

# TACH2F TACTICAL ATHLETE HOLISTIC HEALTH AND FITNESS SEMINAR

## MANAGING MUSCULOSKELETAL HEALTH AND INJURY

DEC 13, 2024

The Ohio State University  
Columbus, Ohio

Tactical Athletes have physically taxing work, leading to higher injury rates. This seminar will cover how to avoid injuries, the best approaches for rehabbing an injury, navigating the insurance and BWC process, and ideas for embedding healthcare within an agency. These sessions will be led by occupational health doctors, physical therapists, athletic trainers, and healthcare process experts. Each session will be focused on interactive learning that prepares attendees to return to their organization ready to share. Topics will include:

- When to do self-care versus when to see a doctor
- What should I do? Surgery, physical therapy, or other types of treatment?
- Q&A on the Bureau of Workers' Compensation process
- The most common injuries and how to avoid them

We invite anyone interested in improving their personal or organizational health and performance to join this event.

- First responders (law enforcement, fire/rescue, paramedics, military)
- Tactical instructors
- Strength and conditioning coaches
- Health and rehabilitation individuals interested in working with tactical personnel

### **SPEAKERS**

The speakers will include medical doctors, physical therapists, athletic trainers, researchers, and Bureau of Workers' Compensation (BWC) representatives who improve Occupational Health for Tactical Athletes.

### Seminar Speakers

- Chris Kolba, PT PhD MHS CSCS
- Sam Wagner, MS AT
- Marek Greer, MD MPH
- Patrick McKenna, DO MPH
- Adam Culiver, PT DPT PhD
- David Wu, PT DPT
- Carly Smith, PT DPT
- Jaclyn Caccese, PhD FACSM
- Nathan Edwards, PhD TSAC-F
- James Onate, PhD AT ATC
- Michael Baria, MD MBA
- Brian Wilson, DC MHA - Ohio BWC
- Melody Dials, MPA - Ohio BWC

### **AGENDA**

#### Registration

0800-0830

#### TACH2F Cohort Introduction

0830-0845

#### Injury Care and Treatments

0845-0930 – Self-Care vs Seeking Help

0945-1030 – Types of Treatment and Doctors

1030-1115 – Unconventional Treatment Options

#### Lunch

(1115-1200)

#### Dealing with and Avoiding Injury

1200-1300 – Navigating Insurance and BWC after an Injury

1315-1415 – Lightning Talks: Avoiding the Most Common Injuries

1430-1530 – Embedding Health Care within an Organization

### **REGISTRATION**

**TACH2F Seminar**

**Cost: \$150**

**Lunch provided**

Register on the Seminar Website:



[hpc.osu.edu/tach2f](https://hpc.osu.edu/tach2f)



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