

TRAINING FOR THE JOB YOU HAVE



Functional Fitness

A common phrase you may have heard when referring to those that work in fire rescue, police, military, or other tactical setting is being a “tactical athlete.” You might laugh at this phrase and think you aren’t an athlete, let alone a tactical one. But when you think about the physical demands of fire rescue, your body is under a large amount of load (check out October’s newsletter about load carriage) and stress on top of needing to work for short spurts or long periods of time. It’s almost like you need to train for a heptathlon where you’re an expert at multiple different events at a track meet. For November’s newsletter, we will cover how you can adapt your PT to translate to how you perform in your job.

Functionality First

In order to perform optimally, you need to first determine if your joints are moving fluidly and are stable. The Functional Movement Screen (FMS) is a great way to objectively look at the full body to determine areas of immobility, instability, and motor control issues. Determining these areas and beginning to tackle those areas of dysfunction before beginning a PT program can help to prevent injury during PT and while on the job. The FMS is a service provided during station visits or individually by making an appointment with Dr. Kelsey Tanler for a station visit or individual exam.



You can do so by emailing kelsey.tanler@montgomerycountymd.gov. Joint mobility and adding in joint stability exercises to your current PT program can help to stabilize areas that are not commonly focused on during traditional PT programs.

Where To Start

Below is a table of common fire rescue movements with exercises that closely mirror their movement and physical demands. Each exercise is linked to a video instructing you on how to perform that exercise. If you’re wondering where to start with building a PT program, contact Dr. Kelsey Tanler and she can put you in contact with the peer fitness training team for more information on how to build a program that is right for you! You can also check out the academy training book linked [HERE](#) for ideas for circuits that you can try at the station.

Stairclimb with hose pack	Unilateral kettlebell lunge
Equipment lift and carry	Unilateral farmer’s carry
Ladder raise	Turkish get-up
Cot lift	Deadlift
Patient transfers on/off cot	Chest press Reverse grip low cable row



Dr. Kelsey Tanler

*Certified Athletic Trainer
MCFR Health & Injury Prevention*

Did you know that you have someone working within MCFRS to provide you with quality injury care, injury prevention, and functional assessments to lengthen your time on the floor and keep you out of FROMS?

Dr. Kelsey Tanler began with MCFRS in February 2023 as the department’s first ever Athletic Trainer in charge of health and injury prevention. **Dr. Tanler is the only Athletic Trainer working with a fire rescue department in the state of Maryland and prides herself in preventing injury and keeping personnel on the floor.**

IMPORTANT ANNOUNCEMENT!

Need an appointment for a minor injury concern or interested in 1-on-1 injury prevention? Dr. Tanler has appointment times available every Wednesday at 0945 and 1045 through the QR code above or the link at the bottom of the newsletter.

You can also email her directly to set up a visit to your station! Or keep an eye out for when she will be rounding through your battalion.

4th BATTALION STATION VISITS IN NOVEMBER/DECEMBER!

Click on the link above or ask your Battalion Chief for more information on signing up!

 kelsey.tanler@montgomerycountymd.gov

 (240) 962-0147

[CLICK HERE TO MAKE AN APPOINTMENT WITH DR. KELSEY TANLER](#)