



US DEPARTMENT OF DEFENSE  
**BLAST INJURY RESEARCH PROGRAM**  
**COORDINATING OFFICE**

## Orthotics and Prosthetics

### IDEO and Accompanying Physical Therapy Regimen, “Return to Run Program (R2R)”

Researchers at CFI, SAMMC, sponsored by EACE studied the efficacy of the combination of a new orthotic device, the IDEO, with a novel physical therapy regimen, the R2R. The IDEO has quantified advantages over existing braces and orthoses in patient comfort and performance because it can accommodate early changes during rehabilitation, including improvements in strength and motion. R2R is an aggressive physical rehabilitation program that focuses on strength, plyometrics, power, and agility training. Active duty Service Members participating in the integrated orthotic and rehabilitation initiative after an LE injury have a higher rate of return to duty than those in previous reports, and the return to duty rate is significantly higher than that of the IDEO alone. Efforts are underway to determine whether the R2R clinical pathway with the IDEO can be successfully implemented in other military health centers. This effort provides Service Members with access to state-of-the-art orthoses and physical therapy programs to help them return to duty or reintegrate into civilian life.