



## MISSION

To advance musculoskeletal injury (MSI) rehabilitative care and capacity building within the military health system and reduce the burden of MSI on military readiness.

## VISION

To be the world's leader in military-relevant MSI care.

## ABOUT US

Musculoskeletal Injury Rehabilitation Research for Operational Readiness (MIRROR) delivers high value research, education, and training, and provides infrastructure to rapidly execute clinically relevant MSI studies within the Military Health System (MHS). MIRROR supports a broad scope of projects, including epidemiological investigations, pilot trials, and prospective randomized multisite clinical trials, which will enhance the Department of Defense's (DoD) efforts in addressing the negative impact that MSI is having on the military. Visit us at our new website: [mirrorusuhs.org](http://mirrorusuhs.org)!

## RECENT HIGHLIGHTS & NOTABLE EVENTS

### MIRROR Accomplishments!

- ▶ We are excited to announce that six (6) projects have received IRB approval at their primary sites. Thank you for your continued hard work and patience throughout the regulatory approval process.
- ▶ Congratulations to Drs. Suttles and Garrison and the Project #8 team on their first 20 participants enrolled at CRDAMC!

### Tri-Service Post-Operative Rehabilitation Protocol Consensus Meeting

Hosted by The Geneva Foundation and Broussard Family Trust, MIRROR brought together more than 50 military leaders, clinicians, scientists and subject-matter experts within the physical therapy, orthopaedics, physical medicine and rehabilitation, and pain management fields for the first ever Tri-Service Post-Operative Rehabilitation Protocol Consensus Meeting. This all-day event advanced service member care and identified best practices within the Army, Navy, and Air Force. Read more about the meeting in the [USU Pulse](#).

Our team is finalizing the 13 protocols for general awareness and preparing a manuscript for publication.



## NEW TEAM MEMBERS



### Robert Dalgarno

Robert joins the MIRROR Core team as a Data Management Analyst. He has diverse research experience in clinical data management, data workflows, cloud computing, and informatics. Robert is a Biomedical Engineer by training, having previously worked in pharmaceutical, non-profit, and start-up environments.



### Alexis Fowler

Alexis joins the MIRROR Core team as a Regulatory Affairs Coordinator. She has over 5 years of clinical research experience, most recently as a Health Data Fellow and Program Coordinator, and is excited to have the opportunity to work with the military population.



### Christina Robles

Christina is joining the MIRROR team as a Research Coordinator at Walter Reed. She has experience in Behavioral Research, most recently as part of a clinical study of cystic fibrosis.

## FOCUS AREAS

1 Identification, prevention, and treatment of MSI risk factors and comorbid disorders.

2 Optimization of standard of care practices for the treatment and rehabilitation of MSI injuries.

3 Establishment of strategies to mitigate injury occurrence.

4 Application of new technologies in preventative and rehabilitative care.

## INVITED PRESENTATIONS

### Extremity War Injuries Symposium

The MIRROR team recently attended the Extremity War Injuries Symposium (EWI) in Washington, D.C., where we had both a podium and poster presentation.

MIRROR Director, Dr. Nelson Hager (top), presented on the establishment of MIRROR. He also moderated a breakout session on the use of orthobiologics for traumatic and overuse injuries.

Data and Analytics Manager, Brock Heller (bottom, third from left), presented his poster on the MIRROR data and analytics infrastructure to advance musculoskeletal injury rehabilitation research.



## REMINDERS

- ▶ **Share your updates and activities by completing [this survey](#)!** In an effort to highlight the accomplishments of our projects and collaborations, the MIRROR team will be collecting project activities via our new REDCap survey. Such activities include but are not limited to: abstracts, awards, accepted publications, book chapters, trainings/education, invited speaking engagements or presentations, and other activities related to your project(s). We will track these internally, put this on our website, share with our stakeholders, and disseminate them among the USU community at large. We will be sending out this new activity survey monthly and including it in these briefings. However, please be sure to send us your updates as they occur!
- ▶ **External communications** (e.g. publications, press releases, abstracts, posters, etc.) will require Public Affairs Office (PAO) approval from the Uniformed Services University (USU). Please remind your internal teams that external communications must first be provided to Mrs. Linzie Wagner and Dr. Brad Isaacson prior to externally releasing.
- ▶ **Regulatory Modifications:** Please remember that all modifications (e.g. changes to personnel, protocol and/or consent documents, data collection forms, etc.) should be sent to Mrs. Whitley Lucio **prior** to submitting to your IRB.

## UPCOMING EVENTS



### Annual MIRROR Team Meeting at USU – March 20, 2020

We are excited to host our Annual MIRROR Meeting at 6700A Rockledge Drive in Bethesda, MD on March 20th, 2020. Complete the event registration [here](#), or reach out to Ms. Sydney West ([sydney.west.ctr@usuhs.edu](mailto:sydney.west.ctr@usuhs.edu)) with any questions. We hope to see you there!

### Military Health System Research Symposium (MHSRS) – August 2020

**Request for abstracts!** Please submit your abstracts for consideration at MHSRS no later than March 25<sup>th</sup>.

## CORE TEAM CONTACT LIST

The Core MIRROR team is available to assist with any project or programmatic needs that may arise. Please do not hesitate to reach out to any one of us!

[Nelson Hager](#) – Director

[Brad Isaacson](#) – Chief of Research and Operations

[Linzie Wagner](#) – Program Manager

[Brock Heller](#) – Data and Analytics Manager

[Whitley Lucio](#) – Regulatory Affairs Manager

[Megan Rowland](#) – Project Coordinator

[Sydney West](#) – Administrative Program Assistant

