

Soldier in Training Guidance on Understanding Sick Slip

- Your sick slip has all the information you will need that has to do with your injury (what PRT exercises you can and cannot do, treatments, education, any appointments you may have, etc).
- The first row of boxes labeled preparation drill, conditioning drill 1, conditioning drill 2, climbing drills, and recovery drills are all PRT exercises. When looking in one of those boxes, you will see two columns, one labeled UNL on the left side and one labeled MOD on the right. Exercises marked with an "X" under the UNL column may be done just as you normally would with no restrictions. Exercises marked with an "X" under the MOD column may be done with modification. For example MOD push-ups may be done on hands and knees, also called six-point push-ups.
- The second row of boxes on your sick slip are more related to training, like running, climbing, lifting, marching, etc. Most of these activities cannot be MOD, therefore if the "X" is there, you perform the activity. If no "X" is present, the activity is not to be performed.
- The box on the second row, far right side has your medical directions. This is where you will find information about crutches, wearing running shoes, ice, rehabilitation exercises and medication information.
- A little more than half way down the page is a Remarks/Medication/Follow up blank with space for providers to write more specific information for your drill sergeant to better understand the nature of your sick slip.
- All important information is hi-lighted in green. The top box labeled *Medical Condition* is where a general description of your injury will be, for example L knee pain. Also in this area are the labels: Injury with a small check box, Illness with a small check box and Return to duty (RTD) with a small check box. If after seeing your medical professional, it is found that you are safe to train, the RTD box will be checked and there will be no activities checked in the activities below and you may train with no restrictions. Injury and/or illness will be checked when it is needed.
- Last, the bottom left corner of your sick slip has the date on which your sick slip ends. Your sick slip expires at 0500 on the day after the date written in the box. For example, if your sick slip ends on 6 June, you will be cleared to train at 0500 on 7 June unless otherwise directed. You DO NOT have to follow up with your provider to be cleared from your sick slip. If you have been directed to follow up in the middle section where medication and notes have been made is a space to write a date and time for a follow up. If there is nothing there, you do not have a follow up.

If you have questions, feel free to ask.