

STRAIGHT THROUGH PROCESS MODELLING				ARMY			NAVY			RAAF		
RELEVANT CONDITION	FACTOR CATEGORY	SoP PATH	SoP FACTOR TEXT	OFFICER	OTHER RANK	SPECIAL FORCES	OFFICER	OTHER RANK	SPECIAL FORCES	OFFICER	OTHER RANK	SPECIAL FORCES
Lumbar Spondylosis (Thoracolumbar Spondylosis SOP)	Lifting loads while bearing weight	BoP – Onset/ CW	Lifting loads of at least 20 kilograms while bearing weight through the lumbar spine to a cumulative total of at least 150 000 kilograms within any ten year period before the clinical onset/worsening of lumbar spondylosis, and where the clinical onset of lumbar spondylosis occurs within the 25 years following that period	343 days	200 days	28 days	258 days	937 days	78 days	1360 days	1137 days	331 days
		RH Onset/ CW	Lifting loads of at least 20 kilograms while bearing weight to a cumulative total of at least 100 000 kilograms within any ten year period before the clinical onset/worsening of lumbar spondylosis	252 days	133 days	28 days	125 days	599 days	78 days	867 days	758 days	221 days
			14	13	7	27	68	14	98	76	35	
Thoracic Spondylosis (Thoracolumbar Spondylosis SOP)		BoP – Onset/ CW	Lifting loads of at least 20 kilograms while bearing weight to a cumulative total of at least 150 000 kilograms within any ten year period before the clinical onset/worsening and where the clinical onset/worsening occurs within the 25 years following that period.	343 days	200 days	28 days	258 days	937 days	78 days	1360 days	1137 days	331 days
		RH Onset/ CW	Lifting loads of at least 20 kilograms while bearing weight to a cumulative total of at least 100 000 kilograms within any ten year period before the clinical onset/worsening of thoracic spondylosis	252 days	133 days	28 days	125 days	599 days	78 days	867 days	758 days	221 days
			14	13	7	27	68	14	98	76	35	
Osteoarthritis (of a joint of a lower limb)		BoP – Onset/ CW	Lifting loads of at least 20 kilograms while bearing weight through the affected joint: (i) to a cumulative total of at least 150 000 kilograms within any ten year period before the clinical onset of osteoarthritis in that joint; and (ii) where the clinical onset of osteoarthritis in that joint occurs within the 25 years following that period.	343 days	200 days	28 days	258 days	937 days	78 days	1360 days	1137 days	331 days
		RH – Onset/ CW	Lifting loads of at least 20 kilograms while bearing weight through the affected joint to a cumulative total of at least 100 000 kilograms within any ten year period before the clinical onset of osteoarthritis in that joint.	252 days	133 days	28 days	125 days	599 days	78 days	867 days	758 days	221 days
		14	13	7	27	68	14	98	76	35		
Intervertebral disc prolapse (Thoracolumbar IVDP only)	Carrying or lifting loads	BoP – Onset/ CW	Physically carrying or lifting loads of at least 10 kilograms, to a cumulative total Load-Factor of at least 300 000, within the 5 years before the clinical onset/worsening of intervertebral disc prolapse	1820 days 84%	1036 days	35 days	994 days	1820 days 61%	56 days	1820 days 11%	1820 days 65%	735 days
		RH – Onset/CW	Physically carrying or lifting loads of at least 10 kilograms, to a cumulative total Load-Factor of at least 150 000, within the ten years before the clinical onset/worsening of intervertebral disc prolapse	1092 days	504 days	21 days	658 days	1484 days	28 days	1820 days 23%	1232 days	371 days
		112	56	7	224	98	14	224	98	21		
Rotator Cuff Syndrome	Repetitive or sustained activities of the affected shoulder	BoP – Onset/CW	Performing any combination of: (i) repetitive or sustained activities of the affected shoulder when the shoulder on the affected side is abducted or flexed by at least 60 degrees; or (ii) forceful activities with the affected upper limb; for at least 160 hours within a period of 210 consecutive days before the clinical onset of rotator cuff syndrome, and where the repetitive or sustained or forceful activities have not ceased more than 30 days before the clinical onset of rotator cuff syndrome	210 days 40%	210 days 60%	210 days	210 days	210 days 77%	210 days	210 days 20%	210 days 19%	210 days 25%
		RH – Onset/ CW	Performing any combination of: (i) repetitive or sustained activities of the affected shoulder when the shoulder on the affected side is abducted or flexed by at least 60 degrees; or (ii) forceful activities with the affected upper limb; for at least 80 hours within a period of 120 consecutive days before the clinical onset of rotator cuff syndrome, and where the repetitive or sustained or forceful activities have not ceased more than 30 days before the clinical onset of rotator cuff syndrome	120 days 79%	120 days	120 days	120 days	18 weeks 88%	120 days	120 days	120 days	120 days
		21	21	14	21	21	14	70	28	49		
Post Traumatic Stress Disorder	Working in a life threatening and Hostile environment	RH – Onset/ CW	Living or working in a hostile or life-threatening environment for a period of at	>28 Days CFTS								

Post Traumatic Stress Disorder	Working in a life threatening and hostile environment	RH - Onset/ CW	least 4 weeks before the clinical onset of posttraumatic stress disorder	>28 days Warlike Service
Anxiety Disorder	Working in a life threatening and Hostile environment	RH - Onset/ CW	Living or working in a hostile or life-threatening environment for a cumulative period of at least 4 weeks within the 5 years before the clinical onset of anxiety disorder	>28 Days CFTS with 5 years of onset
Adjustment Disorder	Working in a life threatening and Hostile environment	RH - Onset/ CW	Living or working in a hostile or life-threatening environment for a cumulative period of at least 4 weeks within the 3 months before the clinical onset of adjustment disorder	>28 Days CFTS within 3 months of onset
				>28 days Warlike Service

STREAMLINED CONDITIONS BALANCE OF PROBABILITIES (BOP) AND REASONABLE HYPOTHESIS (RH) CRITERIA				
RELEVANT CONDITION	FACTOR CATEGORY	SoP PATH	SoP FACTOR TEXT	
*Medial tibial stress syndrome (Shin Splints)	Weight bearing exercise at 5 METS or greater	BOP	undertaking weight bearing exercise involving repeated activity of the lower leg on the affected side, at a minimum intensity of five METs, for at least six hours per week for at least the four weeks before the clinical onset of medial tibial stress syndrome (shin splints)	28 days
		RH	undertaking weight bearing exercise involving repeated activity of the lower leg on the affected side, at a minimum intensity of five METs, for at least four hours per week for at least the four weeks before the clinical onset of medial tibial stress syndrome (shin splints);	28 days
				3
*Chondromalacia Patella	Weight bearing exercise at 6 METS or greater	BOP	undertaking weight bearing exercise involving forceful loading of the affected patellofemoral joint, at a minimum intensity of five METs, for at least six hours per week, for at least the four weeks before the clinical onset of chondromalacia patella; or	28 days
		RH	undertaking weight bearing exercise involving forceful loading of the affected patellofemoral joint, at a minimum intensity of five METs, for at least four hours per week, for at least the four weeks before the clinical onset of chondromalacia patella	28 days
				3
Internal Derangement of the knee	Significant physical force	BOP	having an acute sprain of the affected knee within the one year before the clinical onset of internal derangement of the knee	CFTS service within the 12 calendar months from date of onset
		RH	having an acute sprain of the affected knee within the one year before the clinical onset of internal derangement of the knee	Date of onset on RH service within the 12 calendar months from date of onset
				As above
Tinea	Most frequently used by delegates to accept.	BOP	having unprotected physical contact with: (a) a person infected with tinea; (b) an animal infected with tinea;	2 days CFTS within 28 days prior to onset
		RH	having unprotected physical contact with: (a) a person infected with tinea; (b) an animal infected with tinea;	2 day RH service within 28 days of onset
				1 day within 28 days of onset
Sensorineural Hearing Loss (SNHL)	Noise exposure	BOP	being exposed to a peak sound pressure level at the tympanic membrane of at least 140 dB(C), before the clinical onset of sensorineural hearing loss	1 day
		RH	being exposed to a peak sound pressure level at the tympanic membrane of at least 140 dB(C), before the clinical onset of sensorineural hearing loss	1 day
				1
Tinnitus	Noise exposure	BOP	Being exposed to a peak sound pressure level at the tympanic membrane of at least 140 dB(C), before the clinical onset of tinnitus	1 day
		RH	Being exposed to a peak sound pressure level at the tympanic membrane of at least 140 dB(C), before the clinical onset of tinnitus	1 day
				1
Solar Keratosis	Sunlight exposure	BOP	Having sunlight exposure to unprotected skin at the affected site for at least 4500 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of solar keratosis	56 weeks
		RH	Having sunlight exposure to unprotected skin at the affected site for at least 2250 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of solar keratosis; or	29 weeks
				3
Non-Melanoma malignant neoplasm of the skin	Sunlight exposure	BOP	Having sunlight exposure to unprotected skin for a cumulative period of at least 4500 latitude equivalent hours, before the clinical onset	56 weeks
		RH	Having sunlight exposure to unprotected skin for a cumulative period of at least 2250 latitude equivalent hours, before clinical onset	29 weeks
				3
Merkel cell carcinoma	Sunlight exposure	BOP	Having sunlight exposure to unprotected skin for a cumulative period of at least 4500 latitude equivalent hours, before the clinical onset	56 weeks
		RH	Having sunlight exposure to unprotected skin for a cumulative period of at least 2250 latitude equivalent hours, before clinical onset	29 weeks

				3
Acquired Cataract	Sunlight exposure	BOP	Having sunlight exposure to the eye for at least 4500 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of Acquired Cataract	56 weeks
		RH	Having sunlight exposure to the eye for at least 2250 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of Acquired Cataract	29 weeks
				3
Malignant melanoma of the skin	Sunlight exposure	BOP	Having sunlight or ultraviolet light exposure to unprotected skin at the affected site for at least 4500 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of Malignant melanoma of the skin	56 weeks
		RH	Having sunlight or ultraviolet light exposure to unprotected skin at the affected site for at least 2250 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of Malignant melanoma of the skin	29 weeks
				3
Pterygium	Sunlight exposure	BOP	Having sunlight exposure to the eye which is not protected by clothing, ultraviolet-blocking sunglasses, or other physical barrier, for a cumulative period of at least 4,500 latitude equivalent hours before clinical onset	56 weeks
		RH	Having sunlight exposure to the eye which is not protected by clothing, ultraviolet-blocking sunglasses, or other physical barrier, for a cumulative period of at least 2,250 latitude equivalent hours before clinical onset	29 weeks
				3
Seborrheic keratosis	Sunlight exposure	RH Only	Having sunlight exposure to unprotected skin at the affected site for at least 2250 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of solar keratosis; or	29 weeks
				3
Malignant neoplasm of the eye	Sunlight exposure	BOP	Having sunlight or ultraviolet light exposure to the eye for at least 4500 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of Malignant neoplasm of the eye	56 weeks
		RH	Having sunlight exposure to unprotected skin at the affected site for at least 2250 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of Malignant neoplasm of the eye	29 weeks
				3
Pinguecula	Sunlight exposure	BOP	Having sunlight or ultraviolet light exposure to the eye for at least 4 500 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of pinguecula;	56 weeks
		RH	Having sunlight exposure to the unprotected eye for at least 2 250 hours while in a tropical area, or having equivalent sunlight exposure in other latitude zones, before the clinical onset of pinguecula	29 weeks
				3
*Achilles Tendinopathy	Weight bearing exercise at 5 METS or greater	BOP	undertaking weight bearing exercise involving repeated activity of the ankle joint on the affected side, at a minimum intensity of five METs, for at least six hours per week for at least the four weeks before the clinical onset of Achilles tendinopathy;	28 days
		RH	undertaking weight bearing exercise involving repeated activity of the ankle joint on the affected side, at a minimum intensity of five METs, for at least four hours per week for at least the four weeks before the clinical onset of Achilles tendinopathy	28 days
				3
*Retrolcaneal Heel Bursitis	Weight bearing exercise at 5 METS or greater	BOP	undertaking weight bearing exercise involving repeated activity of the ankle joint on the affected side, at a minimum intensity of five METs, for at least six hours per week for at least the four weeks before the clinical onset of retrolcaneal heel bursitis;	28 days

retrocalcaneal heel bursitis	weight bearing exercise at 5 METS or greater	RH	undertaking weight bearing exercise involving repeated activity of the ankle joint on the affected side, at a minimum intensity of five METs, for at least four hours per week for at least the four weeks before the clinical onset of retrocalcaneal heel bursitis	28 days
				3
*Plantar Fasciitis	Weight bearing exercise at 5 METS or greater	BOP	Undertaking exercise that involves repetitive weight bearing on the affected foot for: a) a minimum intensity of 5 METS; and b) for at least 4 hours per week; and for at least the 2 months before the clinical onset of plantar fasciitis.	56 days
		RH	Undertaking exercise that involves repetitive weight bearing on the affected foot for: a) a minimum intensity of 5 METS; and b) for at least 4 hours per week; and for at least the 2 months before the clinical onset of plantar fasciitis	56 days
				6 days
Sprains and Strains	Significant physical force	BOP	Experiencing a significant physical force applied to or through the affected joint, at the time of the clinical onset of a sprain to that joint ligament; or	1 Day CFTS Prior to onset date
		RH	Experiencing a significant physical force applied to or through the affected joint, at the time of the clinical onset of a sprain to that joint ligament.	1 Day RH service prior to onset
				1
*Iliotibial Band Syndrome	Weight bearing exercise at 5 METS or greater	BOP Onset/ CW	Undertaking weight bearing exercise involving repeated flexion and extension of the affected knee, at a rate greater than 5 METs, for at least 6 hours per week for the four weeks before the clinical onset of iliotibial band syndrome.	28 days
		RH Onset/ CW	Undertaking weight bearing exercise involving repeated flexion and extension of the affected knee, at a rate greater than 5 METs, for at least 4 hours per week for the four weeks before the clinical onset of iliotibial band syndrome.	28 days
				3
*Gluteal Tendinopathy	Weight bearing exercise at 5 METS or greater	BOP Onset/ CW	Undertaking weight bearing exercise involving repeated activity of the hip on the affected side, at a minimum intensity of five METs, for at least six hours per week for at least the four weeks before the clinical onset of gluteal tendinopathy.	28 days
		RH Onset/ CW	Undertaking weight bearing exercise involving repeated activity of the hip on the affected side, at a minimum intensity of five METs, for at least four hours per week for at least the four weeks before the clinical onset of gluteal tendinopathy.	28 days
				3
*Trochanteric Bursitis	Weight bearing exercise at 5 METS or greater	BOP Onset/ CW	Undertaking weight bearing exercise involving repeated activity of the hip on the affected side, at a minimum intensity of five METs, for at least six hours per week for at least the four weeks before the clinical onset of trochanteric bursitis.	28 days
		RH Onset/ CW	Undertaking weight bearing exercise involving repeated activity of the hip on the affected side, at a minimum intensity of five METs, for at least four hours per week for at least the four weeks before the clinical onset of trochanteric bursitis.	28 days
				3
*Femoroacetabular Impingement Syndrome	Weight bearing exercise at 5 METS or greater	BOP Onset/ CW	Undertaking weight bearing exercise involving repeated activity of the hip on the affected side for: (a) a minimum intensity of 8 METS; and (b) for at least 6 hours per week; and for a cumulative period of at least 5 years before clinical onset	5 years' service with a Special Forces, Infantry or Engineer unit within 5 years of onset
		RH Onset/ CW	Undertaking weight bearing exercise involving repeated activity of the hip on the affected side for: (a) a minimum intensity of 8 METS; and (b) for at least 4 hours per week; and for a cumulative period of at least 5 years before clinical onset	5 years' service with a Special Forces, Infantry or Engineer unit within 5 years of onset
*Patellar Tendinopathy	Weight bearing exercise at 6 METS or greater	BOP Onset/ CW	Undertaking weight bearing exercise involving jumping or repeated flexion and extension of the affected knee, at a minimum intensity greater than 6 METs, for at least 6 hours per week for the 4 weeks before the clinical onset of patellar tendinopathy.	28 days
		RH Onset/ CW	Undertaking weight bearing exercise involving jumping or repeated flexion and extension of the affected knee, at a minimum intensity greater than 6 METs, for at least 4 hours per week for the 4 weeks before the clinical onset of patellar tendinopathy.	28 days
				3

Otitic barotrauma	Change in barometric pressure	BOP Onset/ CW	experiencing a change in the ambient barometric pressure as specified within the 24 hours before the clinical onset of otitic barotrauma	1 Day CFTS Prior to onset date FOR LIMITED COHORTS ONLY
		RH Onset/ CW	experiencing a change in the ambient barometric pressure as specified within the 24 hours before the clinical onset of otitic barotrauma	1 Day RH service prior to onset FOR LIMITED COHORTS ONLY 1
Sinus barotrauma	Change in barometric pressure	BOP Onset/ CW	experiencing a change in the ambient barometric pressure as specified within the 24 hours before the clinical onset of sinus barotrauma	1 Day CFTS Prior to onset date FOR LIMITED COHORTS ONLY
		RH Onset/ CW	experiencing a change in the ambient barometric pressure as specified within the 24 hours before the clinical onset of sinus barotrauma	1 Day RH service prior to onset FOR LIMITED COHORTS ONLY 1
Acute meniscal tear of the knee	Significant physical force	BOP Onset/ CW	Having a significant physical force applied to or through the affected knee joint at the time of the clinical onset of acute meniscal tear of the knee	1 Day CFTS Prior to onset date
		RH Onset/ CW	Having a significant physical force applied to or through the affected knee joint at the time of the clinical onset of acute meniscal tear of the knee	1 Day RH service prior to onset 1
Fracture	Significant physical force	BOP Onset/ CW	Having physical trauma to the affected bone at the time of the clinical onset of fracture	1 Day CFTS Prior to onset date
		RH Onset/ CW	Having physical trauma to the affected bone at the time of the clinical onset of fracture	1 Day RH service prior to onset 1
Acute articular cartilage tear	Significant physical force	BOP Onset/ CW	Having a significant physical force applied to or through the affected joint at the time of the clinical onset of acute articular cartilage tear	1 Day CFTS Prior to onset date
		RH Onset/ CW	Having a significant physical force applied to or through the affected joint at the time of the clinical onset of acute articular cartilage tear	1 Day RH service prior to onset 1
Joint Instability	Significant physical force	BOP Onset/ CW	Having damage to a soft tissue structure as specified, at the time of the clinical onset of joint instability	1 Day CFTS Prior to onset date
		RH Onset/ CW	Having damage to a soft tissue structure as specified, at the time of the clinical onset of joint instability	1 Day RH service prior to onset 1
Dislocation	Significant physical force	BOP Onset/ CW	Having physical trauma to the affected joint at the time of the clinical onset of dislocation	1 Day CFTS Prior to onset date
		RH Onset/ CW	Having physical trauma to the affected joint at the time of the clinical onset of dislocation	1 Day RH service prior to onset 1
Labral tear	Significant physical force	BOP Onset/ CW	Having a significant physical force applied to or through the affected shoulder joint or the affected hip joint at the time of the clinical onset of labral tear	1 Day CFTS Prior to onset date
		RH Onset/ CW	Having a significant physical force applied to or through the affected shoulder joint or the affected hip joint at the time of the clinical onset of labral tear	1 Day RH service prior to onset 1
Traumatic contusion or haematoma	Significant physical force	BOP Onset/ CW	having trauma involving the affected site within the 24 hours before clinical onset	1 Day CFTS Prior to onset date
		RH Onset/ CW	having trauma involving the affected site within the 24 hours before clinical onset	1 Day RH service prior to onset 1

Heat-induced Burn	Significant physical force	BOP Onset/ CW	Having exposure to a heat source sufficient to cause erythema at the affected area of the body at the time of the clinical onset of heat-induced burn	1 Day CFTS Prior to onset date						
		RH Onset/ CW	Having exposure to a heat source sufficient to cause erythema at the affected area of the body at the time of the clinical onset of heat-induced burn	1 Day RH service prior to onset						
Cut stab abrasion and laceration	Significant physical force	BOP Onset/ CW	having direct physical trauma to the affected site at the time of the cut, stab, abrasion or laceration	1 Day CFTS Prior to onset date						
		RH Onset/ CW	having direct physical trauma to the affected site at the time of the cut, stab, abrasion or laceration	1 Day RH service prior to onset						
Explosive blast injury	Significant physical force	BOP Onset/ CW	Being exposed to an explosive blast	1 Day CFTS Prior to onset date						
		RH Onset/ CW	Being exposed to an explosive blast	1 Day RH service prior to onset						
Gunshot injury	Significant physical force	BOP Onset/ CW	Experiencing a gunshot	1 Day CFTS Prior to onset date						
		RH Onset/ CW	Experiencing a gunshot	1 Day RH service prior to onset						
<p>Critical Assumptions:</p> <ol style="list-style-type: none"> 1. The timelines developed from the sample of basic training data is a conservative estimation of the minimum amount of Physical Training recommended to meet the ADF standards in line with Defence Instructions and is maintained on an ongoing basis. 2. The analysis has been developed from the training plans reported by Defence Physical Training Instructors 3. Where current or former ADF members have a diagnosis for an STP condition, and they have served the time frame indicated, it is reasonable they would have met the factor indicated. Where they do not meet the time frame criteria delegates should review the case with the understanding of the extent the factor is met through PT activities in mind. 4. This data will form the basis of only one aspect of the ADF profile and can be updated when further information through further analysis of ADF work types becomes available. 5. Streamlined Conditions are met through the nature of service and only Material Contribution (MC) is included to identify the timeline required to apply MC. 6. Streamlined conditions Hypothesis codes were selected based on most commonly occurring hypothesis codes used by delegates. 7. Conditions which refer to months in their rule base are calculated on the basis of 7 days in a week 4 weeks in a month = 28 days per month for as many months as required. 8. Calculations for those conditions identifying years are calculated as calendar years. 				<p>Legend:</p> <table border="1"> <tbody> <tr> <td>Satisfied</td> <td>Factors are satisfactorily met through PT activity alone</td> </tr> <tr> <td>Partial</td> <td>The percentage of the factor met by PT activity alone within factor specified time</td> </tr> <tr> <td>10% Factor</td> <td>Number of weeks or days to reach 10% of the exposure required by this factor</td> </tr> </tbody> </table>	Satisfied	Factors are satisfactorily met through PT activity alone	Partial	The percentage of the factor met by PT activity alone within factor specified time	10% Factor	Number of weeks or days to reach 10% of the exposure required by this factor
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