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## Immanuel Rehabilitation Institute Spinal Cord Rehabilitation

### Specialized Services

Immanuel Rehabilitation Institute's comprehensive program includes a wide range of specialized services, including our regionally recognized Driver Rehabilitation Program that helps individuals drive an adapted vehicle and gain greater independence. In addition, we offer assistive technologies and advanced wheelchair seating and mobility.

Support groups and educational programming provide spinal cord rehabilitation patients and their families with the opportunity to share information, discuss common problems and learn from the experiences of others.

### Continuum of Care

To help individuals with a spinal cord injury successfully transition to life at home, work, school or the community, Immanuel Rehabilitation Institute offers a continuum of inpatient to outpatient care. Our spinal cord rehabilitation program helps patients continue to build strength, gain function and mobility, and maximize independence. Immanuel Rehabilitation Institute physicians will also continue to monitor progress and address any changes in condition or rehabilitation needs.

### Our Outcomes

Studies show that persons with a spinal cord injury treated at an acute rehabilitation unit like Immanuel Rehabilitation Institute achieve better outcomes than those in other care settings. On average, persons served at a spinal cord rehabilitation program achieve greater improvement and a higher level of functional independence.



*IRI is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)*

- » Stroke Specialty Program
- » Spinal Cord Injury Specialty Program
- » Brain Injury Specialty Program
- » Comprehensive Integrated Inpatient Rehabilitation Program



*The Joint Commission accredits IRI as a program of CHI Health Immanuel*



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 **CHI Health**

*Recovery from a spinal cord injury (SCI) involves significant challenges and important choices – and where an individual goes for treatment can make all the difference.*

At Immanuel Rehabilitation Institute's spinal cord rehabilitation program patients and their families benefit from the expertise and experience of a team of specialists. Individuals find the exceptional care and advanced treatment they need to move forward. Immanuel has the only spinal cord specialty program in the Omaha / Council Bluffs area that is CARF accredited.



## **Our Approach**

Spinal Cord Injury rehabilitation at Immanuel Rehabilitation Institute focuses on the delivery of a comprehensive, highly integrated and intensive program of medical, nursing and therapy care to address the complex needs of each patient.

We provide the earliest possible start to rehabilitation and work to optimize the abilities and independence of patients so they may return home. This approach enables patients to:

- » improve physical function and mobility
- » develop the skills and strategies to perform daily activities
- » utilize adaptive technologies that facilitate activities at home, work and in the community
- » overcome the psychological and social problems that often interfere with adjustment to life ahead

## **Our Patients**

Each year, Immanuel Rehabilitation Institute treats a variety of traumatic and non-traumatic spinal cord injuries.

Traumatic injuries as a result of motor vehicle crash, fall, act of violence or sport-related injury.

Non-traumatic spinal cord injuries as the result of a tumor, infection, cervical stenosis, or surgery.

Many of our patients have a dual-diagnosis of spinal cord injury and traumatic brain injury. For these individuals we provide a specialized program to treat the multiple physical, functional and cognitive challenges.

## **Our Rehabilitation Team**

Led by renowned physiatrist, Dr. Karl Sandin, Immanuel Rehabilitation Institute's interdisciplinary team of physical medicine and spinal cord injury rehabilitation experts tailors treatment to the individual's rehabilitation goals. This dedicated team includes:



- » Physicians who manage complex medical needs
- » Rehabilitation nurses who provide compassionate, evidence-based care
- » Physical, occupational and speech therapists who involve patients in an intensive treatment program for a minimum of three hours each day
- » Licensed Clinical Social Work and neuropsychologists who address cognitive, emotional or behavioral issues
- » Dietitians who ensure proper nutrition to promote healing and control diabetes or other conditions
- » Case managers who coordinate care and discharge plans

## **Treatment, Technology & Research**

Immanuel Rehabilitation Institute integrates medical treatment, nursing, therapies and technologies to support patient recovery. The team researches evidence-based studies of rehabilitation medicine to improve best clinical practices. Among the many technological advances now available are:

- » Zero G - Body weight supported training (BSWT) to improve gait performance
- » Electrical stimulation to reduce muscle atrophy and improve cardiovascular function
- » Robotic therapies to enhance motor function
- » Advanced wheelchair seating, pressure mapping and mobility options
- » Pharmacologic interventions for spasticity