



October 2, 2025

Dear Sir or Ma'am,

### **Help Us Improve Soldier Readiness and Care – 10-minute survey**

The Army Fitness Test (formerly the Army Combat Fitness Test) includes the three-repetition maximum deadlift (MDL) as a core event. As medical providers and Army leaders, we share a responsibility to maximize Soldier resiliency and success during MDL testing.

We are conducting a **brief, one-time survey** to better understand how healthcare providers view and manage the deadlift in the context of Soldier care. Your input will directly support efforts to enhance medical guidance, optimize readiness, and inform evidence-based practices.

#### **Inclusion Criteria:**

- Able to read/understand English
- Army, Civilian, or Contractor healthcare provider in the following specialties:
  - o Occupational Therapist (OT)
  - o Physical Therapist (PT)
  - o Certified Athletic Trainer (ATC)
  - o Strength & Conditioning Coach
  - o Physician Assistant/Associate (PA)
  - o Orthopedic Physician Assistant/Associate (PA)
  - o Nurse Practitioner (NP)
  - o Physician (MD, DO)
  - o Orthopedic Surgeon (MD, DO)
- Currently licensed or certified
- Provide healthcare to Soldiers

#### **Exclusion Criteria:**

- Inability to read/understand English
- Not a licensed or certified healthcare provider
- Do not provide healthcare to Soldiers (i.e., “non-Army provider”; provide care exclusively to Airmen, Marines, Sailors, etc)

**Estimated time:** ~10 minutes

**Content:** Demographics, a brief case scenario, clinical perspectives, and personal experiences with back pain and deadlifts

**Confidentiality:** Responses are anonymous and coded to prevent participant identification.

**Compensation:** There is no compensation for participation.

**IRB Approved:** Keller Army Community Hospital

Your participation is vital to shaping clinical decision-making that impacts Soldier health and performance. If you do not wish to participate, please decline using the button below. If you proceed to the survey and agree to the consent statement, your



participation will be confirmed.

Thank you for considering this opportunity to contribute to military medicine and readiness!

**Follow this link to the Survey:**

[Take the survey](#)

Or copy and paste the URL below into your internet browser:

[https://baylor.qualtrics.com/jfe/form/SV\\_8zWKgX9uNXzQ24m](https://baylor.qualtrics.com/jfe/form/SV_8zWKgX9uNXzQ24m)

Follow the link to opt out of future emails:

[Click here to unsubscribe](#)

Respectfully,

Patrick G. Keenan, PT, DPT

Major, U.S. Army

Fellow, Baylor-KACH Division 1 Sports Physical Therapy Fellowship

Email: [patrick.g.keenan.mil@health.mil](mailto:patrick.g.keenan.mil@health.mil)

Phone: (315) 774-8350