## Appendix 1: Tourniquet applications in the control vs. CSI.[[1]](#footnote-1)

|  |  |  |
| --- | --- | --- |
| Control group |  | CSI group |
| Drill | Object | Limb | # | Drill | Object | Limb |
| IND | Peer | Arm | 1 | IND | Peer | Arm |
| IND | Peer | Thigh | 2 | IND | Peer | Arm |
| IND | Self | Thigh | 3 | IND | Peer | Thigh |
| IND | Peer | Arm | 4 | IND | Peer | Thigh |
| IND | Peer | Thigh | 5 | PROT | Peer | Thigh |
| IND | Peer | Thigh | 6 | PROT | Peer | Thigh |
| IND | Self | Thigh | 7 | PROT | Peer | Thigh |
| PROT | Peer | Arm | 8 | IND | Self | Thigh |
| PROT | Peer | Thigh | 9 | BF | Self | Thigh |
| IND | Peer | Thigh | 10 | BF | Self | Thigh |
| IND | Peer | Thigh | 11 | BF | Self | Thigh |
| PROT | Peer | Thigh | 12 | BF + PEX | Self | Thigh |

1. CSI denotes combat stress inoculation, IND an independent application, PROT an application part of a complete management protocol, BF a blindfolded independent application, and PEX post exercise. [↑](#footnote-ref-1)