

# FORWARD TOGETHER



## RAMS/NATO

- Fighter Pilot Working Group Notes Physiologic Events/ Neck Back Pain
- Yoda-Lead
- What- How do we keep the pilot in the jet as long as possible?
- When intervene? - As soon as possible
- Who-FS, Massage therapist, PT
- How- How do you sell that to leadership?
- Neck and Back



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Germany- there is a question but they haven't found a solution space but are interested in the lessons learned. Looking to start early while pilots are at the beginning. There is a training book that they provide. Preventive and rehab. Two different population to examine, functional issues (younger pilots), medical issues (older pilots) Concept- FS, Sports Psychologist, Physio therapist, they are separate from the medical records. Complex method. Within the Tiger, the younger pilots move their heads because they don't have as much SA within the jet. Older pilots not as much. Make it mandatory may be the next step. Tell them the truth from a medic side. Tracking the groundings with medics



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UK-prevention and getting buy in from the pilots. Pilots are allowed to go see the physiotherapist without seeing the Flight Surgeon, also using a tiered approach. Looking at it as a holistic approach. Is there a risk in removing the flight surgeon from the process? Translating into practice especially with the small bandwidth that is available. What sort of measures are important... is simple reduction of subjective pain the most important question?



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Prevention for the initial problem for one population and still address the population that is already damaged. Physical

All of the countries are having a difficult time on developing metrics. Lessons learned

Finish....Australians- how much are the pilots absent from the flight line. How to transfer that to General Officers. Measure how many days. Flight Pro- program ?



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Lessons Learned

Absence from duty will help

Research

Use flight system to gather data



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Recommendations

Primary and tertiary Preventive Program (Human Performance Enhancement), manpower, aircrew flight equipment. Incorporate outside services

Assessment

Functional (Physio therapist) assessment

Fitness

Medical Physical- “as a pilot could he/she fail this?”  
(Flight Physical)

Intervention

Trainer, Aerospace Physiologist, Strength and Conditioning Coach, Physical therapist, Nutritionist. .

Looking at this as a Medical Point of view.... What specialty do you need to enhance performance

Looking at this as a Medical Point of view....

What specialty do you need to enhance performance



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Minimum Requirements letter that all-nations can adhere involving this program.

What:

Aerobic

Strength

Functional

Performance

Post-Flight Recovery

No Equipment

When: Pilot training or earlier (establish life action)

Metrics: Collecting data to prove efficacy, and efficiency, is the program making a difference. Include performing enhancement





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Research: Performance Metrics, What makes a better pilot (keep the experience pilots in service as long as possible to translate knowledge) Compare training programs, Impact of Neck Pain

UK program: requires that they reach requirements  
Buy in from leadership

Buy in from members- Concerns from folks dropping warheads on foreheads. Introduce program in tactical and performance enhancement terms. Speak in tactical language. They will do anything to keep them in the air.

Tactical requirements

Germans during annual physical, provide a full body musculoskeletal assessment, may include in the metrics



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## Working Group Members

Renard (FRA)  
Retrard (FRA)  
CAPT. Alessardo Scallius (ITA)  
CAPT. Voleria DiMefio (ITA)  
Nehring (GAF)  
Kruschinski (GAF)  
Leiterhos (GAF)  
Anthony Turner (USA)  
Kristy Hicks (USA)  
K Gallergher (UK)  
R Vail (UK)  
Cuiz-Michael Reichert (GER)  
Helmut Fleischer (GER)  
Odysseas Paxinos (GRE)  
Roope Sovelius (FIN)  
Dan Murray (USA)  
Beatriz Puente (SP)  
Zschommler (GAF)  
John Crowley (USA)  
Erin Smith (CAN)  
Nathalie Duvigneaud (BEL)  
LT Damasdi (HUN)  
Maj Claudia Lorenz (GER)  
Rober Doxey (USA)  
Bion Dennis  
Any Gros (GER)  
Hans-Jurgen Noble (GER)  
Andreas Werner (GAF)

