



# Stroke Center



# AT MOSSREHAB

**IMPROVING THE FUNCTION AND QUALITY OF LIFE FOR INDIVIDUALS WITH INJURIES OR DISABILITIES IS WHAT DRIVES US, EVERY DAY.**

Since 1959, MossRehab has provided patients with a breadth of expertise unrivaled in the region. In fact, *U.S. News & World Report* has consistently ranked us among the nation's best rehabilitation facilities, as well as number one in Pennsylvania. We are committed to earning the trust and partnership of each of our patients and their family members, and we prove it at every point on the path of rehabilitation.

How do we do it?

First and foremost, by being staffed by some of the most experienced doctors and clinicians in their fields, who are recognized by their peers as leaders in rehabilitation.

By combining world-renowned expertise across disciplines, having one of the broadest scopes of resources and programs available, some of the most advanced technology, and the expertise to maximize its capabilities.

By conducting rigorous research that advances rehabilitation science around the world, setting aggressive goals customized to each patient and then optimistically pursuing them with innovative thinking and therapeutic application that maximizes quality of life for every patient.

But what we value most is the trust that's instilled in us by our patients and their families while working together to overcome some of life's greatest challenges.





## Experience and Innovation to Exceed Expectations

Surviving a stroke, at any level of severity, is life-altering, not just for patients but for the people who love and care for them. There are many decisions to be made and you can quickly feel overwhelmed. Your first priority is finding the best possible care, with the region's most experienced team, at one of the most advanced rehabilitation providers in the nation.

At MossRehab, we understand deeply the challenges facing patients and their families entering stroke treatment and rehabilitation. On average, our specialists have helped more survivors of stroke achieve better results than other rehabilitation facilities in the region. Our multidisciplinary expertise, coupled with some of the most innovative technology available, empowers our team to make perceptive evaluations, create targeted treatment plans and set ambitious goals for recovery.

The breadth and depth of our experience, combined with the only hospital-based rehabilitation research institute in the region, allows us to provide informed and progressive therapy. The change in our patients' functional improvement scores from admission to discharge and the percentage of patients who return directly home consistently exceeds those outcomes of persons served in other facilities in the region and nation. Year after year, *U.S. News & World Report* ranks us among the top 10 rehabilitation providers in the nation and #1 in Pennsylvania in its annual "Best Hospitals" rankings.

Family and caregivers are an integral part of every treatment plan, and we provide extensive education, support and counseling, not just at the onset of injury, but throughout the rehabilitation process, and even after a patient returns to home, school or work. From whatever point you start with us, we will be with you every step of the way.

# THE ROAD TO RECOVERY



**A STROKE OCCURS** when one of the arteries that carries blood (and therefore oxygen) to the brain gets clogged or bursts. Without oxygen, that portion of the brain is quickly damaged. Depending on which part of the brain is affected, and to what extent, the result can be permanent or temporary changes to motor skills (like walking) or cognitive skills (like speaking or remembering), and can create behavioral problems.

The goal of rehabilitation is to recover those skills to the maximum capacity possible, as quickly as possible. Regaining skills takes time and active participation in therapy, and while improvement is often more rapid in the first weeks and months following injury, some changes occur slowly over many years, depending on the nature and extent of damage to the brain tissue.

The road to recovery at MossRehab, however, begins immediately. Our comprehensive and ever-growing list of programs and services includes inpatient, transitional and outpatient options to facilitate and optimize recovery. Patients at MossRehab can benefit from the collaboration and expertise of the region's top physicians, rehabilitation nurses, neuropsychologists, psychologists, dietitians, case managers, and physical, occupational, speech, recreational and respiratory therapists as needed.

Because stroke can vary in intensity of symptoms and affect different aspects of functioning, treatment is highly tailored to each individual. We consider the specifics of each patient's age and life situation, and incorporate their personal goals into the treatment plan. We work closely with patients' families and caregivers at every stage to provide the support, education, resources and counseling they need to cope, contribute and achieve.

## INPATIENT CARE

### The MossRehab Stroke Center

The MossRehab Stroke Center provides a warm, friendly and supportive environment for patients recovering from stroke. Each of our inpatient facilities is connected to an acute care hospital, so patients and their families benefit from the additional security and efficiency of having the staff, technology and resources of a full-service hospital available 24 hours a day.

Patients are evaluated by a board-certified physiatrist—a physician who is specially trained in physical medicine and rehabilitation—who directs their care for the duration of their stay. Each patient, based on his or her diagnosis, is partnered with a team of clinicians, all of whom are specialists in stroke rehabilitation and who create and constantly adjust the treatment plan. While at MossRehab, patients start to regain physical, cognitive and behavioral skills that may have been impaired as a result of their stroke.

Within MossRehab, we have a comprehensive array of transitional and outpatient rehabilitation programs to meet every level of care throughout our extensive network. When it's time to transition out of inpatient care, our care management team works with patients to help them transition to the appropriate MossRehab clinicians, programs and facilities to best fit their needs. Across our entire system is the same level of highly qualified, caring and collaborative clinicians to ensure patients never stop pushing forward.

## TRANSITIONAL PROGRAMS

### Day Hospital and Day Therapy

These are specially designed care options for patients who need intensive treatment but don't require the around-the-clock attention of an inpatient stay. These options can often provide a cost-effective bridge between the inpatient and outpatient care programs. Patients continue to receive the same level of quality care, in the same facility and with the same skilled rehabilitative team, but with the comfort of returning home at night, and on weekends.

## OUTPATIENT CARE

When you come to a MossRehab Outpatient Center, whether you arrive from an acute care hospital, any one of our programs, or from home we help you determine the most effective course of therapy to continue to develop and refine your skills.

Patients are assigned a therapist who remains their main practitioner for the duration of rehabilitation. This consistency of care means our therapists have ongoing knowledge of their patients—helping to get them back to doing the things they enjoy, faster.

Our outpatient stroke rehabilitation program provides comprehensive services including physical, speech, hand and occupational therapy, and our treatment teams emphasize improving functional performance within the home and community settings.

Rehabilitation doesn't only happen within our walls. We help patients and their families transition comfortably back to the places that are most important to them. Our therapists go to homes, workplaces, on public transportation, into grocery stores and into restaurants, making patients feel safe and comfortable again.

MossRehab encompasses an expansive network of fully equipped outpatient rehabilitation centers conveniently located throughout the greater Philadelphia region and in New Jersey so patients can continue to learn new skills or refine existing skills needed for living independent and productive lives.

**MOSSREHAB HAS BEEN A LEADER** in physical medicine and rehabilitation for well over 100 years. We are recognized nationally and have been consistently ranked as one of America's "Best Rehab Hospitals" by *U.S. News & World Report*. And we receive more Commission on Accreditation of Rehabilitation Facilities (CARF) accreditations than any other rehabilitation provider on the *U.S. News & World Report* list.

Our reputation is built on the skills of the physicians and clinicians who are driven every day to help our patients achieve. The results are indisputable: our outcomes continually exceed regional averages for stroke rehabilitation, both in functional independence, and percentage of patients who return home.

## Specialized Diagnostic Labs

MossRehab is a leader in properly diagnosing the causes of functional issues common to stroke survivors. The course of rehabilitation may be directed or adjusted depending upon testing completed in our specialized diagnostic labs.

MossRehab's **Sheerr Gait and Motion Analysis Laboratory** is the first specialized lab of its kind in the region. In the Gait Lab, a patient's walking patterns are analyzed using advanced equipment to identify the causes of walking problems, allowing physiatrists to recommend treatments and measure a patient's progress.

Using the sophisticated tools of our **Motor Control Analysis Laboratory**, specialists identify how much control patients have of their arm and hand muscles and movement. They also determine muscle tone, weakness or tremors and establish benchmarks to help measure improvements made through corrective physical, medical and surgical therapies.

In the **Electrodiagnostic Center**, MossRehab physiatrists evaluate brain, nerve and muscle function using advanced clinical neurophysiology. Based on these test results, they can diagnose nerve injuries, locate sites of damage and evaluate a patient's condition after treatment or surgery.

## Technology

Depending on which area of the brain was affected by the stroke, and the severity of the damage, patients can suffer from a wide range of symptoms, falling into three main groups: cognitive (ability to process or remember information and the ability to communicate clearly), emotional or behavioral (confusion, depression), and physical (reduced strength and coordination). At MossRehab, technology plays a vital role in the treatment of each. In our experienced clinicians' hands, the industry's most innovative and leading edge tools can be used to tap into the natural ability of the brain to adapt and change, stimulating new connections to "rewire" the messaging that result in movement, coordination and communication.

MossRehab is proud to be among the first rehabilitation providers in the U.S. to adopt the tools listed below, and remains on the forefront of exploring and even creating innovative new technologies and ways to incorporate them into therapy.

### **Armeo®Power**

ArmeoPower is a robotic device that permits survivors of stroke to regain use of their arms through precise exercise and 3-D feedback. It uses an intelligent exoskeleton system (a hard, outer structure that provides support to the affected arm) to strengthen muscles and allow the brain to relearn the familiar motions necessary for daily activities. MossRehab is proud to be the first rehabilitation facility in the United States to use ArmeoPower for clinical care.

### **G-EO System™ Evolution**

MossRehab was the first facility in the United States to use the G-EO System Evolution—an advanced robotic device that resembles a combination stair-stepper and elliptical machine which helps to strengthen a patient's leg muscles to relearn walking, stair climbing and descent.

### **RELEAS®**

The RELEAS hand splint, invented by a MossRehab occupational therapist, helps restore hand function to patients recovering from stroke. This therapeutic splint enables individuals to use their impaired hand to functionally grasp, hold and release, greatly increasing the ability to use the affected hand when performing common everyday activities.

### **Tibion™ Bionic Leg**

The Tibion Bionic Leg provides gait (walking) retraining for patients recovering from stroke. This robotic aid helps the patient retrain the leg in order to stand, sit, walk and even climb stairs.

### **TyroMotion**

MossRehab is the first rehabilitation provider in the U.S. to offer a family of robotic devices from Tyromotion. The four versatile robots that comprise the collection enable patients to undergo a series of exercises that deftly address different challenges of upper body function.

For a complete listing of our technology, please visit [MossRehab.com/technology](http://MossRehab.com/technology).

## **Moss Rehabilitation Research Institute (MRRI)**

MossRehab is the only rehabilitation center in the region with a dedicated interdisciplinary research institute on site. MRRI is a world leader in stroke and brain injury rehabilitation research, leading the way to innovations in medical rehabilitation and uncovering factors that can predict recovery or result in better outcomes for patients. The resulting programs help establish standards of patient care in rehabilitation. Performing research on-site speeds the process by which discoveries are incorporated directly into practice. MossRehab is creating, testing and implementing new approaches to rehabilitation every day.



Every day, the clinicians at MossRehab continue to pioneer the use of leading technologies and innovative therapies to help patients relearn movement, regain abilities, enhance their independence and improve their quality of life.

# SPECIALIZED SERVICES

**MOSSREHAB OFFERS AN EXTENSIVE** number of specialized services designed to help survivors of stroke overcome a specific clinical challenge, re-learn a specific skill or build upon their current abilities. At whatever point a patient is in the rehabilitation process, we have the team, tools and technology to help.

- The **Stroke Comprehensive Outpatient Rehabilitation (SCOR)** program provides outpatient services including physical, speech and occupational therapy for patients who have had a stroke or a non-traumatic brain injury. Our treatment teams emphasize improving functional performance within the home and community settings.
- Aphasia, or difficulty speaking, is a very common effect of stroke. The **MossRehab Aphasia Center** provides a warm and welcoming place where people with aphasia, and their families, can learn and practice their communication skills in a supportive environment. The Center offers support groups, a computer lab, recreational card games, conversation groups, a Talking Book Club and quarterly education programs.







- The **Center for Communication Disorders** is one of the region's largest providers of interventions and audiologic services for the treatment of aphasia.
- **Vital Stim** is a device used by speech pathologists for the improvement of swallowing function. Gentle neuromuscular electrical stimulation helps restore the ability to swallow independently, critical to helping patients eat comfortably again.
- **Right Hemisphere Stroke Center (RHSC)** is the only center in the nation devoted to managing the unique needs of patients with right hemisphere stroke syndrome. Patients receive targeted treatment for their difficulties, guided by the latest research findings.
- **Young Empowerment Stroke Survivors (YESS)** is one of several **support groups** for stroke survivors. Tailored to the unique needs of younger stroke patients, YESS will host support group sessions on driving, working, family relationships, technology and adaptive equipment, communication and socialization, and contemporary leisure activities.
- The **MossRehab Driving Program** is a state-licensed program by Pennsylvania, New Jersey and Delaware. Certified driving instructors work with individuals to recommend any changes in vehicle operation that may be required, such as hand levers instead of foot pedals. They also conduct driving evaluations and provide on-road driver training to make driving possible and comfortable for qualified patients.
- The **Stroke Maintenance Program** is a supervised physical fitness program we offer for people who no longer require skilled therapy but benefit from a continued, supervised fitness program.
- **Vocational evaluation and counseling** assists patients who would like to return to work or school. These goals are identified early in the treatment plan, and rehabilitation is customized around those goals, daily.

At every point in your rehabilitation, we dedicate expert resources in highly specialized programs to help you continue to push forward, meet new challenges and achieve your goals.

The Commission on Accreditation of Rehabilitation Facilities (CARF) is the foremost international accrediting body of rehabilitation providers. By achieving accreditation, MossRehab has demonstrated that it meets international standards for quality and is continually pursuing excellence.

## **KRANCER LIVING BEYOND DISABILITIES PROGRAM**

At MossRehab, we understand that rehabilitation can be a lifelong journey, marked by ever-evolving levels of ability as milestones are achieved and new goals are set. Serving the needs of individuals at every level of ability has been the inspiration behind the extensive and growing number of programs offered.

The rehabilitation navigators at the Krancer Living Beyond Disabilities program help individuals at any point in their recovery gain access to the wide spectrum of resources and support available throughout MossRehab. Whether patients are ready to improve upon or learn new skills, increase capabilities, or access social and emotional support groups, MossRehab connects patients with the programs, technology, equipment or professional expertise that's right for each individual.

We offer programs in the following:

### **Functional Mobility**

Many of our patients are striving to regain mobility and improve function affected by an injury or disease. At MossRehab, we combine renowned expertise, unparalleled diagnostic labs, pioneering technology and new and innovative approaches in the treatment of every patient.

### **Language and Cognition**

The loss of the ability to communicate clearly and to process or remember information are very common symptoms in stroke, traumatic brain injury, and other injuries. The effects can be isolating, interfering with work, family and social dynamics. We offer therapy and support for improving skills and coping with challenges.

### **Mental Wellness**

Mental wellness provides psychological and psychiatric treatment for people with stroke, traumatic brain injury, multiple sclerosis, anoxic or metabolic brain injuries, brain tumors and any other neurologic injuries. Services are specifically designed to accommodate the added cognitive difficulties that may accompany these diagnoses.

### **Social and Community Connections**

The simple joys of connecting, socializing and integrating are sometimes challenging after an injury or illness. We provide extensive opportunities to help patients connect and participate.

For a detailed listing of all of our programs, please visit [MossRehab.com](http://MossRehab.com).



## A Long History of Rehabilitation

MossRehab has been a leader in physical medicine and rehabilitation for well over 100 years. We are nationally recognized and have been consistently ranked as one of America's "Best Rehab Hospitals" and #1 in Pennsylvania by *U.S. News & World Report*.

We are accredited by The Commission on Accreditation of Rehabilitation Facilities (CARF), one of the most respected independent non-profit accreditors of health and human services, and have received numerous accreditations in programs including brain injury, spinal cord injury, stroke and amputation.

In addition to the MossRehab Stroke Center, MossRehab offers a complete range of rehabilitative services, including comprehensive programs for spinal cord injury, traumatic brain injury, amputation and neurological and orthopedic conditions. We have two main facilities—one in Elkins Park, Pennsylvania and another in Philadelphia next to Einstein Medical Center Philadelphia. We also operate inpatient, outpatient and community programs at locations throughout the region in Pennsylvania, New Jersey and Delaware.

For more information on our rehabilitation programs, our facilities, to schedule a tour, or to speak with admissions, please call 1-800-CALL MOSS (225-5667) or visit [MossRehab.com](http://MossRehab.com).



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