Recovery from an amputation requires a lot of hard work, for both patients and their rehabilitation caregivers. It takes time to adjust to the physical changes and to regain confidence in one’s ability to accomplish everyday activities. The staff at The Johns Hopkins Hospital’s Comprehensive Integrated Inpatient Rehabilitation Program (CIIRP) is committed to providing the physical and emotional support needed to help our patients regain control of their lives.

- A highly skilled group of professionals plans each patient’s care under the direction of a rehabilitation physician (physiatrist) from the Johns Hopkins University School of Medicine.

- Therapies and activities are designed to improve each patient’s functional skills, help him/her adjust to the loss of a limb and, if appropriate, prepare him/her for a fitting of an artificial limb.

- Care is coordinated by a case manager who helps the patient and his/her family understand the recovery process and consider the options as the patient progresses from inpatient care to home health care, outpatient rehabilitation and/or community services.

Throughout recovery, patients are likely to meet others recovering from amputations. We encourage patients to talk together and to share experiences and strategies for adjustment and recovery.

For more information or to speak with one of our rehabilitation clinical customer service coordinators, please call 443-444-4701.
Our clinical staff members work together as an interdisciplinary team to design a unique rehabilitation program for each patient. The team helps patients attain their highest levels of function and independence.

**Core goals of rehabilitation include:**

- Developing a pre-prosthetic program to promote wound healing and desensitization of the limb, reduce swelling, and shape the limb to fit prosthesis.
- Assessing the patient’s ability to function, with instruction in transfers and mobility.
- Increasing the patient’s overall strength, endurance, flexibility and range of motion to maximize personal independence.
- Managing pain.
- Educating the patient and his/her family or caretakers on proper skin care.
- Designing a home exercise program to maintain range of motion and prevent tightness in joints and muscles.
- Supporting the patient and his/her family as they learn to adjust to the patient’s physical limitations.
- Determining home equipment needs and coordinating outpatient rehabilitation services and community resources as needed.

**Referral and Admission**

Prior to admission, patients who are referred to CIIRP are evaluated by a rehabilitation nurse or physician to determine if they can benefit from intensive rehabilitation services.

**Specifically, patients should:**

- Be medically stable and able to participate in and benefit from an intensive, structured rehabilitation program.
- Be limited in mobility, self-care and/or the ability to function independently in a safe manner.
- Have plans upon discharge from the program.

**Insurance and Financial Arrangements**

The admission process includes verifying insurance and obtaining pre-certification and authorization to treat prior to admission. A deposit may be required on the difference between the amount covered by insurance and the estimated charges. In cases where insurance and personal resources are inadequate to meet anticipated expenses, we will provide financial counseling to patients and families.