

Injuries

Injuries to the musculoskeletal system are by far the greatest risk to Officer Candidates. This is one of the major reasons candidates are not able to complete training at OCS. However, most injuries are preventable. A prospective candidate must be physically prepared PRIOR to arrival. It is recommended that a candidate use the 12 week pre-OCS training program and consistently follow the outlined procedures for stretching. If you do sustain an injury while at OCS, our medical staff will provide you with treatment and rehabilitation. Our OCS Medical Staff includes Sports Medicine Physicians, Physical Therapists, Athletic Trainers, Independent Duty Corpsmen, and other technicians and corpsmen. It is the intention of the OCS Medical Staff to make every effort to return you to training and help you succeed at Officer Candidates School.

Prevention and Care of Injuries

Overuse Injuries: A great number of injuries at OCS are overuse injuries (Illiotal Band Syndrome, Medial Tibial Stress Syndrome, Tibialis Anterior Tendinitis/Tenosynovitis, etc.) A number of different factors play a part of overuse injuries. Strength and flexibility are the two key elements to prevent overuse injuries. Two weeks after your arrival is NOT the time to begin a stretching program. Stretching must be carried out at least after every workout session and throughout the day to make a permanent change in the extensibility of your muscles. See our Stretching page for a detailed list of stretches.

Ankle Sprains: Due to the nature of the terrain at OCS, Inversion Ankle Sprains (rolling inward) are the number one injury at OCS. To help prevent ankle sprains, two things must be addressed: strength and balance.

If you suffer from recurrent ankle sprains and the preventative ankle sprain program has had minimal success, ankle prophylactic bracing may be needed. Ideally, as in shoes, a break in time is suggested to prevent blisters. Also, take into account that the brace will be used inside your combat boot. All braces that a candidate brings to OCS will be checked during the initial medical screening and candidates will be issued a chit to allow them to wear the brace from the onset of training. Braces can be obtained from a variety of sports health or sports medicine stores or websites, and in some cases local sporting goods stores. Below is a list of the approved braces:

Manufacturer	Name of brace
Active Ankle	AS-1 Ankle Support
Mueller	Soft Ankle Brace with Straps; Hg80 Ankle Brace with Straps; Hg80 Rigid Ankle Brace
McDavid	195 Ultralight Ankle Brace with Figure 8 Strap
Pro	Arizona Ankle Brace

Swede-O	Strap Lok; Tarsal Lok; X8; Inner Lok 8
ASO	Stabilizing Orthosis with Plastic Stays; Max
ExoForm	Ankle Braces with "Figure 8" Straps
Donjoy	RocketSoc; Velocity Ankle Brace