



## **Inpatient Rehabilitation Program: Spinal Cord Injury**

Each child's rehabilitation is different. The rehabilitation medical team will work with you and your child to figure out the best plan for your child to continue working toward their goals.

**Your Child's Program:** Your family and child will receive education on spinal cord injury/disorder and what that means for their body. You will be connected with a peer and other parents for support. Your child will have physical therapy (PT) and occupational therapy (OT) twice each day, and speech therapy if needed to help with breathing muscles or brain injury. The program's goals for your child will be to help get back home and do as much as possible.

**Program Admission Criteria:** The rehabilitation doctor will help decide if your child would benefit from being in our program.

Your child may be part of the program if:

- Has a spinal cord injury or disorder from:
  - Traumatic injury
  - Tumor
  - Transverse myelitis
  - Acute flaccid myelitis
  - Vascular, demyelinating or infectious process
  - Other condition impacting the spinal cord
- Has a complete injury with some movement at the elbow (C6/C7) or an incomplete injury
- Ready to do at least 3 hours of therapy (PT, OT, Speech) each day
- Does not have any planned surgeries or medical procedures
- Does not require mechanical ventilation

Children with other conditions like brain injury or chronic health conditions that are stable can also be in the program.

**Program Transfer Criteria:** Some children and teens need to go to another part of the hospital if:

- Not able to fully participate in the program due to a medical issue
- Needs surgery
- Therapy goals are met but your child still needs medical or psychiatric care

Your child may return to the program later if there are still unmet rehabilitation goals.

**Program Discharge Criteria:** The rehabilitation team will work with you and your child to decide when it is safe to go home. Generally, expect to be in the program for 4-8 weeks depending on the type of injury/disorder.

Your child may be able to go home if:

- Spinal cord injury education has been completed
- Can do mobility skills with little or no help (age-appropriate)
- Can do (or direct) self-care skills with little or no help (age-appropriate)
- Family and caregivers have finished training to care for your child at home
- Has met medical goals and does not need to see a doctor or nurse every day
- Has the proper equipment
- Outpatient or in-home therapies have been set up
- Follow-up appointments have been scheduled

Call the Rehabilitation Team at 816-802-1200 ext. 19841 or 816-234-3970 if you have questions.