

MIRROR



MISSION
IN ACTION



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MUSCULOSKELETAL INJURY REHABILITATION RESEARCH FOR OPERATIONAL READINESS

The Musculoskeletal Injury Rehabilitation Research for Operational Readiness* (MIRROR) program delivers high value research, education, and training and provides the infrastructure to immediately execute clinically relevant musculoskeletal injury (MSI) studies within the military health system (MHS). Based at The Uniformed Services University of the Health Sciences (USU) in Bethesda, Maryland, MIRROR includes interdisciplinary and interservice (i.e. Army, Navy, Air Force, Marine, and Coast Guard) partnerships, the Department of Veterans Affairs, the Department of Defense (DoD), and several major academic medical centers.



MISSION

To advance musculoskeletal injury rehabilitative care and capacity building within the MHS and reduce the burden of MSI on military readiness.



VISION

To be the world's leader in military relevant musculoskeletal injury care research.



MIRROR supports a broad scope of projects, including epidemiological investigation, investigator initiated pilot trials, and prospective randomized multisite clinical trials. Areas of clinical evaluation comprise general MSI care process models and highly prevalent anatomically-specific targeted interventions that examine effective return to running and return-to-duty activities.

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BACKGROUND

Given the strict requirements for physical fitness in the military and the impact of MSI on combat readiness, the Defense Health Agency supported the creation of MIRROR, which provides the critical infrastructure and operational research support needed to advance the treatment and preventive care for service members with non-combat related MSI. MIRROR coordinates inter-service partnerships with primary military treatment facilities (MTFs), and with sites that experience a high volume of MSI but lack the infrastructure to conduct rigorous clinical studies.

MIRROR provides risk assessment and preventative action to decrease the incidence and burden of MSI among service members, to include MSI demands unique to the female wounded warrior. In order to determine the most effective and efficient methods of treatment and prevention of MSI in the military, MIRROR researchers closely align with DoD leadership and have advisory members who serve as MTF administrators, senior investigators, and Joint Program Committee (JPC) chairs.



RESEARCH AREAS OF FOCUS

- 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.

**This program is formally known as Collaboratory for Musculoskeletal Injury Rehabilitative Research (CMIRR). In order to emphasize our operational readiness mission for the collaboratory and to capitalize on a more user-friendly name, we rebranded our name to Musculoskeletal Injury Rehabilitation Research for Operational Readiness (MIRROR).*

QUESTIONS?

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