

STAYING INJURY FREE IN 2025!



Resources Available to YOU

FROMS is the last place that you want to end up in 2025. Time out of work, missed overtime opportunities, and dealing with the hassle of worker's comp and various doctor and physical therapy appointments. A great goal to set for yourself in this new year is to remain out of FROMS, and in this month's newsletter we will cover how you can prevent a trip to FROMS and the resources available to you.

Your station may have already had a station visit with Dr. Kelsey Tanler, Certified Athletic Trainer in charge of Health and Injury Prevention for the department, but for those that haven't had a station visit at your station, here are some of the main goals of these visits:

- **Address areas of dysfunction that could be causing aches/pains or that put you at risk for future injury.**
 - This is done through the Functional Movement Screen (FMS). How you score determines areas in the body to improve upon including joint mobility, stability (strength), and motor control (coordination).
- **Educate on why fire rescue personnel experience the same injuries (low back pain and shoulder injuries).**
 - Once you hear and see the why behind your increased risk for low back and shoulder issues, it makes it easy to start on a path of injury prevention.
- **Instruct you on how to improve on areas of dysfunction or common injury.**
 - Giving you a chance to see and feel those areas in the body that may be causing you discomfort currently or could be at risk in the future.

Starting in 2025, station visits have changed. This was after feedback given by you and your colleagues so that we

could improve these visits and make them more worthwhile for you. We are still looking for ways to improve and to hear from you on what you want to see in 2025 with injury prevention station visits. **Please take 2-3 minutes to complete the survey below and share your thoughts on how we can better improve the health and injury prevention program for MCFRS!**

[2025 Injury Prevention Program Survey](#)

Individual Appointments

If you'd like to have a specific physical complaint, discomfort, or issue evaluated (such as back pain, knee discomfort, shoulder immobility), please scan or click on the QR code below to request an individual appointment time with Kelsey! You have the option of having your appointment be held on-shift in your station, off-going from your shift at your station, or held at the PSTA.



**CLICK HERE TO REQUEST AN
INDIVIDUAL APPOINTMENT!**

**CLICK HERE TO REQUEST A
STATION VISIT!**



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?

IMPORTANT ANNOUNCEMENT!

Starting this year, all station visit requests will be submitted through the link attached to the QR code below. Any station in any battalion can sign up for a station visit with the choice of activities, now including:

- [In-station injury clinic](#)
- Trigger point release work
- Group mobility instruction
- Group instruction on prevention of common injuries (low back pain, shoulder immobility, or any area of your choosing!)
- And more!

Want to make a 2025 goal to stay out of FROMS? Sign-up for a station visit with Dr. Kelsey Tanler to take advantage of all of the injury preventative services she has to offer you and your crew! Use the link below or scan/click on the QR code to submit a request.



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