

There is life beyond
spinal cord injury.
We help you get there.

Find your strength.



SPAULDING
REHABILITATION NETWORK

With expert rehabilitative care, spinal cord injury patients can return to active, productive, fulfilling lives. We see it happen every day.

The Spinal Cord Injury programs of the Spaulding Rehabilitation Network provide an unparalleled level of care and support for individuals recovering from spinal cord injuries. We treat patients who have suffered a spinal cord injury as a result of traumatic injury or as a result of illnesses such as polio, spina bifida or multiple sclerosis. Our comprehensive rehabilitation program focuses on maximizing neurorecovery while helping patients develop strategies for independent living. We do this in a comfortable, supportive environment in which patients—with the help and support of their families—can attain the skills they need to return to their community.

Our clinical teams draw on the most advanced research on spinal cord injury rehabilitation techniques, and have immediate access to the equipment, technology and specialists of the entire Spaulding network. The flagship hospital of our network, the nationally renowned Spaulding Rehabilitation Hospital Boston, is a Center of Excellence in spinal cord injury rehabilitation.

Each year the Spaulding Rehabilitation Network admits more than 250 new spinal cord injury (SCI) patients. We are able to treat the entire spectrum of spinal cord injuries, from inpatient rehabilitation at several different levels of care, depending on a patient's medical and rehabilitation needs, through outpatient therapy and community reentry.

Spinal Cord Injury Rehabilitation at Spaulding is tailored to each patient's individual needs and personal goals.

Our interdisciplinary teams include physicians and nurses, physical, occupational, speech and respiratory therapists, therapeutic recreation specialists, psychologists, case managers, social workers and vocational rehabilitation counselors. In addition, we partner with the Greater Boston Chapter of the National Spinal Cord Injury Association to provide peer visitation so patients can learn from others who are living with spinal cord injury. Family members are also important participants in each patient's rehabilitation team. We offer training and education to help

them play an active support role while their loved one is in the hospital and after he or she returns home.

At Spaulding, patients learn the foundational skills for independent living by assuming greater responsibility to direct and perform their own care. They can expect to receive from three to five hours of individual and group therapy five to six times per week. It's a challenging process—one that can be both physically and emotionally trying. But with the support and guidance of our caring and knowledgeable staff, patients can make remarkable strides, growing steadily stronger and more confident.



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Spaulding Strength

In 2010, Spinal Cord Injury (SCI) patients at Spaulding Rehabilitation Hospital Boston achieved a 19% higher functional gain than the national average for rehabilitation (UDS database; based on 11 months). Brain Injury patients at Spaulding Cape Cod achieved a 21% higher functional gain than the national average (e-rehab data).



Other resources for patients with spinal cord injury at Spaulding include:

- Consultants, including urology, internal medicine, psychiatry and specialized wound services
- Assistive Technology Center
- Specialty rehabilitation technologies, including Erigo, Pressure Mapping Systems, E-Stim and Lokomat (both adult and pediatric)
- Brace and Wheelchair Clinic
- Comprehensive Educational Series for patients, families and caregivers
- Inpatient– and community–based support groups
- Exercise for Persons with Disabilities (ExPD) Program
- Adaptive Sports and Recreation Programs, including the Dr. Charles H. Weingarten program at Spaulding Boston

- Long-term follow-up by physicians board certified in psychiatry and spinal cord injury medicine
- Seamless transition to continued outpatient rehabilitation, with 23 centers across Eastern Massachusetts
- Opportunities to participate in research and clinical trials

Spaulding Rehabilitation Hospital Boston also has an SCI Ventilator Program for patients requiring mechanical ventilation as a result of their injury. The focus of the program is on ventilator weaning for progression into a more intensive SCI rehabilitation program. Our SCI Ventilator Program is the first in New England to use the Diaphragmatic Pacing System (DPS) to facilitate weaning.

Spaulding Rehabilitation Hospital Boston and Spaulding Hospital North Shore are accredited by CARF for Comprehensive Integrated Inpatient Rehabilitation Programs. All Spaulding Rehabilitation Network facilities are accredited by the Joint Commission.



The Spaulding Rehabilitation Network is anchored by Spaulding Rehabilitation Hospital Boston, which is nationally ranked by *U.S. News & World Report*, and is the official teaching hospital of the Harvard Medical School Department of Physical Medicine and Rehabilitation (PM&R).

Through our network, you have access to a full continuum of rehabilitative care, with 6 inpatient facilities and 23 outpatient centers, from Cape Ann to Cape Cod. Our mission is to provide exceptional clinical care, promote medical education and advance research.

The Spaulding Network's facilities are members of Partners HealthCare, founded by Massachusetts General Hospital and Brigham and Women's Hospital. As part of Partners HealthCare, the knowledge and expertise of the entire system will be available to you and your caregivers. This continuum of superb healthcare ensures that you will always find the exact care you need throughout your journey and the strength you need to live your life to the fullest.

Learn more about our Spinal Cord Injury programs at www.spauldingnetwork.org/spine



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