



# Brain Injury Rehabilitation Program



**To help patients regain the most function possible after a brain injury,** our therapists work with each patient on an individual basis. They implement a therapy plan designed to maximize potential and complement medical interventions by adhering to an interdisciplinary team approach to care.

## About Brain Injuries

Approximately 1.7 million people suffer a traumatic brain injury each year, and another approximately 900,000 suffer a non-traumatic brain injury. The most common causes of traumatic brain injury are car accidents, falls, gunshot wounds, assaults and sports injuries. The most common causes of non-traumatic brain injuries are aneurysms, strokes, tumors, and metabolic, toxic or medication-induced encephalopathies.

A brain injury occurs when there is a problem with normal brain function, which can result from trauma, tumors or masses, or a loss of oxygen to the brain. Brain injuries are classified as mild, moderate or severe. The amount of loss of function is determined by the location and how much of the brain tissue is injured.

## Loss of Function and Common Problems

The loss of function following a brain injury is different for every person.

### *Loss of function is mainly due to:*

- The parts of the brain injured
- How much of the brain tissue was damaged
- How much bleeding and swelling occurred from the injury
- Age
- Other medical conditions
- History of a prior brain injury
- Loss of consciousness

### *Some of the most common problems experienced by patients after brain injury include:*

- Weakness or total loss of movement or controlled movement
- Numbness, pain or odd sensations
- Decreased ability to concentrate on tasks
- Difficulty with swallowing
- Difficulty with speech – not able to find the “right” word to say
- Difficulty coordinating movements
- Difficulty balancing
- Problems with memory
- Problems with planning and making decisions
- Poor safety awareness
- Difficulty controlling emotions
- Agitation or confusion

Just as no two people are alike, no two brain injuries are alike. Treatment and rehabilitation vary from individual to individual. Our therapists are experts in providing individualized, specialized and advanced brain injury rehabilitation.





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### Rehab in the Acute Inpatient Rehabilitation Setting or Inpatient Rehabilitation Hospital

Rehabilitation involves multiple medical team members, including physical medicine rehabilitation and neurology specialists, physiatrists, rehabilitation nurses, social workers, case managers, psychologists, psychiatrists and physical, occupational, speech and recreational therapists.

#### Therapy may include:

- Physical therapy to work on sitting, balancing, walking and transfers
- Occupational therapy to work on dressing, feeding, bathing and other self-care skills
- Speech therapy to work on swallowing, diet recommendations, speech, memory and self-awareness

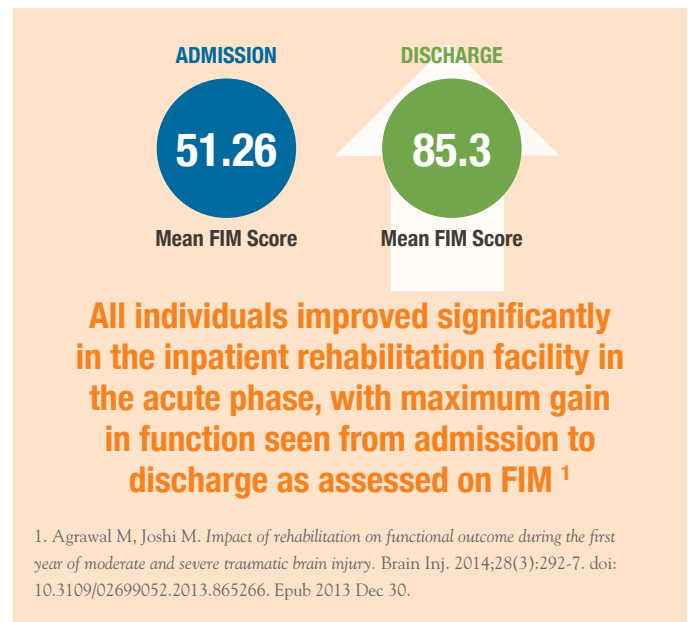
We use standardized improvement measures to track our patient outcomes and ensure that we are providing competitive services that are best suited to assist our patients in making the most gain possible during their therapy. These measures include FIM (functional independence measure) gain, length of stay, discharge destination and return to acute care.

### Caregiver Support

Family caregivers and friends are critical in the recovery from a brain injury. Family and friends, as well as the brain injury survivor, should be the primary members of the rehabilitation team. Providing care for a person with a brain injury can be a very stressful and frustrating time. It is critical for caregivers to remember to pay attention to their own personal needs in addition to those of the brain injury survivor.

Social workers, psychologists or any member of the rehabilitation team can offer support to the brain injury survivor's caregivers, and this is an important component of our rehabilitation program. Team members are prepared to provide family members with information and/or additional resources throughout the rehabilitation process.

Family education about prognosis, how to help a loved one and how caregivers can get help for themselves is critically important to us.



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