The Eagle Tactical Athlete Program (ETAP) was scientifically designed to optimize performance and reduce injuries. The current analysis demonstrated that ETAP reduces preventable musculoskeletal injuries in garrison. The capability of ETAP to reduce injuries confirms the vital role of a scientifically designed training program on force readiness and health.

**ABSTRACT**

The Eagle Tactical Athlete Program (ETAP) was scientifically developed specifically for the U.S. Army’s 101st Airborne Division (Air Assault) to counter the significant number of sustained unintentional musculoskeletal injuries. ETAP was previously demonstrated to improve human performance characteristics, but the capability of ETAP to reduce injuries had not been studied specifically for the U.S Army’s 101st Airborne Division (Air Assault) to counter the significant number of sustained unintentional musculoskeletal injuries. ETAP was previously demonstrated to improve human performance characteristics, but the capability of ETAP to reduce injuries had not been studied specifically for the U.S Army’s 101st Airborne Division (Air Assault) to counter the significant number of sustained unintentional musculoskeletal injuries.

**STUDY DESIGN**

- **Experimental, pre-test/post-test, control group design**
- The study was conducted on-site with U.S Army’s 101st Airborne Division (Air Assault) in Ft. Campbell, KY
- A total of 1641 Soldiers were consented and enrolled (N = 1106 experimental group, N = 540 control group) to evaluate changes in injury data. Injuries were tracked for 5 months prior to and after ETAP participation during a pre-deployment workup phase.

**RESULTS**

- **All Injuries**
  - Pre-ETAP: 209 (18.9%), post-ETAP: 177 (16.0%), p = 0.045
  - Experimental group: N = 1106 experimental group, N = 540 control group
- **Overuse**
  - Pre-ETAP: 59 (5.3%), post-ETAP: 44 (3.98%), p = 0.086
- **Acute**
  - Pre-ETAP: 107 (9.7%), post-ETAP: 90 (8.1%), p = 0.213

**INTRODUCTION**

- **Eagle Tactical Athlete Program (ETAP)** was scientifically developed specifically for the U.S Army’s 101st Airborne Division (Air Assault) to counter the significant number of sustained unintentional musculoskeletal injuries.
- **ETAP** was previously demonstrated to improve human performance characteristics, but the capability of ETAP to reduce injuries had not been studied specifically for the U.S Army’s 101st Airborne Division (Air Assault) to counter the significant number of sustained unintentional musculoskeletal injuries.

**SUMMARY AND CONCLUSIONS**

- **The current analysis demonstrates that ETAP reduces preventable musculoskeletal injuries in garrison.**
- **These results combined with previous analyses confirms that the Eagle Tactical Athlete Program improves physical readiness and performance and has the capability to reduce unintentional musculoskeletal injury - confirming the vital role of a scientifically designed training program on force readiness and health.**

**REFERENCES**

The Eagle Tactical Athlete Program Reduces Musculoskeletal Injuries in the 101st Airborne Division (Air Assault)

Timothy C. Sell1, John P. Abt1, Takashi Nagai1, Jennifer B. Deluzio1, Mita Lovalekar1, Michael D. Wirt2, Scott M. Lephart1, FACSM

Department of Sports Medicine and Nutrition, School of Health and Rehabilitation Sciences, University of Pittsburgh, Pittsburgh, PA; 2U.S Army’s 101st Airborne Division (Air Assault), Fort Campbell, KY

**METHODS**

- The study was conducted on-site with U.S Army’s 101st Airborne Division (Air Assault) in Ft. Campbell, KY
- A total of 1641 Soldiers were consented and enrolled (N = 1106 experimental group, N = 540 control group) to evaluate changes in injury data. Injuries were tracked for 5 months prior to and after ETAP participation during a pre-deployment workup phase.

- **Experimental Group Control Group**
  - Pre-ETAP Post-ETAP p-value Pre-ETAP Post-ETAP p-value
  - All Injuries 209 (18.9%) 177 (16.0%) 0.045 105 (19.4%) 96 (17.8%) 0.460
  - Lower Extremity 120 (10.8%) 99 (8.7%) 0.117 60 (11.1%) 48 (8.9%) 0.207
  - Knee 59 (5.3%) 46 (4.2%) 0.208 31 (5.7%) 32 (5.9%) 1.000
  - Ankle 50 (4.5%) 42 (3.8%) 0.434 22 (4.1%) 14 (2.6%) 0.169
  - Lumbar Spine 75 (6.8%) 69 (6.2%) 0.606 38 (7.0%) 41 (7.6%) 0.775
  - Acute 107 (9.7%) 90 (8.1%) 0.213 55 (10.2%) 45 (8.3%) 0.302
  - Overuse 59 (5.33%) 44 (3.98%) 0.086 26 (4.8%) 20 (3.7%) 0.451

- **I-COD SCM-codes were used to categorize preventable musculoskeletal injuries (total, regional distribution, acute or overuse).**

- **A McNemar analysis was conducted to evaluate the effect of ETAP on the proportion of Soldiers injured within each group (see Figure 1 (below)).**

- **The current analysis demonstrated that ETAP reduces preventable musculoskeletal injuries in garrison.**
- **These results combined with previous analyses confirms that the Eagle Tactical Athlete Program improves physical readiness and performance and has the capability to reduce unintentional musculoskeletal injury - confirming the vital role of a scientifically designed training program on force readiness and health.**

- **The study was conducted on-site with U.S Army’s 101st Airborne Division (Air Assault) in Ft. Campbell, KY**
- **A total of 1641 Soldiers were consented and enrolled (N = 1106 experimental group, N = 540 control group) to evaluate changes in injury data. Injuries were tracked for 5 months prior to and after ETAP participation during a pre-deployment workup phase.**

**SUMMARY AND CONCLUSIONS**

- **The current analysis demonstrates that ETAP reduces preventable musculoskeletal injuries in garrison.**
- **These results combined with previous analyses confirms that the Eagle Tactical Athlete Program improves physical readiness and performance and has the capability to reduce unintentional musculoskeletal injury - confirming the vital role of a scientifically designed training program on force readiness and health.**