

# According to the Statistics...

**M**usculoskeletal injuries, especially those involving the legs, ankles and feet, are among Sailors' and Marines' most common non-battle injuries. They account for up to 40 percent of all sick-call visits on board Navy ships. In FY2000, approximately 42 percent of the Navy people medically released from active duty were turned loose because of musculoskeletal injuries.

## Marine Corps Military Lost Workdays From Off-Duty Recreational/Sports Injuries

Activity	2005	2006	Total
Recreation, N.E.C.	752	1,194	1,946
Sports	1,045	523	1,568
Football	617	379	996
Baseball/Softball	1,698	1,518	3,216
Bicycling	211	288	499
Swimming	120	256	376
<b>Total</b>	<b>4,443</b>	<b>4,158</b>	<b>8,601</b>

## Navy Military Lost Workdays From Off-Duty Recreational/Sports Injuries

Activity	2002	2003	2004	2005	2006	Total
Basketball	790	854	956	1,178	1,039	4,817
Recreation, N.E.C.	505	191	187	944	1,183	3,010
Sports, N.E.C.	30	0	176	1,082	516	1,804
Football	289	189	370	623	310	1,781
Bicycling	140	138	461	209	283	1,231
Baseball	14	0	217	483	454	1,168
Swimming, Intentional	210	120	237	119	256	942
Softball	433	186	174	0	0	793
<b>Total</b>	<b>2,411</b>	<b>1,678</b>	<b>2,778</b>	<b>4,638</b>	<b>4,041</b>	<b>15,546</b>

The result of these injuries is a large number of lost workdays [see accompanying charts]. The Naval Safety Center database, for example, shows that the top eight off-duty, lost-workday-causing recreational and sports events between FY2002 and FY2006 collectively accounted for 15,546 lost workdays in Navy military ranks. The database also shows that six top off-duty recreational and sports events caused a total of 8,601 lost workdays in Marine Corps military ranks in 2005 and 2006 [the only two years for which reliable statistics exist].

With facilities like the Pearl Harbor SMART Center, which opened in July 2002, the downtime from off-duty recreational and sports injuries is get-

ting much better. For instance, 78 percent of the Pearl Harbor facility's patients are successfully returned to full duty within 30 days of the first consultation—compared to 90 days before the SMART Center was established.

The obvious tangible benefits of the SMART-Center concept are a reduction in time for injured Sailors and Marines to get treatment for their musculoskeletal injuries, a reduction in lost man-hours through a speedy return to duty, and prevention of future injuries through education. Other noteworthy benefits to date have been a 15-percent decrease in limited-duty boards and a 22-percent decrease in physical-evaluation boards. ■