



DEPARTMENT OF THE ARMY
WARRIOR TRANSITION BATTALION
BUILDING 2651 MICHAEL STREET
FORT BENNING, GEORGIA 31905-6204

REPLY TO
ATTENTION OF

MCXB-WT -OT

April 5, 2010

MEMORANDUM FOR RECORD

SUBJECT: Therapeutic Recommendation

To whom it may concern,

I am part of a team of medical providers established by the Army Corps of Medicine to treat wounded Operation Iraqi Freedom/Operation Enduring Freedom (OIF / OEF) Soldiers with combat injuries. I have been an Occupational Therapist working with wounded soldiers for 2.5 years, and I have treated countless Soldiers with a vast array of combat injuries. Most of our cases that we treat have a wide variety of combat injuries ranging from TBI (Traumatic Brain Injuries), IED Blast Injuries, GSW (Gun shot wounds) and/or PTSD (Post Traumatic Stress Disorder).

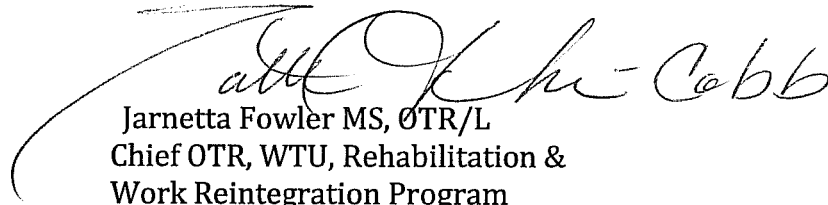
I have spoken extensively with the directors of Military Racquetball Federation (MRF) and have reviewed their program, which was created to teach racquetball & fitness throughout all branches to help with the rehabilitative process for wounded Soldiers. After examining the program, I am willing to allow our Soldiers with whom I work here at Fort Benning to go through the eight week clinic to learn how to incorporate the skills of racquetball into their rehabilitative journey to become stronger, more agile, and mentally alert as well as reduce stress while addressing.

- Community reintegration- Availability and expectations of significant individuals, such as spouse, friends, and caregivers.
- Psychosocial skills and psychological components. The ability to interact in society and process emotions, values, interests and self- Integration and Cognitive Components. The ability to use higher brain functions by demonstrating alertness, identifying person place and situation. Starting a physical or mental activity.
- Problem solving, identifying alternative plans organizing steps and evaluating the outcomes. Leisure activities. Identifying interests, skills, opportunities for amusement, relaxation, spontaneous enjoyment or self-expression that are intrinsically motivating
- Socialization- accessing opportunities and interacting with other people in appropriate contextual and cultural ways to meet emotional and physical needs
- Visual Motor Integration, Coordinating the interaction of information from eyes with body movement during activities

- Self Management Use of effective coping skills to identify stressors and related factors.
- Self Control- Modifying one's behavior in response to environmental needs, demands constraints, personal aspirations and feedback from others

To date, we have had many wounded Soldiers show an interest in learning to play this sport. This interest, combined with my knowledge of the program, leads me to endorse MRF's rehabilitative program for use with my patients at Fort Benning, GA.

Sincerely,



Jarnetta Fowler MS, OTR/L
Chief OTR, WTU, Rehabilitation &
Work Reintegration Program
Ft. Benning, Ga.31905

JARNETTA COBB, MS, OTR/L
WARRIOR TRANSITION UNIT
706-626-2604
FT BENNING, GA 31905