



US DEPARTMENT OF DEFENSE

BLAST INJURY RESEARCH PROGRAM COORDINATING OFFICE

Quality of Life

Clinical Skills Sustainment for Extremity Trauma and Amputation Care Providers

The Performance Optimization Warrior Enhanced Rehabilitation (POWER) Program at CFI aims to return injured Service Members, regardless of injury or disability, to full duty and the highest possible quality of life using three interlinked parts: activity, nutrition, and health psychology. The POWER program takes a multidisciplinary approach that incorporates current, optimal, evidence-based practice into patient care to provide Service Members with the necessary tools to effectively and autonomously impact stamina, strength, and resilience. This sports medicine-based program is similar to civilian programs that cater to professional athletes. The interdisciplinary CFI team's clinical successes and collaborative work in maximizing the effectiveness of rehabilitation to return patients to military or civilian life resulted in receipt of the Army Surgeon General's Wolf Pack Award, a quarterly award created by the Army Surgeon General and the Chief of the Army Medical Department Civilian Corps to recognize exceptional teamwork by an integrated group of military and civilian team members focused on excellence in support of Army Medicine.