



Cardiopulmonary Rehabilitation

Fitness Plus Center

Inpatient Rehabilitation

Outpatient Rehabilitation

Pediatric Rehabilitation Services

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CENTERS OF EXCELLENCE

The Comprehensive Cancer Center • The HealthFirst Center at Valley Hills Mall • The Heart Center
 The Neurosciences Center • The Center for Orthopaedics • Psychiatry Services • The Center for Rehabilitation
 The Center for Women and Children • The Birthing Center



Inpatient Rehabilitation



We Help Patients Become as Independent as Possible

Our Inpatient Rehabilitation Center helps individuals recovering from stroke, orthopaedic surgery, amputation or other illnesses and injuries adjust to their challenges. Located within Catawba Valley Medical Center, this 20-bed unit has been accredited by CARF, the Rehabilitation Accreditation Commission, as a Comprehensive Integrated Inpatient Rehabilitation Program.

The Center consists of private and semi-private rooms with wheelchair accessible bathrooms and closets. It is specifically designed to enhance patient comfort and safety and to encourage a high level of independence. We offer a gymnasium with state-of-the-art therapeutic equipment, a separate hydrotherapy area, and a special treatment area that includes kitchen, bathroom and laundry facilities. The center also has a therapeutic day room and a transitional living suite that may be used prior to discharge.



Our Interdisciplinary Team Approach

Catawba Valley Medical Center's rehabilitation professionals strive to maximize each patient's functional abilities through a personalized treatment plan. This plan is designed to assist patients in meeting their individual goals. Our inpatient team consists of:

- A physician who specializes in rehabilitative medicine
- Rehabilitation nurses
- Physical and occupational therapists
- Speech/language pathologists
- Therapeutic recreation specialists
- Social workers
- Psychologists

This team of competent, caring professionals is trained to help motivate and educate both patients and their families during the rehabilitative process.

We Put Patients and Their Families Center Stage

Patients and their families are the most important members of the rehabilitation team. Throughout their stay, patients are encouraged to identify their personal rehabilitation goals, which are then included in the treatment plan. We encourage family members to participate in the rehabilitation process and work with our staff to prepare the patient for discharge. Being closely involved in the rehabilitation program helps family members understand patients' needs and gain the confidence required to provide competent assistance. A transitional living suite or therapeutic day passes with the family are often used to allow patients and families to practice skills prior to being discharged.



Our Admission Requirements

Here are the basic criteria for admission to Catawba Valley Medical Center's Inpatient Rehabilitation program. The patient must:

- Require the 24-hour availability of a physician and a registered nurse with special training or experience in the field of rehabilitation.
- Be able to participate in three hours of therapy per day, five days per week.
- Require an intensive rehabilitation program which offers an interdisciplinary teach approach. The patient's prescribed rehabilitation program must include at least two of the following therapies: physical, occupational or speech.
- Have physical conditions or impairments that demonstrate potential for significant improvement within a reasonable period of time. There must be sufficient community/family support to facilitate a discharge to home, rest home or assisted living facility.
- Demonstrate cognitive abilities sufficient to follow one-step commands and demonstrate carryover.
- Be 18 years of age or older.

There may be additional criteria for other diagnoses.

For more information on the referral process or for a tour of the Inpatient Unit please call the Admission Coordinator at 828/326-3100.