



Regain



Restore



Rebuild



Recover

Penn State Hershey Rehabilitation Hospital  
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A Higher Degree of Excellence in Rehabilitation





# A higher degree of medical leadership

# A higher degree of rehabilitation care



**Penn State Hershey Rehabilitation Hospital combines the convenience and comfort of community-based care with clinical expertise and national experience in comprehensive medical rehabilitation. This higher degree of excellence better serves patient needs, goals and hopes for the future.**



Our experienced team of rehabilitation specialists is committed to helping each patient recover the strength, skills, confidence and independence to return home to family and friends, and resume work, school or community activities.

At our new hospital campus, we offer the most advanced care and treatment to adults and children who have experienced disabling injuries or illnesses. We expertly address the range of complex medical, physical, cognitive and emotional challenges our patients face.

Through the partnership of Penn State Milton S. Hershey Medical Center and Select Medical Corporation, and our affiliation with the nationally recognized Kessler Institute for Rehabilitation, we're bringing a higher degree of care to the Central Pennsylvania region.



## Whole lives, full lives

In a dynamic and supportive acute rehabilitation environment, patients receive a highly integrated program of care that is tailored to their individual needs and goals. Our specialized program includes:

- Physician-led interdisciplinary model of care
- Management of complex medical conditions
- Specialized rehabilitation nursing
- Physical, occupational, speech and recreation therapies
- Psychology/neuropsychology services
- Case management

## Our rehabilitation programs:

- Stroke
- Brain Injury
- Spinal Cord Injury
- Amputation
- Neurological Disorders
- Orthopedic Conditions
- General Rehabilitation
- Specialized Pediatric Rehabilitation



# Rebuilding strength, regaining skills



## Stroke Rehabilitation

Studies show that participation in a specialized Stroke Rehabilitation Program helps patients maximize their recovery and achieve better outcomes. At Penn State Hershey Rehabilitation Hospital, our team of doctors, nurses, therapists and other rehabilitation professionals offers the dedicated services that enable individuals to:

- Restore function and mobility
- Improve speech and swallowing
- Enhance cognition
- Strengthen bowel and bladder function
- Manage spasticity

## Brain Injury Rehabilitation

The Brain Injury Rehabilitation Program at Penn State Hershey Rehabilitation Hospital targets the individual's physical and functional limitations, cognitive deficits and emotional and interpersonal difficulties. In a safe and

supportive environment, our brain injury specialists provide dedicated care and treatment, which includes:

- Cognitive and behavioral rehabilitation
- Physical, occupational and recreation therapies
- Speech and swallowing therapies
- Spasticity management
- Visual skills retraining

## Spinal Cord Injury Rehabilitation

Clinical expertise distinguishes our Spinal Cord Injury Rehabilitation Program. Through individualized care, advanced treatment and state-of-the-science technologies, we address the complex challenges of spinal cord injury, including:

- Respiratory management
- Spasticity management
- Wheelchair and mobility needs
- Electronic aids to daily living
- Community reintegration and support services

**Our adult rehabilitation programs incorporate the most effective therapies, evidence-based technologies and leading-edge research to advance each patient's recovery.**

## Amputee Rehabilitation

The Penn State Hershey Rehabilitation Hospital team of amputee rehabilitation specialists helps individuals who have lost a limb regain function and mobility, and deal with a range of complex psychological, emotional and social issues. We work closely with each patient to:

- Apply proper wound care and limb management
- Improve strength, coordination and endurance
- Manage pain
- Explore lifestyle needs and options in prostheses
- Provide training on the use of a prosthesis

## Neurological Rehabilitation

For people with Parkinson's disease, Multiple Sclerosis (MS), Amyotrophic Lateral Sclerosis (ALS), Guillain-Barré Syndrome and other neurological disorders, we offer an integrated program of care that helps to optimize:

- Strength, coordination, balance and mobility
- Medication management
- Use of assistive devices
- Functional independence

## Orthopedic Rehabilitation

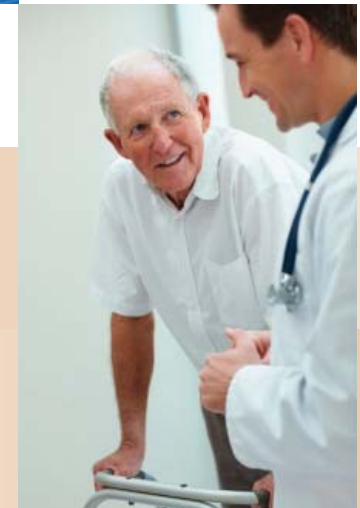
We provide expert care to individuals with a wide range of orthopedic and musculoskeletal conditions, including hip fractures, joint replacement and multiple trauma, as well as sports- and work-related injuries. Our interdisciplinary team helps patients to:

- Restore strength and mobility
- Increase function
- Utilize adaptive techniques and equipment
- Resume daily activities with independence

## General Rehabilitation

Individuals who are experiencing general debility as the result of an illness, injury or other medical condition may benefit from our comprehensive approach to rehabilitation that is designed to:

- Rebuild strength and endurance
- Restore physical function
- Learn adaptive strategies and equipment
- Return to daily activities with confidence



# Pediatric rehabilitation: restoring young futures

## A higher degree of attention

For children with congenital or acquired disabilities, the road ahead can be difficult. At Penn State Hershey Rehabilitation Hospital, we understand the many challenges that our youngest patients and their families face and together we work to optimize individual recovery. Our goal, like that of the families we serve, is to have each child return home as quickly – and with as much independence – as possible.

## A focus on individualized care

Our 10-bed Pediatric Rehabilitation Center offers patients and their families a safe, secure and supportive environment. Here, our experienced team of pediatric rehabilitation specialists targets the complex physical and functional needs of these young patients.



## BRAIN INJURY REHABILITATION

This program is designed to address the often complex needs of children who have experienced a traumatic brain injury or stroke, or who have undergone brain surgery. We focus on the recovery of motor, language, and age-appropriate self-care skills through a comprehensive treatment program.



## SPINAL CORD INJURY REHABILITATION

Our pediatric spinal cord injury team is committed to providing children and adolescents with the greatest degree of functional independence. With a family-centered approach to treatment, this program offers parents and/or caregivers the skills, training and strategies to support the delivery of optimal care at home.

## VENTILATOR DEPENDENCY PROGRAM

Developed specifically for infants through adolescents who require ventilator support, this highly specialized four-to-six-week program provides families and caregivers with the skills necessary to safely and competently care for their ventilator-dependent children.

## MOBILITY ENHANCEMENT PROGRAM

Children with acquired difficulties in walking or hand function, due to limb injuries, burns, Guillain-Barré Syndrome or prolonged illness, may benefit from this innovative program.



## Excellence in rehabilitation has a new home

*Penn State Hershey Rehabilitation Hospital's 54-bed campus combines hands-on care with high-tech treatment for adults and children. Private rooms, spacious therapy gyms, welcoming family and leisure areas, and multiple amenities help keep our patients comfortable as they progress in their rehabilitation.*

## EARLY START, GREATER SUCCESS

*Studies show the sooner an individual begins a comprehensive program of medical rehabilitation, the better the outcome is likely to be.*

*For that reason, we admit patients as soon as they are medically stable and able to begin their rehabilitation. To ensure the smoothest transition to our hospital, we coordinate admission with the referring physician, case manager and insurance provider.*

*Based on a unique relationship of trust, respect and understanding, we establish a plan of care that includes a minimum of three (3) hours of therapy Monday through Friday, and on weekends as appropriate, along with other services to advance individual progress.*

Through compassion and an uncommon passion for what we do, our pediatric rehabilitation specialists provide each child with new possibilities for life ahead, including a return to school and favorite activities.



PENNSTATE HERSEY  
Rehabilitation  
Hospital

A Partnership with Select Medical Corporation