

# Soldier Reintegration Matrix

	Level 1	Level 2	Level 3	Level 4
<b>Key Components:</b>	<b>Initial Phase</b> Protect Injured Structure & Foster Healing	<b>Progressive Loading</b> Increase Strength, ROM, Fxn	<b>High Intensity Movement</b> Gradual, graded return to high intensity & Full Fxn Motor Patterns	<b>Return to Duty/Performance</b> Retrain Soldier/MOS-Specific Skills, Restore movement confidence and tolerance/reserve
Range of Motion	Increase	Restore	Improve	
Injury-Specific Strength	Activation To Isometric	Isometric to Eccentric	Eccentric to High Velocity	High Velocity/Reactive
Global Strength	Capacity	Maximal	Explosive/RFD	High Velocity Reactive/Repeat
Plyometrics		Low Velocity Land/Jump	Low to High Velocity Jump/Bound	High Velocity Bound/Hop
Linear Speed		Preparation	Deceleration/Acceleration/Speed	Speed Endurance
Multidirectional Speed		Preparation (Late Phase)	Lateral/Rotational/COD	Agility/Agility React/Repeat Under Fatigue
Platoon Reintegration			Technical	Positional/Chaotic
Fitness	Central General	Central > Peripheral General	Central = Peripheral Task Based	Peripheral > Central Platoon Specific
Motor Patterns	Lumbopelvic Control (Brace)/Foot, Shoulder, and Ankle Stability	Hip Hinge, Squat, Scapular Pro/Re-Traction Force Absorbtion/Running Mechanics	COD Preparation Foot Plant From Hip w/Landing	
Objective Criteria	Block Zero - Developmental Strength Library	Tier 1 - Developmental Strength Library	Tier 2 - Developmental Strength Library	Tier 3 - Developmental Strength Library