



Acute Inpatient Rehabilitation
at Strong Memorial Hospital.

HELPING YOU MAKE THE BEST POSSIBLE RECOVERY.



The Acute Inpatient Rehabilitation Program at UR Medicine's Strong Memorial Hospital.

If you are healing from medical treatment for a spinal cord injury, brain injury, stroke or other disabling condition, you are now on the road to recovery. Your medical or surgical team has recommended acute inpatient rehabilitation to help you restore function and regain your independence.

Your next step is choosing a program that will help you reach your goals and prepare you and your family for your return home. The Acute Inpatient Rehabilitation Program at Strong Memorial Hospital is an outstanding choice — it is the most established rehabilitation program in the region, with each team member bringing the highest level of expertise and compassion to the care of our patients.



Why choose Strong Memorial Hospital for your acute inpatient rehabilitation?

Continuity of care | Our staff | Cutting-edge equipment
Academic medical center | Our specialty programs

Continuity of care.

- By continuing your care at UR Medicine's Strong Memorial Hospital, you have rehabilitation professionals who are familiar with your condition and are also experts in the resources you will need at home.
- Your rehabilitation specialists will consult with your medical or surgical team before admission, oversee your care in the rehabilitation program and follow up with you for outpatient care.
- If you received your acute medical treatment at Strong Memorial Hospital, your medical or surgical team is available to consult with your rehabilitation team.
- After discharge, you can receive outpatient care at one of our many convenient facilities.

Our staff.

The acute inpatient rehabilitation staff at UR Medicine's Strong Memorial Hospital is dedicated to both the physical and emotional well-being of our patients. We have staff with extensive experience and training, including Fellowship-trained physicians and Certified Rehabilitation Registered Nurses, designations reserved for the highest-level experts in rehabilitative care.

- **Rehabilitation medicine physicians (physiatrists)** are specialty trained in the management of the unique medical, physical and mental impacts associated with various neurologic and medical conditions. They prescribe and oversee the treatment plan for each patient.
- **Rehabilitation nurses** provide 24-hour care based on restorative principles – a nursing practice focused on helping patients live as safely and as independently as possible.
- **Occupational therapists** help you improve your ability to perform daily activities, such as bathing and dressing.
- **Physical therapists** work to improve your strength, balance, coordination, endurance and mobility.
- **Speech therapists** evaluate and treat challenges with swallowing, communication and cognition.
- **Rehabilitation neuropsychologists** can help you and your loved ones navigate the cognitive, emotional, behavioral and pain issues that accompany adapting to an illness/injury.
- **Social workers** provide emotional support and education to patients and their families. They coordinate services and connect you to community resources.
- **Recreational therapists** use leisure activities to treat emotional, cognitive and physical challenges.
- **Medical and surgical specialists** will be readily available to consult with your rehabilitation team, ensuring excellent coordination of care and communication.



Treatment results

We make a measurable difference in the lives of our patients. As a leading academic medical center, our team tracks our patients' results, including functional improvement, level of satisfaction and return to home. Our results rank among the highest in New York State.

Cutting-edge equipment.

The Acute Inpatient Rehabilitation Program at UR Medicine's Strong Memorial Hospital offers advanced technology to help patients make progress in their recovery. Our equipment includes:

- **Robot technology** that allows patients to practice movement.
- **A computerized therapy system** to improve cognitive and visual performance.
- **A SafeGait**, which is a ceiling-mounted body-weight support and fall protection system. It helps patients practice walking, improve strength and overcome balance concerns.
- **An apartment** provides an environment for patients to practice activities of daily living such as doing laundry, cooking and personal hygiene.
- **A car** in our therapy gym allows patients to practice transferring in and out of a vehicle. The patient's spouse or caregiver can use the car to practice transfer assistance.

Returning to your home and community

Preparing to leave the hospital can be a daunting task, but our team makes sure you and your family are ready to go home.

- We work with you to find areas that may need special attention when you return home. For example, if we see that you need a grab-bar or another accommodation while practicing in the apartment, we help your family make arrangements to have that in your house.
- We also use our community connections to make recommendations for local resources that can support you as you transition back to your normal life.

Academic medical center.

- As a nationally prominent academic medical center, our physicians remain on the cutting edge of medical treatment.
- We keep up to date on the latest techniques and research that is advancing rehabilitation care.
- Our physicians and staff take the time to help patients better understand their conditions and treatment plans.



Our specialty programs.

UR Medicine offers specialized programs for specific conditions, such as brain and spinal cord injuries. We have staff that is uniquely qualified to treat those particular types of injuries.

Spinal Cord Injury Rehabilitation

- UR Medicine's Strong Memorial Hospital is a nationally recognized Spinal Cord Injury Center for rehabilitation.
- We treat over 70 patients per year with spinal cord injuries.
- After you have completed your acute inpatient rehabilitation, you will continue to have follow-up visits to ensure that you are as healthy and functional as possible. We are committed to your quality of life for your entire life.

Brain Injury Rehabilitation

- Our Brain Injury Program treats individuals who have sustained injury to the brain caused by incidents such as falls, car accidents or sports injuries.
- It helps patients restore independence, cognition, balance and regain their thinking and decision-making abilities.
- The goal of the UR Medicine Brain Injury Program at Strong Memorial Hospital is to connect patients to their community. We work on community integration by referring patients to local resources they can use when they have completed inpatient care.
- The program is led by rehabilitation medicine physicians who are specialty-trained in the medical management of patients with brain injuries.



Stroke Rehabilitation

- Inpatient Stroke Rehabilitation is a comprehensive program helping patients maximize their function and get back to their normal lives after experiencing a stroke.
- UR Medicine offers the most advanced stroke care in the region. And we provide the benefit of continuing your rehabilitative care at the same hospital where you received medical treatment for your stroke.

Pediatric Rehabilitation

- We have a partnership with Golisano Children's Hospital, allowing us to provide children over age six (five and younger on a case-by-case basis) with specialized inpatient rehabilitation for a range of conditions. While in our program, pediatric specialists from Golisano are available to check on your child regularly.
- Our pediatric program offers several private rooms that can be personalized for each child and are large enough to accommodate parents overnight. We also offer pediatric exercise equipment.
- During the school year, children can receive tutoring while completing their inpatient rehabilitation.

Multi-Specialty Rehabilitation

We also provide rehabilitation for:

- Multiple Trauma
- Cardiac Disease
- Amputations
- Neurological Disease
- Organ Transplants



Our mission and values.

Patient-and family-centered care is at the core of our values. We're dedicated to building a partnership with you and your family. This means listening to you and honoring your perspective, sharing information with you, including you in decision-making and collaborating with you and your family on your plan of care. Our goal is to get you the best possible outcome by utilizing your strengths and helping you overcome your limitations.

We strive to help you:

- Regain strength and ability
- Restore hope
- Reclaim your quality of life



The acute inpatient rehabilitation program at Strong Memorial Hospital is accredited by Commission on Accreditation of Rehabilitation Facilities (CARF). The spinal cord injury and stroke programs have specialty CARF accreditation. Rehabilitation programs that meet CARF standards demonstrate commitment to being among the best in the nation.

Patient stories.



"I want to thank the doctors, nurses, therapists and social worker for the care they showed me when I was injured. I am raising my sons, driving my car and living a good life. The rehab unit at Strong Memorial Hospital was a place for me to heal and learn new skills. They even helped me after I went home, connecting me with other people like me. It was nice to know I didn't have to go through this alone."

Elizabeth W.



"From the time I was first injured and came to Strong Memorial Hospital for my rehabilitation, it has been a place for continuous life resources. Not just the days I spent in the hospital but, every day since then. They are truly experts in the treatment of spinal cord injury, both physically and emotionally. They helped me to work through the devastating consequences of my injury and taught me how to manage these new changes. The entire team was supportive, knowledgeable and enthusiastic about my recovery."

Vaughn P., spinal cord injury survivor

(585) 275-3271, opt 3

pmr.urmc.edu

Physical Medicine & Rehabilitation
University of Rochester Medical Center
601 Elmwood Avenue, Box 664
Rochester, NY 14642

