

We treat:



Brain Injury and Stroke

Brain injury and stroke rehabilitation



Medically Complex Conditions

Transplant, LVAD, cardio-pulmonary, solid organ/blood oncology, general debility



Orthopedic Polytrauma

Medical complex trauma, joint replacements, orthopedic musculoskeletal injuries, musculoskeletal oncology



Spine and Limb Loss

Spinal cord injury and spine injury, preprosthetic rehabilitation, prosthetic rehabilitation

Where you go for inpatient neurorehabilitation care matters.

ortho.wustl.edu/Neurorehab



WASHINGTON UNIVERSITY ORTHOPEDICS

Neurorehabilitation Care
at The Rehabilitation
Institute of St. Louis

Helping you get back to what matters
most in life.

 Washington
University in St. Louis
Physicians

Orthopedics



The Rehabilitation Institute of St. Louis ranks **#1 in Missouri** and **#42 in the nation** by *U.S. News and World Report* for exceptional rehabilitation care.



Our Team

Our physicians are board-certified by American Board of Physical Medicine and Rehabilitation and American Board of Psychiatry and Neurology. Several physicians hold additional certifications in spinal cord injury and brain injury medicine. Others have special interests in post-limb loss rehabilitation, orthopedic musculoskeletal injuries, medically complex trauma conditions, transplant and oncologic rehabilitation, spasticity management (including Botulinum toxin and baclofen pump management) and community transition rehabilitation care.

Our Approach to Care

Our Washington University physicians lead a multidisciplinary team of therapists, nurses, case managers and other rehabilitation professionals to provide comprehensive care for patients admitting from the hospital (and sometimes home) to enable safe and independent return to the community. They also work in partnership with internists, nephrologists, neurologists, neuropsychologists and wound care professionals to enable specialized medical management where needed.

Our neurorehabilitation physicians approach care by evaluating and managing a patient's medical conditions, including related physical impairments, limitations in daily activities, mobility, cognition, and restrictions in work and recreational activities. A more in-depth assessment of specific tasks, such as driving, can be performed as rehabilitation progresses.

What to Expect

Our focus is on you as a whole patient, not just your medical condition. We take your individual needs into consideration to develop an inclusive, personalized rehabilitation plan that includes:

- Three hours of therapy a day, five days a week.
By combining speech, occupational and physical therapy, our team of therapists will work with you on achieving your unique goals.
- Motor-skill exercises to improve coordination and muscle strength.
- Speech therapy to improve speaking and swallowing.
- Training for using a walker, canes, wheelchair or ankle brace.
- Activities of daily living exercises to help patients relearn writing, medication management, handling finances, daily household and lifestyle tasks such as dressing, cooking and driving.
- Cognitive activity to help you with lost abilities, such as memory, processing, problem-solving, social skills, judgment and safety awareness.
- Therapy to help you regain lost abilities in listening, writing and comprehension.
- Advanced technologies to help with mobility, balance, driving, speech and language, swallowing, memory and cognition.

Why Choose Washington University?

Specialized Services – Our physicians and therapists have sub-specialty training and are skilled in the rehabilitation of complex medical conditions.

Coordinated Care – With access to a full range of experts including internists, nephrologists, neurologists, neuropsychologists, wound care professionals, occupational therapy, physical therapy, neuropsychology, speech therapy, respiratory therapy, case management and nursing, you can rest assured you or your loved one will be provided with comprehensive care.

Advanced Technology – Innovated technologies, advanced therapies, customized treatment plans, coordinated care teams — these are all part of our promise to deliver the highest level of rehabilitative care.

Top Rehabilitation Facility – The Rehabilitation Institute of St. Louis has been ranked #1 in Missouri and #42 in the nation by *U.S. News and World Report*.

24/7 Nursing – Our focus is on you.

Family Resources – Family support is important. We offer dedicated lodging and discounted hotel pricing for our patients' families. To learn more, scan the QR code or visit ortho.wustl.edu/Resources.

