





## Physical Therapists in Brigade Combat Teams

### The Role of the Brigade PT

The PT's role in the BCT is to enhance unit readiness and physical performance through strength and conditioning, prevention, early recognition, and aggressive management of neuromusculoskeletal injuries both in garrison and in deployed environments.



- Serves as a consultant to Brigade and subordinate command groups, providing education and guidance on physical training practices, injury prevention, human performance optimization, and post-injury reconditioning
- Captures and analyzes standardized unit specific injury surveillance metrics that allow up to date, accurate reporting of neuromusculoskeletal injuries cross referenced with physical and operational training events
- Collaborates with Brigade, U.S. Army Medical Command and U.S. Army Public Health Command (Provisional) assets to establish and refine physical training initiatives to optimize physical performance and minimize injury risk during unit level training events

To meet this mission, the Brigade PT:

- Provides accurate and timely diagnosis and treatment of Brigade Soldiers with neuromusculoskeletal injuries using best evidence practices
- Provides appropriate identification and medical referral of patients with disease processes which may mimic neuromusculoskeletal disorders
- Develops best practice patterns to minimize lost duty time and optimize Soldier physical performance following injury
- Collaborates with Brigade medical assets to develop best practice pathways for patients with neuromusculoskeletal injuries

### For more information on U.S. Army Physical Therapy, please contact:

[www.goarmy.com/amedd](http://www.goarmy.com/amedd)

[www.baylor.edu/graduate/pt/index.php?id=27028](http://www.baylor.edu/graduate/pt/index.php?id=27028)

[www.usarec.army.mil](http://www.usarec.army.mil)

[www.armymedicine.army.mil/jobs/jobs.html](http://www.armymedicine.army.mil/jobs/jobs.html)

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