

SPINAL CORD INJURY



The Spinal Cord Injury (SCI) Program at Rancho Los Amigos National Rehabilitation Center (Rancho) is recognized as one of the top SCI Rehabilitation Centers in the country. We hold the distinction of being one of fourteen National Institutes on Disability, Independent Living, and Rehabilitation Research (NIDILRR) funded SCI Model Systems in the United States. Resources available through Rancho and grant-funded research provide the center an opportunity to serve as a innovative center for the delivery, demonstration, and evaluation of comprehensive medical, vocational and other rehabilitation services to meet the wide range of needs of individuals with spinal cord injuries. Our superior patient outcomes, techniques, vast array of services and advanced treatments have led U.S. News & World Report to rank Rancho as one of "America's Best Hospitals" in Rehabilitation Medicine. Through the SCI System of Care at Rancho, individuals are able to receive lifetime care across the continuum. Services include acute inpatient rehabilitation, day rehabilitation, outpatient therapy, Wellness Center resources, as well as acute medical, surgical care and primary care through our Neuro-Trauma Medical Home.

THE REHABILITATION TEAM

Rancho's university affiliations and research center help bring together a world-renowned, comprehensive rehabilitation team to provide patients with specialized treatment, using the most advanced methods available. The interdisciplinary team is led by physicians board certified in spinal injury medicine and rehabilitation. Team members include a registered nurse, case manager, occupational therapist, physical therapist, speech-language pathologist, social worker, psychologist, recreation therapist, and dietitian. Specialists in Cardiology, Gastroenterology, Infectious Disease, Nephrology, Neurology, Neuro-Optometry, Neuro-Surgery, Orthopedic and Orthopedic Spine Surgery, Otolaryngology, Ear, Nose, & Throat (ENT), Pediatrics, Plastic Surgery, Psychiatry, Pulmonology, Rheumatology, Urology, and Vascular Surgery actively participate in patient care to meet the many specialty needs of patients with spinal cord injury. There is an emphasis on promoting and maximizing neurological and functional recovery, maintaining health, promoting community reintegration, and enhancing quality of life.



REHABILITATION TREATMENT

Patients admitted to the hospital for rehabilitation participate in at least three hours of formalized therapy sessions, six days a week, which may include physical, speech, occupational, and/or recreation therapy. For the remainder of the day, the rehabilitation nurse coordinates the plan, schedules other activities and administers to patient needs.



ADMISSION REQUIREMENTS

Rancho's Spinal Cord Injury Program accepts referrals from hospitals, physicians, medical groups, health plans, healthcare professionals and family members.

To determine eligibility for admission to our program, contact our **Centralized Admission and Referral Office (CARO) at (562) 385-6554**. Our referral office will arrange for a liaison nurse to expedite the process of admission to Rancho.

MAXIMIZING RECOVERY

The philosophy of Rancho recognizes the necessity of providing evidence-based treatment to maximize recovery. High intensity rehabilitation interventions and patient education are provided as part of individualized programs tailored to address the specific goals and unique needs of each patient.





REHABILITATION PROGRESS

Patient medical and rehabilitation progress is evaluated on an ongoing basis. Gait patterns and deviations can be analyzed in the Pathokinesiology Laboratory to provide recommendations for appropriate therapeutic interventions or adaptive bracing. Outcome measures for rehabilitation progress are assessed using standardized assessment tools.



PROGRAMS FOR SPECIALTY PATIENT NEEDS

The following programs are offered to address the specialty needs of patients:

- Adaptive Outdoor Adventure Program
- Advanced Spasticity Management
- Animal Assisted Therapy
- Arts Program
- Aquatic Therapy Program
- Bodyweight Support Treadmill Training
- Center for Applied Rehabilitation Technology (CART)
- Driver Rehabilitation and Training
- Dual diagnosis program for patients with both traumatic brain injury and spinal cord injury
- Functional Electrical Stimulation
- Hand and spine surgery
- Know Barriers Peer Mentors
- Orthotics and Prosthetics Services
- Pain Management
- Pathokinesiology Lab
- Pediatrics program
- Pressure ulcer management program for patients requiring surgical intervention for pressure injuries
- Research opportunities through Rancho Research Institute
- Robotics
- SCI Support Groups
- Seating Center
- Sexual dysfunction
- "Starting Out" lecture series for patient and family education
- Urological care
- Ventilator management
- Wellness Center
- Wheelchair Sports Program
- Women's Clinic
- Work Rehabilitation

FAMILY PARTICIPATION & RETURN TO HOME AND COMMUNITY



Using the most effective evidence-based approaches and techniques, the SCI team members collaborate with patients with spinal cord injury and their support systems to improve quality of life and achieve independent levels of functioning, including returning to the home and involvement in community activities and roles. Rancho recognizes the importance of family participation in the rehabilitation process and encourages family participation. Family involvement in goal setting, therapy and education sessions, family conferences, home visits, and community re-integration activities is an integral part of the patient's program. Family members are offered the option of staying at H.O.M.E. (Housing of Medical Emergencies), apartment-like housing on Rancho grounds during treatment.–

Restrictions do apply. Before discharge, the patient's support system is instructed by members of the rehabilitation team on how to assist their love one at home.

CULTURAL HUMILITY

Rancho strives to uphold the values and beliefs of our patients as the population we serve comes from diverse cultural backgrounds. We aim to meet the unique needs of each patient across a number of cultural domains including language preferences, dietary needs, spiritual beliefs, and much more. We are committed to the practice of cultural humility that embodies an ongoing effort to ensure we are successfully adapting to needs of our patients. Rancho is committed to an environment that is safe and inclusive for everyone.



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www.rancho.org

To request reasonable accommodation, contact the ADA Coordinator's Office at (562) 385-7428 or by email at lawong@dhs.lacounty.gov 5 days in advance

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