



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 on our website: mirrorusuhs.org.

RECENT HIGHLIGHTS & NOTABLE EVENTS

COVID-19 Update

We hope everyone is staying healthy and safe in the midst of the ongoing COVID-19 pandemic. While we are eager to move forward with patient recruitment and continue to expand our program, our priority is the health and safety of the MIRROR community. Like most of the research world, the MIRROR program is dealing with many research delays and other setbacks. During this time, however, our team is hard at work completing the various administrative and non-clinical tasks associated with each of our existing projects to ensure that each will be ready to hit the ground running once patient contact is restored.

MIRROR Accomplishments

- ▶ We are excited to announce that **10** projects have received IRB approval at their primary sites. Thank you for your continued hard work and patience throughout the regulatory approval process.
- ▶ Of these IRB-approved projects, several have already begun recruiting, and multiple others are on track to begin patient recruitment post-COVID-19. To date, we have approximately **100** participants enrolled across all active MIRROR projects.
- ▶ With the receipt of our most recent round of restoral funds, we are pleased to announce the adoption of MIRROR Projects 17-24. We look forward to sharing the successes of these projects as they are launched over the next few months.
- ▶ Dr. Steve Cohen, MIRROR Investigator, and colleagues were featured on the front cover of *Pain Medicine* for "Reflections on Innovative Interventional Pain-Relieving Procedures: Lessons Learned from Previous Mistakes."
- ▶ MIRROR investigators submitted **four** grants to Peer-Reviewed Medical Research Program (PRMRP) and are preparing **four** grants to the Peer-Reviewed Orthopedic Research Program (PRORP). We are continuing to push innovation during this challenging time.

Tri-Service Post-Operative Rehabilitation Protocols



As a product of the Tri-Service Post-Operative Rehabilitation Protocol Consensus Meeting, hosted by MIRROR and the Broussard Family Trust in January 2020, MIRROR and its affiliates have created a set of standardized rehabilitation guidelines for the 11 most common rehabilitations related to shoulder, hip, knee, and foot/ankle. This compilation will serve as a framework for post-operative rehabilitation programs across the DHA. Additionally, a manuscript detailing the day's events was submitted for publication consideration in *Military Medicine*.

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.

UPCOMING EVENTS



Please note that these events are subject to change in light of the ongoing COVID-19 pandemic.

The Orthobiologic Institute (TOBI) Virtual Symposium – June 12-13, 2020

Military Health System Research Symposium (MHSRS) – August 2020

REMINDERS

- ▶ **External communications:** All publications, press releases, abstracts, posters, etc. that are supported by MIRROR 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.
- ▶ **MIRROR Activities & Accomplishment Tracker:** In an effort to highlight the accomplishments of our projects and collaborations, the MIRROR team will be collecting project activities via our 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 to be shared on our website, with our stakeholders, and for dissemination among the USU community at large. This survey will be sent out as part of our bimonthly status calls for each of our projects, but please be sure to share your activities and accomplishments with us as they occur!

FOCUS AREAS

- Identification, prevention, and treatment of MSI risk factors and comorbid disorders.
- Optimization of standard of care practices for the treatment and rehabilitation of MSI injuries.
- Establishment of strategies to mitigate injury occurrence.
- Application of new technologies in preventative and rehabilitative care.

NEW TEAM MEMBERS

Matthew Bradley – Project Manager at WRNMMC

Connie Kurihara – Research Nurse at WRNMMC

Victoria Gomez – Research Coordinator at WAMC

Jessica Martinez – Research Assistant at USMA

Audrey Hartin – Research Assistant at USAFA

Sean Stephens – Research Assistant at NMCS

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

[Whitley Lucio](#)

Regulatory Affairs Manager



[Brad Isaacson](#)

Chief of Research and Operations

Congratulations to

[Robert Dalgarno](#)

Our new Data and Analytics Manager!



[Linzie Wagner](#)

Program Manager

[Sydney West](#)

Program Administrator

