



Spinal Cord Injury Rehabilitation Program



Our spinal cord injury rehabilitation program is an intense program that provides ongoing care for patients. The goal is to prepare them for a return home independently or with assistance from family members or other care providers. **Rehabilitation that is initiated soon after a spinal cord injury helps improve skills and helps patients move forward.**

Spinal Cord Injury

Spinal cord injuries occur when the vertebrae that protect the soft tissue of the spinal cord are broken or dislocated and put pressure on the spinal cord. Damage to the spinal cord or nerves can cause full or partial paralysis depending on where the injury occurs and the severity of the damage.

More than 250,000 Americans are living with injuries to the spinal cord, and it's estimated that there are 12,000 injuries each year in the United States. More than half occur in car accidents and falls.

Loss of Function and Common Problems

- Loss of movement
- Loss of bladder or bowel control
- Respiratory complications, including difficulty breathing and pneumonia
- Pain
- Sexual dysfunction
- Muscle spasms
- Circulatory issues
- Pressure ulcers
- Depression

Our Rehabilitation Team

Our interdisciplinary rehabilitation team is committed to helping each patient and family progress to recovery. This specialized team evaluates and develops a personalized treatment plan designed to help each individual recover and develop the skills needed to return home and live as independently as possible.

A 2016 study underscores the importance of starting rehabilitation as soon as possible. The researchers studied the relationships between time-to-rehabilitation following spinal cord injury and rehabilitation outcomes and found that **those with shorter times to rehab scored higher in functional recovery at discharge and physical independence one year after the injury.**

Herzer KR, Chen Y, Heinemann AW, González-Fernández M. *Association Between Time-to-Rehabilitation and Outcomes Following Traumatic Spinal Cord Injury*. Physical Medicine and Rehabilitation. 2016 Jun 4. <http://www.ncbi.nlm.nih.gov/pubmed/27269706>





Spinal Cord Injury Rehabilitation

The Spinal Cord Injury rehabilitation team includes:

- Patient/caregiver
- Physicians specializing in rehabilitation
- Rehabilitation nurses
- Physical therapists
- Occupational therapists
- Speech therapists
- Case managers/social workers
- Neuro/clinical psychologists
- Nutritional counselors

Rehab in the Acute Inpatient Rehabilitation Setting or Inpatient Rehabilitation Hospital

Our Moving Forward After Spinal Cord Injury program is a specialized inpatient rehabilitation program dedicated to providing expert and compassionate care for recovery after spinal cord injury. It focuses on the physical and emotional effects of your injury with the goal of helping you recover to your maximum potential.

Physical therapy focuses on exercise routines designed to strengthen and maintain existing muscle function. Our physical therapists will also help you learn how to use any required mobility devices.

Occupational therapists help you learn techniques for managing self-care activities such as dressing, bathing as well as everyday activities such as home management. They will also provide instruction for equipment that will help you better perform these activities.

Speech therapists provide training regarding breathing and swallowing.

The program focuses on:

- Teaching adapted activities of daily living (ADLs)
- Managing bowel and bladder control
- Addressing any social issues
- Improving psychological adjustment
- Promoting a positive self image
- Maximizing your overall mobility, health and independence

Caregiver Support

We know the critical role caregivers and family members play in helping their loved ones recover from a spinal cord injury. We also know it can be stressful at times. Our care team offers support and information to help caregivers and other loved ones understand the recovery process after a spinal cord injury and how to best help their loved one. They also help direct caregivers to the right resources so they can get help and support when they need it.

**Contact Us for More Information and to
Request a Patient Assessment.**