



## Firefighter Health and Fitness Assessment

POTENTRx is committed to optimizing the health and performance of all firefighters. In conjunction with the American Council on Exercise, developers of the CPAT test for firefighters, we have created a comprehensive medical fitness assessment that uncovers hidden health risks and measures the functional capacity of firefighters to perform their tasks. Our assessment meets standards established by NFPA 1582 for comprehensive occupational medical programs for fire departments. Information obtained from the assessment is confidential and presented only to the firefighter and designated personal medical providers.

The assessment requires four hours and is performed at POTENTRx. The medical test results are reviewed by Dr. Sarah Speck to confirm the immediate health of each firefighter and to identify any long-term cardiometabolic risk factors that may be present. The fitness data will be reviewed to compare each firefighter's physiological performance with standards established by ACE and IAFF. A formal report is prepared for each firefighter, this includes medical and exercise recommendations.



### • MEDICAL EXAMINATION

Includes the following:

- Comprehensive History and Physical
- Chest X-ray
- Spirometry (Lung Function Test)
- Blood Laboratory Profile
- Gender-specific Tests
- Department specific tests and clearance documentation are available upon request

### • FITNESS TESTING

Includes the following:

- Body Metrics
- Body Composition
- Resting ECG
- Cardiopulmonary exercise test (ECG monitoring and VO2 max)
- Lactate Production and Clearance
- 64-point musculoskeletal exam with Physical Therapist, corrective exercises provided

For details and pricing, please call 206-432-9436.

## Components of the Firefighter Health and Fitness Assessment

### COMPREHENSIVE PHYSICAL

Prior to your visit, you complete a health history which establishes health and fitness goals, confirms specific issues of concern, and provides baseline data for discussion during your initial consultation and physical exam with Dr. Sarah Speck. The physical includes a physical exam as well as social and history review to identify risk factors.

### CHEST X-RAY

2 view, Chest X-ray to detect chronic diseases that firefighters are at an increased risk of developing due to job-related exposures.

### LUNG FUNCTION

These tests non-invasively assess the function of the lungs, allowing abnormal lung function to be detected and addressed, if necessary.

### BLOOD LABORATORY

This profile includes standard labs drawn to indicate issues with your kidneys, liver, blood chemistry, and immune system. Diabetes, cardiovascular, and thyroid markers are drawn as well.

### GENDER SPECIFIC TESTS

Pap Smears for women are available upon request. For men, PSA is taken for men over the age of 40.

### BODY METRICS AND COMPOSITION

Body composition provides an accurate measure of fat and lean mass, both of which are vital aspects of health, sport performance and critical information for weight management. Body measurements are collected to assess risk factors associated with increased weight.

### CARDIOPULMONARY EXERCISE TEST

Firefighters are put through a stress test/ECG, which monitors their heart while they perform a VO2 max test. This is critical for determining a firefighter's risk stratification, as well as their ability to perform strenuous activity. The EKG indicates how the heart handles the stress of exercise.

### ANAEROBIC CAPACITY / LACTATE PRODUCTION

Lactate is measured using a Lactate Pro device to analyze blood taken from a finger prick similar to managing blood sugar in diabetic patients. Samples are drawn at the end of the aerobic capacity test to measure lactate clearance, a critical function for individuals who desire to perform repeated intense anaerobic activity in sport or work.

### 64-POINT MUSCULOSKELETAL EXAM

Using observation, palpation, and selected functional tests, a physical therapist conducts a 64-point assessment of posture, balance, reflex mechanisms, muscular strength symmetry, range of motion (flexibility) in all three planes, dynamic capacity and kinetic chain stability that result in a clear understanding of your musculoskeletal integrity.

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## POTENTRx Founders

Sarah Speck, MD, is a board certified cardiologist and medical director of the Swedish Heart & Vascular Institute Cardiac Wellness Program. With her help, the Institute has become a national leader in the early detection and prevention of heart disease, disease-reversal and disease management techniques.

Dan G. Tripps, PhD, recently concluded his academic career, leaving the position as Director of Center for the Study of Sport and Exercise at Seattle University. His research and clinical practice focus on attributes of high performance. Dr. Tripps has coached world-class athletes, served as Executive Director of the Olympic Scientific Congress during the 1984 Olympic Games, and has published 12 books on achievement and performance.

## POTENTRx Affiliates

American Council on Exercise (ACE) • Bainbridge Fire Department • Club ZUM • Pocock Rowing Foundation • Precor • Rainier Vista Boys & Girls Club • Seattle Fire Department • Seattle Sockeye • Seattle Thunderbirds • Seattle University • Skillshow • Snohomish Fire Department • Technogym USA • USA Rowing • USA Rugby • Vicon • Washington Athletic Club • Waypoint Outdoor • YMCA of Greater Seattle