In the past, spinal cord injury often meant a life spent immobilized with little chance for interaction or participation in the outside world. Fortunately, recent advancements in medical and rehabilitation technology have allowed people with spinal cord injuries to lead fulfilling lives and resume active roles in their families and communities—and, in some cases, their careers.

- 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.
- Rehabilitation nurses provide 24-hour care, bowel and bladder training, skin care, and education.
- Therapies are specifically designed to help each patient regain control over his/her personal care, improve functional skills and increase the level of independence.
- Speech-language pathologists assist patients who experience difficulty with oral and/or written communication.
- Care is coordinated by a social worker 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.

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:**

- Involving the patient and his/her family in the development of realistic rehabilitation goals and in discharge planning.
- Increasing the patient’s overall strength, endurance, flexibility and range of motion.
- Instructing the patient and his/her family in proper skin care techniques, bowel and bladder care, and building the patient’s tolerance for sitting and lying down.
- Managing pain and spasticity.
- Determining adaptive equipment needs and custom-fitting braces, orthotics and wheelchairs.
- Helping patients and their loved ones adjust to the disability and cope with the physical limitations that accompany spinal cord injuries.
- Coordinating additional therapies and community resources as needed.

**Referral and Admission**

Prior to admission, patients who are referred to The Johns Hopkins Hospital’s Comprehensive Integrated Inpatient Rehabilitation Program (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.