



Injuries During Basic Training



1. I was injured during Basic Training. What happens next?

The Army provides Soldiers who get injured during basic training with medical care and treatment. Depending on the extent of their injuries, Soldiers are usually allowed to continue training as a member of the rehabilitation battalion until either the injury is healed. While in the rehabilitation battalion, injured Soldiers will do modified PT so as not to put more stress on their injury. If they remain in basic training they will join another unit at the point where they left off with their original unit. This means they will have a different date for family day and graduation. Joining and graduating with another unit is also known as "recycling."

2. I was injured and cannot be rehabilitated. Now what?

First, the medical treatment facility (MTF) commander having primary medical care responsibility will conduct an examination of a soldier referred for evaluation. Soldiers who are injured and cannot be rehabilitated may be entitled to undergo a disability proceeding through Medical Evaluation Board (MEB)/Physical Evaluation Board (PEB) process, also known as the Army Disability Evaluation System.

If it appears the Soldier is not medically qualified to perform his or her duty, the MTF commander will refer the soldier to an MEB. An MEB documents a Soldier's medical status and duty limitations. When a Soldier is referred to a MEB, he or she will be informed of his legal rights, the effects and recommendations of the MEB, estimated benefits, and other critical information. If the MEB determines the Soldier does not meet retention standards, the board will recommend referral of the soldier to a PEB.

The PEB evaluates all cases of physical disability equitably for the Soldier and the Army. The PEB will determine whether the Soldier is physically fit or unfit to perform the duties of the Soldier's office, grade, rank, or rating. The board will also determine whether the Soldier is entitled to any benefits such as severance pay or Army disability retirement.

3. I have a pre-existing injury that was discovered during basic training and is interfering with my ability to complete training or perform my job. What does that mean for me?

If a Soldier's injury existed prior to service and was identified in the first six months of Active Duty service, the Soldier will either be administratively separated in

accordance with AR 635-200 Chapter 5, apply for a waiver to stay on Active Duty in accordance with AR 635-40 Chapter 5, or be evaluated by an MEB.

4. I received a waiver for a pre-existing injury that was aggravated during training. What happens next?

When a Soldier enters the military with a waiver for a medical condition or physical defect, and the condition interferes with that Soldier's training, separation without benefits may be appropriate if initiated within 6 months of initial entry on active duty. Such cases will be referred to a PEB to determine if the pre-existing condition has been service-aggravated. If the injury was service-aggravated, the Soldier may be entitled to benefits.

5. I was referred to an MEB and would like more information about the MEB process and my specific case. Is there someone who can assist me?

The MEB/PEB process can be complicated. If you are referred to an MEB, you should contact the Fort Benning MEB Outreach Counsel. The MEB Outreach Counsel advises and counsels Soldiers during the formulation of their specific goals of either being found fit for duty or ensuring that the Army appropriately rates their disabilities. Through diligent, zealous and ethical representation in the MEB & PEB process, they strive to maximize Soldiers' chances of success of attaining their goals. They provide legal information and representation to Soldiers upon their referral into the MEB and up until the final disposition of their cases. The Fort Benning Outreach Counsel can be reached at 706-626-3140. For more information please see <https://www.Benning.army.mil/sja/meb.html>.



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