



Multiple Trauma Rehabilitation Program



Highly specialized rehabilitation therapy is needed when a person suffers more than one major injury to address the complex issues of multiple trauma, and help the person recover as much strength, mobility and independence as possible.

Multiple Trauma Injuries

From a medical perspective, multi-trauma indicates that a person has suffered major injuries in multiple organs or sites, most often from a fall or car accident. It's typically associated with injuries to the brain or spinal cord in addition to multiple fractures or limb amputation, or multiple fractures that occur in lower and upper limbs and the ribs or sternum.

For the patient, it means addressing the different rehabilitation needs of all injuries, and incorporating the right types of therapies and specialists to help the person recover as fully as possible and learn any adaptive strategies needed to manage daily tasks.

Loss of Function and Common Problems

How a person is affected depends on his or her specific injuries. Those with brain injuries may have problems with communication and understanding that aren't typically found in those with an injury to the spinal cord.

Some common issues for those who have multiple trauma injuries include:

- Loss of movement
- Loss of bladder or bowel control
- Muscle spasms
- Pain
- Sexual dysfunction
- Circulatory issues

- Pressure ulcers
- Depression
- Impairments to memory and reasoning
- Problems with balance
- Difficulties with communication, expression and understanding
- Depression
- Anxiety
- Sleep issues

A 2014 study found that patients treated in inpatient rehabilitation programs after a hospital stay returned home sooner and had better long-term clinical outcomes.

The study's authors noted that "receiving rehabilitation in IRFs improves quality of life for the patient, defined as living longer, reducing the use of facility-based care including hospitals and ER visits, and remaining in their homes with outpatient services."¹

1. Dobson DaVanzo & Associates, LLC. *Assessment of Patient Outcomes of Rehabilitative Care Provided in Inpatient Rehabilitation Facilities (IRFs) and After Discharge*. 2014 Dec. http://www.amrpa.org/newsroom/Final_Dobson_DaVanzo_Report.pdf





Multiple Trauma Rehabilitation Program

Our Rehabilitation Team

Our interdisciplinary rehabilitation team helps each patient and family progress to recovery. This specialized team evaluates and develops a personalized treatment plan designed to help each individual recover and develop the skills needed to return home and live as independently as possible.

The rehabilitation team may include:

- Patient/caregiver
- Physicians specializing in rehabilitation
- Rehabilitation nurses
- Physical therapists
- Occupational therapists
- Speech therapists
- Case managers/social workers
- Neuro/clinical psychologists
- Nutritional counselors

Rehab in the Acute Inpatient Rehabilitation Setting or Inpatient Rehabilitation Hospital

Our specialized inpatient rehabilitation program focuses on the physical and emotional effects of the patient's injuries with the goal of helping each one recover to his or her maximum potential. We provide a positive, patient-centered environment for patients and their families to feel safe, understood and supported.

Each treatment plan is designed specifically to meet the individual's therapy goals and medical needs. It typically includes physical, occupational and speech therapy:

- Physical therapists focus on exercise routines designed to strengthen and maintain existing muscle function, and training on any required mobility devices.

- Occupational therapists help teach techniques for managing self-care activities such as dressing, bathing as well as everyday activities such as home management. They also provide instruction for equipment to help better perform these activities.
- Speech therapists provide training regarding breathing and swallowing.

Areas of focus include:

- Teaching adaptive activities of daily living (ADLs)
- Managing bowel and bladder control
- Addressing any social issues
- Improving psychological adjustment
- Promoting a positive self image
- Maximizing overall mobility, health and independence
- Home care education for family and caregivers
- Functional exercises
- Fall prevention techniques
- Mobility at home and in the community and transportation

Caregiver Support

We know the critical role caregivers and family members play in helping their loved ones recover from traumatic injuries. We also know it can be stressful at times. Our care team offers support and information to help caregivers and other loved ones understand the recovery process after a multiple trauma injuries and how they can best help their loved one. They also will help direct caregivers to the right resources so they can get help and support when they need it.

Contact Us for More Information and to Request a Patient Assessment.