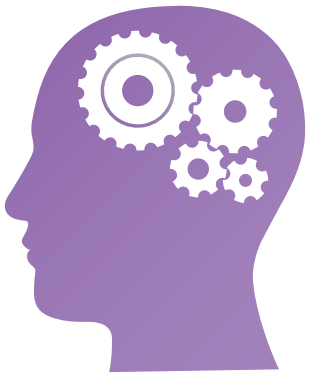
Regions Hospital®
Rehabilitation Institute

Rehabilitation Services for Strokes



Experts in Treating Strokes

At Regions Hospital, experienced physicians, nurses, therapists and staff are committed to helping you meet your rehabilitation goals. We also help with other changes that can accompany a stroke including any physical, cognitive, social and emotional changes.

Rehabilitation Services While Hospitalized

For those with injuries that require hospitalization, rehabilitation services will begin early to maximize recovery. We'll incorporate the latest techniques, technology and equipment into your therapies to help you regain your independence with everyday activities. Your comprehensive rehabilitation program may include the following:

- At least three hours of therapy a day, a minimum of six days a week
- Daily visits by a rehabilitation doctor and social worker to help prepare you for discharge
- Encouragement and assistance in practicing your therapy exercises by rehabilitation-trained nurses
- Visits by a rehabilitation psychologist, as needed
- Hands-on learning and education for you, your family and your friends on strokes and the recovery process
- Pool therapy sessions, if recommended
- Community outing with a recreational therapist
- Evening activities led by trained volunteers
- Visits by peer mentors who offer information and encouragement

Outpatient Services

To continue healing, you may require rehabilitation services after you leave the hospital. We offer comprehensive outpatient rehabilitation services, including physical therapy, pool therapy, occupational therapy, psychotherapy and speech therapy. We know you would like to regain as much independence as possible, including returning to work or school, and we're here to help you move towards those goals.

Ongoing Services for Our Patients and Families

We offer a variety of services to help you and your family during your recovery, including:

- Stroke Support Group — meets once a month for support and friendship
- Communication Practice Group — for those who have experienced a change with talking
- Driving Ability Program — a full driving evaluation to determine if it's safe to return to driving

Insurance Coverage Information

We accept all major insurance plans, Medicare, Medicaid and self payment.

For More Information

For more information or to schedule an appointment, please call **651-254-2097**.

Regions Hospital Rehabilitation Institute
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regionshospital.com/rehabilitation

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