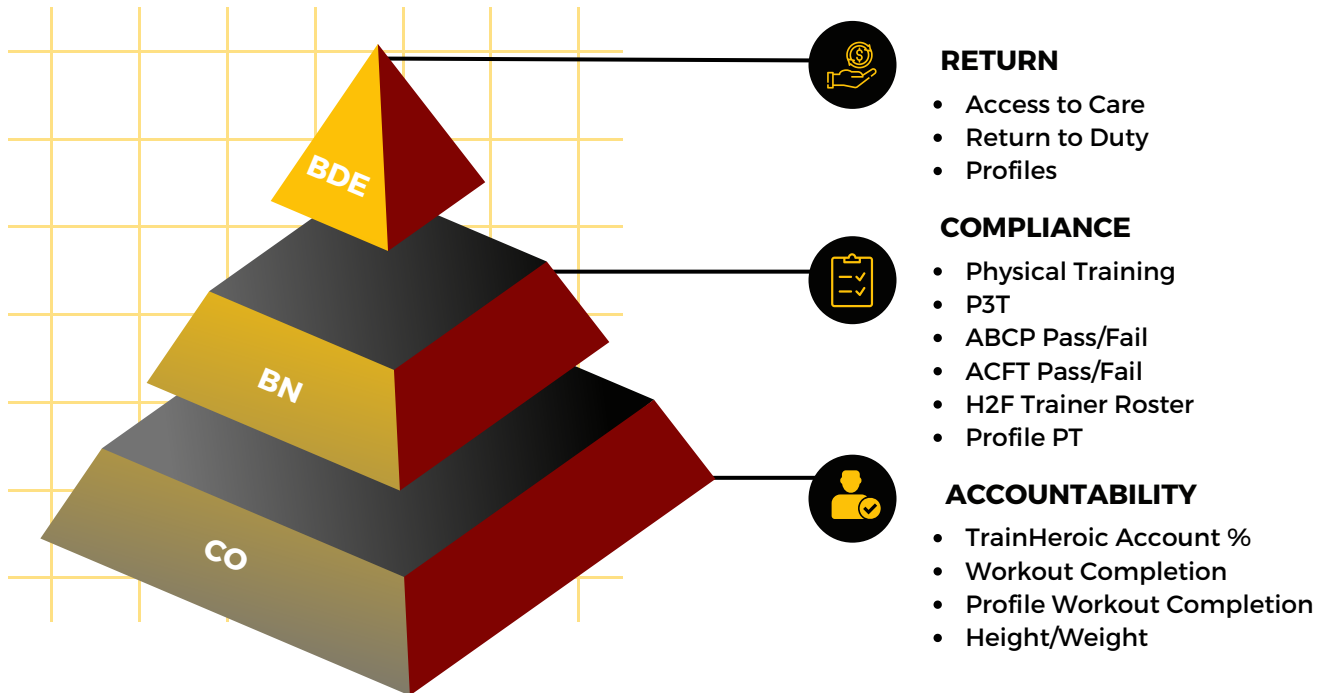
# ROAD MAP TO READINESS





# H2F METRICS

Data collection tells the story of H2F to commanders at various levels across the brigade. Inputs from our various platforms are tiered in such a way that information is relevant, timely, and most importantly, actionable.



## RETURN

At a brigade level, the focus is on three key metrics: Profiles, Return to Duty, and Access to Care. As our program seeks growth and innovation across all the pillars of H2F, these three metrics, reported monthly to the brigade commander, serve as the guiding light by which we steer our efforts.

## COMPLIANCE

At a battalion level, the focus is on showcasing compliance across a larger force. Broad data sets are aggregated into simple percentage-based frameworks to give commanders a snapshot of their battalion's readiness trajectory. H2F Trainer Rosters, ACFT performance, Company and Detachment compliance, etc. are all part of the battalion commanders' regular report.

## ACCOUNTABILITY

At a company level, the focus is on maintaining soldier accountability. This is done through granular, day-to-day metrics such as training attendance, Profile PT completion, height/weight status, and engagement with platforms such as TrainHeroic.



# RAPTOR

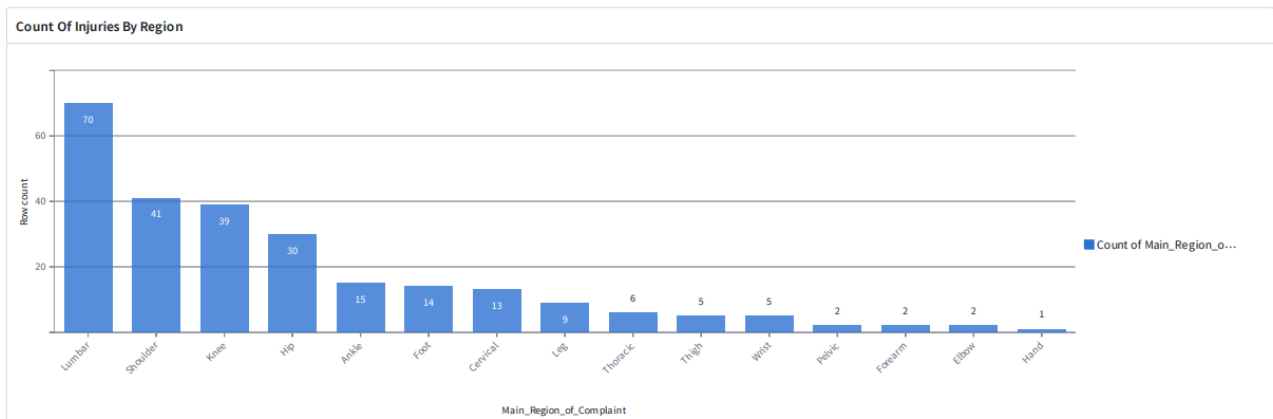
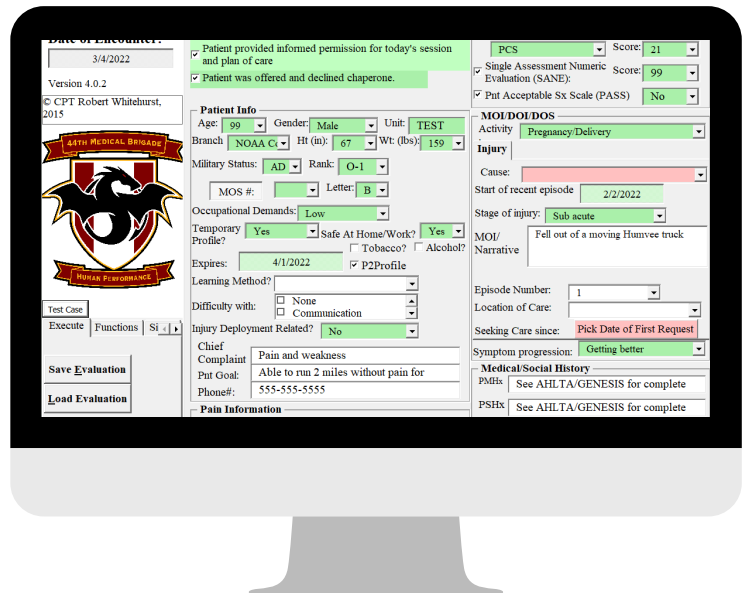


The **Rapid Acquisition Package for Tracking Outcomes in Rehabilitation** is our main data collection platform, and enables the tracking of clinical and non-clinical information. Through this data collection we are able to analyze injury trends, outcomes in rehabilitation, and evaluate our access to care. This enables us to provide detailed information to leaders to help make decisions about allocation, resources, and initiatives.

Lumbar: 70	Thoracic: 6
Shoulder: 41	Thigh: 5
Knee: 39	Wrist: 5
Hip: 30	Pelvic: 2
Ankle: 15	Forearm: 2
Foot: 14	Elbow: 2
Cervical: 13	Hand: 1
Leg: 9	



Injury Count





# H2F COLLABORATIONS



## 528 COSC



This program seeks to prevent or minimize adverse effects of COSRs on soldiers and their physical, psychological, intellectual, and social health. Its goal is to return soldiers to duty expeditiously. COSC activities include routine screening of individuals when recruited; continued surveillance throughout military service, especially before, during, and after deployment; continual assessment and consultation with medical and other personnel from garrison to the battlefield; and the early identification of mild traumatic brain injury.

## FORTITUDE



This is a comprehensive wellness program that aims to improve performance & promote resilience through increasing a soldier's overall physical, emotional, spiritual, and social well-being. Incorporates a multi-disciplinary approach to wellness by including personnel from the COSC, H2F, UMTs, ACS, and other performance enhancement experts.

## R2



R2 Performance Centers provide customized performance training that enables Soldiers to sustain personal readiness, enhance resilience, optimize human performance, and build unit cohesion. 44th Medical Brigade currently utilizes R2 temporarily due to not having a Cognitive Enhancement Specialist nor a Occupational Therapist.



# MEDICAL READINESS ADVISORY COUNCIL [MRAC]



- ..... MENTAL READINESS
- ..... SPIRITUAL READINESS
- ..... NUTRITIONAL READINESS
- ..... SLEEP READINESS
- ..... PHYSICAL READINESS

## MRAC MEETINGS

**FREQUENCY:**

- monthly at battalion level
- quarterly at brigade level

**DISCUSSION:** profiles >90 days & >180 days respectively

**OTHER CONCERNS:**

- musculoskeletal
- behavioral health
- substance abuse
- pregnancy/post-partum
- legal concerns

The Holistic Health & Fitness Team plays an integral role in overall medical readiness through quick response to injuries and prevention of long-term profiles. MRAC meetings are held to discuss soldiers on profile & their status of care. Commanders one level below brief the top regarding the status of these soldiers based upon their reports from providers.

Since H2F's inception, soldiers have had quicker access to care as well as rehab at the level of the unit as opposed to at the hospital or off-post. This typically will prevent long-term disabilities or profiling to reduce the overall numbers of the MSK profiles. In addition to therapy, H2F providers give detailed information on these patients at the MRAC meetings for up-to-date coverage on where the soldier is in his/her recovery. This conversation ties in the PCM & case managers to discuss the best plan of care with the commander as well as give an accurate return to duty date.

### ★ GOAL ★

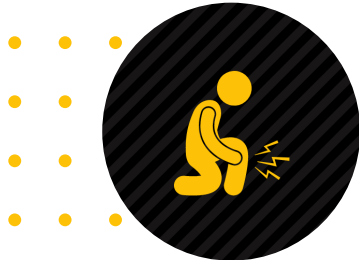
Identify all soldiers on MSK profiles, enroll them into the correct plan of care, & provide insight to commanders on recovery status.



Most soldiers are moving their care from the hospital to the brigade level, which gives greater visibility on MSK issues to the H2F team. Once rehab is complete, soldiers are enrolled into the Bridge Program, which can provide commanders more detailed information regarding full return to function to include military tasks, drills and the ACFT.



# PROFILE PT



Our Profile PT program is designed to accommodate soldiers with physical limitations due to their temporary musculoskeletal profile. This allows them to be closely monitored by our athletic trainers and physical therapy specialist, so corrections can be made as needed in attempts to avoid exacerbation of symptoms. Profile PT currently takes place twice a week, but will transition to five days a week as the H2F athletic training staff grows.



## LOCATION

Building # 4120  
A-2298 Longstreet Rd

## DATES/TIMES

Tues/Thurs - 06:30-08:00

## **/// PROCEDURES ///**

- A weekly scrub of all 44th MED profiles is conducted to determine which service members are on temporary musculoskeletal profile
- Service members not attending Profile PT will be contacted by H2F staff to inquire about their profile & remind them of Profile PT.
- Service members placed on a temporary MSK profile by their PCM will be referred to the athletic trainer for screening. This screening will determine if the SM would benefit from being seen by an H2F provider.





# CHRONIC PAIN SELF-MANAGEMENT PROGRAM



Chronic pain is a multi-factorial process that has contributors from physical domains as well as non-physical domains such as nutrition, sleep, stress, and lifestyle habits. Self-management interventions can improve an individual's well-being and provide pain relief for those with chronic pain.

## GOALS

- ✓ To provide a holistic treatment opportunity for soldiers suffering from chronic pain
- ✓ To guide soldiers in developing a chronic pain self-management plan to help manage pain and assist in recovery
- ✓ Increase chronic pain self-management knowledge and provide individualized care from all domains

## FACTORS ADDRESSED DURING RECOVERY

-  Exercise
-  Mobility/Recovery
-  Nutrition & Wellness
-  Stress Management
-  Sleep Enhancement
-  Mindset Shifting
-  Social Participation

## PROGRAM STRUCTURE

- ◆ **TIMEFRAME:** Soldiers suffering from chronic pain will undergo **6 weeks** of treatment
- ◆ Soldiers are assessed by a Physical Therapist during their initial visit & are re-assessed at the end of 6 weeks. During the 6 weeks soldiers will receive the following care:



**60min**  
One-on-one treatment sessions with a PTA/68F for physical rehabilitation



**30min**  
One-on-one session with a Nutrition Educator/68M on health & wellness



**30min**  
One-on-one session with a OTA for sleep & stress management





# BRIDGE PROGRAM REHABILITATION CLASSES

## PURPOSE

Provide soldiers with musculoskeletal injuries not on profile further rehabilitative care in a functional capacity with certified strength & conditioning specialists teaching the following classes



**Lower Extremity Rehab**



**Upper Extremity Rehab**



**Core & Spine Rehab**



**ACFT Preparedness**



**Run Class**

## Lower Extremity Rehab



**GOAL:** to treat wide range of MSK injuries to include (but not limited to) ankle sprains, hamstring/quad strains, myofascial pain, glute med/min weakness, PFPS, ITBFS, and chronic LE pain. (Dates/times: Tuesdays & Thursdays from 0900-1000)

## Upper Extremity Rehab



**GOAL:** focuses on treating MSK injuries to include (but not limited to) shoulder impingement, biceps/elbow tendinopathy, rotator cuff dysfunction, upper back and neck pain, myofascial pain, chronic UE pain. (Dates/times: Mondays & Wednesdays from 0900-1000)

## Core & Spine Rehab



**GOAL:** treat wide range of MSK injuries to include (but not limited to) subacute and chronic LBP, lumbar radiculopathy, myofascial pain, core weakness. (Dates/times: Mondays & Wednesdays from 1200-1300)

## ACFT Prep



**GOAL:** teach patients proper form and techniques for ACFT readiness with focus on familiarization, training progressions, identification of weak points. (Dates/times: Tuesdays & Thursdays from 1200-1300)

## Run Class



**GOAL:** identify running pattern impairments, footwear deficiencies, & weaknesses in running. (Dates/times: Wednesdays at 1000)



# H2F TRAINER COURSE



The H2F Trainer Course trains selected soldiers on the basics of strength & conditioning, nutrition, physical therapy, occupational therapy, and the Army's ready & resilient (R2) program, to act as force multipliers of the H2F team. The trainer course is delivered over the course of five days and culminates with a practical assessment.



## H2F TRAINER APPLICATION

Soldiers interested in becoming an H2F Trainer must go through the application process prior to being selected. Applications are available in-person and electronically on the dragonmedh2f website.

### APPLICATION REQUIREMENTS:

- Soldiers must be in the rank of SGT (E-5) or higher
- E-4's may apply with CO approval for ACFT Grader position
- Must receive chain of command approval prior to applying



## GOAL

Create a motivated, adaptable, proficient soldier who has two main missions:

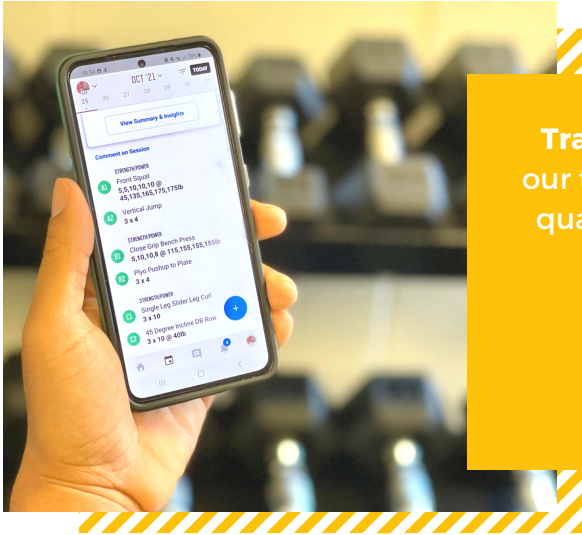
- Increase the overall mission of readiness of the 44th MED BDE
- Serve as an additional H2F asset to assist in skilled care at the lowest level to increase visibility, decrease long-term profiles, & teach daily health principles

## H2F TRAINERS' SCOPE OF PRACTICE

- Act as force multipliers for the H2F clinicians and provide referrals for those in need of higher level care
- Help strength & conditioning coaches provided unit PT programming that is safe & progressive to prevent musculoskeletal injuries
- Enable brigade level tracking of unit PT
- Help unit members regress/progress workouts as needed
- Act as graders for unit level ACFT events



# H TRAINHEROIC

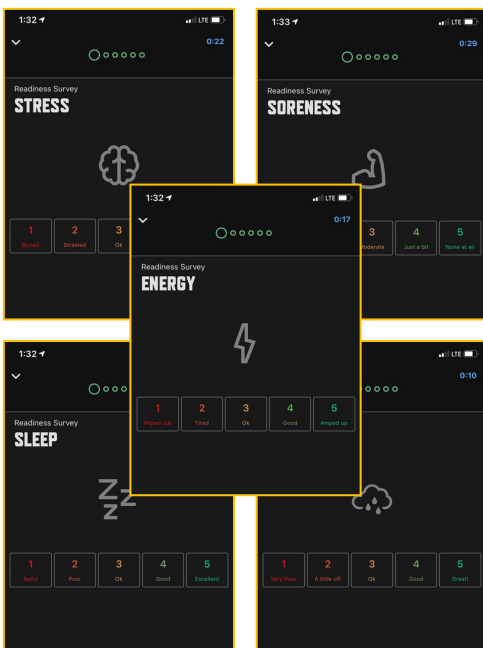
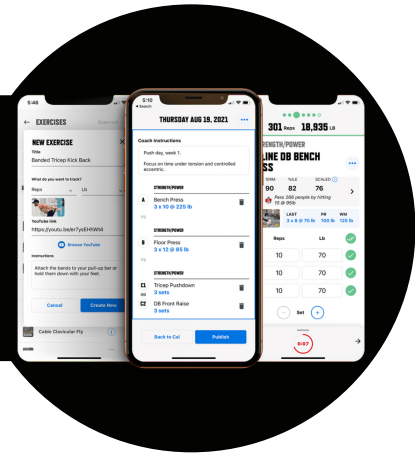


TrainHeroic is a user-friendly phone application our team uses to expand our ability to deliver high quality strength & conditioning programming to each formation. Soldiers are able to view:

- Company workout plans
- Individualized workouts
- Communicate with coaches directly



Video demonstrations within the app allow novice users to perform exercises with proper technique.



Tracking systems enables soldiers to log weights, sessions, sleep, mood, stress, and soreness. Coaches are able to view soldier entries and modify programs as needed.



# PREGNANCY & POSTPARTUM PHYSICAL TRAINING PROGRAM [ P3T ]

## PURPOSE

- Assist soldiers in maintaining health & fitness levels during pregnancy & postpartum
- Facilitate safe return to post-partum physical training & maximize readiness
- Promote healthy weight & body fat gain, maximize mental & emotional health, reduce stress, & improve concentration

## H2F POC

**OIC:** CPT Michelle Brehm  
(44th MED H2F Registered Dietitian)  
**Instructor Trainer:** Victoria East  
(44th MED H2F Nutrition Educator)



## OVERVIEW

P3T provides educational & instructional materials to perform safe, standardized physical training during the pregnancy & postpartum period. P3T follows the guidance of the American Congress of Obstetricians and Gynecologists. It is supported by scientific research studies & American College of Obstetricians & Gynecologists (ACOG) guidance. P3T is mandatory for all pregnant & postpartum soldiers up to 180 days after delivery. Each exercise session addresses all components of fitness:

- Balance and coordination
- Muscular strength and endurance
- Cardiovascular
- Flexibility
- Stress management

## H2F's ROLE:

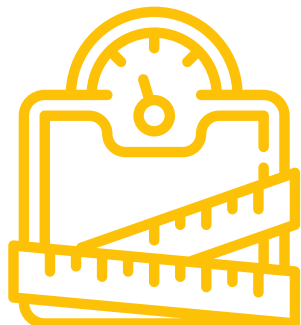
Our designated POCs are involved in enrolling all pregnant & postpartum 44th MED soldiers into the program once pregnancy is confirmed and the soldier is on profile. Forms for enrollment are provided in-person, and are also available on our 44th MED H2F website.

## Exercise Leader Course:

- 40-hour course taught by the Instructor Trainer
- Designed to train noncommissioned and junior officers to lead safe and effective PT sessions for each trimester (1st, 2nd, 3rd, and Postpartum)
- 1 H2F S&C coach to oversee all participants during PT sessions



# ARMY BODY COMPOSITION PROGRAM [ ABCP ]



Soldiers are required to meet (AR 600-9) body composition standards, of having bi-annual height & weight measurements taken. Those who do not pass height and weight will then be taped. Our 44th MED H2F staff are all certified to conduct appropriate taping protocols as part of our baseline testing.

All ABCP (AR 600-9) failures are reported to the Nutrition Program Director to enroll in the following mandatory programs:

- 1 Nutrition Intervention Program**
  - 60min education sessions, required weekly
- 2 ABCP Physical Training Program**
  - Offered Mo-Thu from 11 a.m - 12 p.m
  - Attendance is required for at least **two** of the four sessions

## PROGRESS ASSESSMENTS

Every 30 days soldiers will be assessed to measure progress:

- ✓ A monthly loss of either 3-8lbs or 1% body fat is considered satisfactory progress
- Soldiers must remain in ABCP until they meet their required body fat standards
- Enrollment in the Nutrition Intervention Program & the ABCP Physical Training Program is required until body fat standards are achieved and the soldier is removed from the ABCP Program





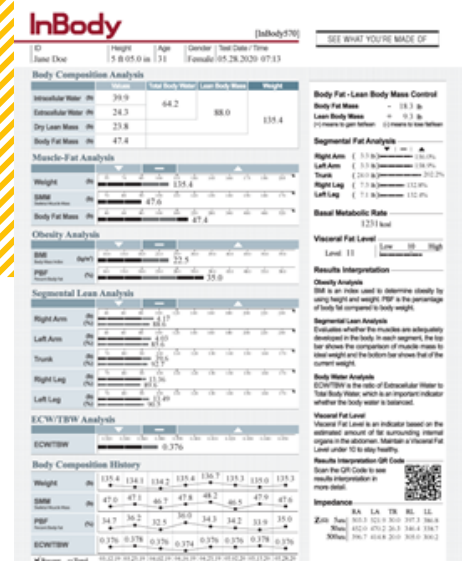
# InBody



The **InBody** is a non-invasive, quick body composition analysis that provides a detailed breakdown of weight in terms of muscle, fat, and water enabling the ability to evaluate overall health and wellness. Uses Bioelectrical Impedance Analysis (BIA) to measure body composition by alternating low and high-frequency electrical currents through water in the body via contact with electrodes to measure impedance.

Every **InBody** test provides a full-page, in-depth result sheet including the following analytics:

- In-depth analysis of an individual's lean body mass & body fat in each segment of the body (arms, legs, and trunk)
- An evaluation of hydration status in order establish normal fluid status overtime to help determine any imbalances
- A calculation of Basal Metabolic Rate (BMR) to show the calories an individual needs for basic essential functions, which plays a key role in reaching body composition goals
- Ability to track changes/ progress in weight, skeletal muscle mass, and percent body fat over time to spot trends and make adjustments



## InBody's Use in H2F

### Program Tracking

- Track progress with strength and conditioning program
- Track progress with Army Body Composition Program weight goals
- Pre/post deployment

- **In-Processing:** baseline screening to establish H2F referral needs
- **Bi-Annual Check-Ins** as platoon sized elements



# SPIRITUAL READINESS



**Spiritual readiness** is defined as “the ability to endure and overcome times of stress, hardship, and tragedy by finding meaning in life experiences.” This meaning is drawn from the soldier’s spiritual dimension, which is influenced by their core beliefs, values, motivation and identity. The spiritual readiness domain is inclusive and applies to both religious and non-religious people regardless of background, philosophy, or religion.



## SPIRITUAL FITNESS

Addresses the element inside all of us as we seek meaning for our lives and is the place where our core values meet our daily behaviors and actions.

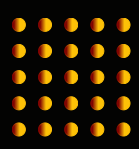


## THE CHAPLAIN

The role of the Chaplain is to help soldiers nurture their spiritual understanding while finding strength, purpose and resiliency through their spiritual identity. This happens with one-on-one and group services, where conversation creates awareness. Through that awareness, one can begin to better understand what, at their core meaning, informs their decision and their beliefs.



**A-2298 Longstreet  
Fort Bragg, NC 28310**



[www.dragonmedh2f.com](http://www.dragonmedh2f.com)



@dragonmedh2f

