



ABOUT US

mirrorusuhs.org

Musculoskeletal Injury Rehabilitation Research for Operational Readiness (MIRROR) delivers high value research, education, training, and infrastructure for over 40 clinically relevant musculoskeletal injury (MSI) studies within the military health system (MHS). MIRROR supports a broad scope of projects, including epidemiological investigation, investigator initiated pilots, and prospective randomized multisite clinical trials. Areas of clinical evaluation comprise general MSI care process models and highly prevalent anatomically-specific (e.g. back, knee, shoulder pain, etc.) targeted interventions with protocols examining effective return-to-duty activities. Results of these studies generate evidence-based approaches for future clinical practice guidelines as well as educational opportunities for future military and civilian providers.

RECENT HIGHLIGHTS

COVID-19 Updates & Highlights

- ▶ 800 COVID-19 antibody test kits, generously donated by the Broussard Family Trust, were distributed to MIRROR-affiliated military treatment facilities across the country. These kits will help ensure the health and safety of providers and patients involved in our studies as vaccines continue to roll out.

MIRROR TEAM MEMBERS ACROSS THE COUNTRY HAVE BEEN CONTRIBUTING THEIR TIME TO THE FIGHT AGAINST COVID-19:

- ▶ **Steven Davi**, Program Manager at Keller Army Community Hospital (KACH), was recognized by the U.S. Army Medical Department Activity, Department of the Army for going outside of his job duties and playing a critical role in supporting the COVID-19 vaccination mission at KACH. Steven spent all day and stayed late after duty hours to coordinate logistics for vaccine storage and future distribution.
- ▶ **Sydney West**, Program Administrator (Core), has been supporting Geneva's Operation Warp Speed (OWS) mission for the past few months. As a part-time Research Assistant for the OWS AstraZeneca COVID-19 vaccine study at Walter Reed National Military Medical Center (WRNMMC), she supports recruitment, physical data management, and day-to-day operations of the clinic.



Project Spotlight

- ▶ **Project 7** – Lauren Gornoski, PT, DPT and Shelby Peel, PhD (left) recently visited the 82nd Airborne Division and Holistic Health and Fitness (H2F) team at Fort Bragg to develop a demonstration video for the knee sleeve technology used in this study aimed at reducing training-related knee injuries.
- ▶ **Project 25** – With 35 participants recruited and a 100% survey completion rate across all time points, this study assessing post-operative pain management with the Game Ready™ cryotherapy device (right) is off to a great start at WRNMMC.



Accomplishments and Accolades

- ▶ Congratulations to **Nathan Hogaboom, PhD** on being recognized by the Alliance for Regenerative Rehabilitation Research and Training (AR³T) as a [Rising Star of Regenerative Rehabilitation](#)! He will be presenting on "Micro-Fragmented Adipose Tissue as a Potential Treatment for Shoulder and Knee Pain Caused by Rotator Cuff and Meniscus Pathologies" this spring as one of four speakers in the inaugural seminar series.
- ▶ **Richard "Trey" Brindle, PhD**, Research Scientist at Keller Army Community Hospital, was recently commended by Human Protection Administrator Lori Cartwright for his superior efforts in support of MIRROR projects at KACH.



RECENT & UPCOMING EVENTS

February 2021

- ▶ The MIRROR Steering Committee convened virtually for their annual review of the program's progress. This year, we were especially honored to have GEN (ret) John F. Campbell join us to offer his unique perspective and commitment of support. His command and operational experience is unparalleled.



March 2021

- ▶ MIRROR will be partnering with the Association of Military Osteopathic Physicians and Surgeons (AMOPS) for their [virtual Annual Meeting](#), March 4th-7th, 2021. The focus of the meeting is "Optimizing Human Performance in Combat."
- ▶ Nelson Hager, MD, MS and Xiaoning (Jenny) Yuan, MD, PhD will be participating in panel discussions at the virtual conference "Regenerative Medicine Research - A Discussion to Accelerate Strategy & Development" on March 8th, 2021.
- ▶ The Photomedicine to Enhance Military Readiness program's virtual biannual meeting will take place on March 26th, 2021.

April 2021

- ▶ The MIRROR team looks forward to attending the [Human Performance and Biosystems Summit](#) in April 2021.

NEW TEAM MEMBERS

- Mackenzie Hager** Research Assistant, MAMC **Cindy Kang** Program Fiscal Analyst (Core)
Paola Olvera-Munoz Research Coordinator, TAMC **Katie Roberts** Research Coordinator, FBCH



REMINDERS

Regulatory Modifications

Please remember that all protocol modifications should be sent to [Mrs. Whitley Lucio](#) prior to submitting to your IRB.

External Communications

All publications, press releases, abstracts, posters, etc. that are supported by MIRROR require Public Affairs Office (PAO) approval from the Uniformed Services University (USU) before being released. Please provide all external communications to [Mrs. Linzie Wagner](#) and [Dr. Brad Isaacson](#) prior to externally releasing.

MIRROR Activities & Accomplishments

We want to hear from you! Please use our [tracker](#) to share any project activities (abstracts, awards, accepted publications, book chapters, trainings/education, invited speaking engagements or presentations, etc.) with the MIRROR Core team. We are gathering this information in order to share on our website, with our stakeholders, and for dissemination among the USU community at large.

CORE TEAM CONTACT LIST

Please feel free to reach out to any member of the MIRROR Core team with any program- or project-related questions:



[Nelson Hager](#)

Director



[Brad Isaacson](#)

Chief of Research and Operations



[Linzie Wagner](#)

Program Manager



[Saralee Johnston](#)

Project Coordinator II



[Sydney West](#)

Program Administrator

[Whitley Lucio](#)

Regulatory Affairs Manager

[Alexis Fowler](#)

Regulatory Affairs Coordinator

[Robert Dalgarno](#)

Data and Analytics Manager

[Kruti Mehta](#)

Data Management Analyst

Welcome,

[Cindy Kang](#),

Program Fiscal Analyst!

