



Traumatic Brain Injury Program



AT MOSSREHAB

IMPROVING THE FUNCTION AND QUALITY OF LIFE FOR INDIVIDUALS WITH INJURIES OR DISABILITIES IS WHAT DRIVES US, EVERY DAY.

Since 1959, MossRehab has provided patients with a breadth of expertise unrivaled in the region. In fact, *U.S. News & World Report* has consistently ranked us among the nation's best rehabilitation facilities, as well as #1 in Pennsylvania. We are committed to earning the trust and partnership of each of our patients and their family members, and we prove it at every point on the path of rehabilitation.

How do we do it?

First and foremost, by being staffed by some of the most experienced doctors and clinicians in their fields, who are recognized by their peers as leaders in rehabilitation.

By combining world-renowned expertise across disciplines, having one of the broadest scopes of resources and programs available, some of the most advanced technology, and the expertise to maximize its capabilities.

By conducting rigorous research that advances rehabilitation science around the world, setting aggressive goals customized to each patient and then optimistically pursuing them with innovative thinking and therapeutic application that maximizes quality of life for every patient.

But what we value most is the trust that's invested in us by our patients and their families while working together to overcome some of life's greatest challenges.





Experience and Innovation to Exceed Expectations

Brain injury, at any level of severity, is life-altering, not just for patients but for the people who love and care for them. There are many decisions to be made and you can quickly feel overwhelmed. Your first priority is finding the best possible care, with the region's most experienced team, at one of the most advanced rehabilitation providers in the nation.

At MossRehab, we understand deeply the challenges facing patients and their families when needing traumatic brain injury (TBI) rehabilitation. Our traumatic brain injury program is one of only 16 federally funded Traumatic Brain Injury Model Systems of Care in the U.S., recognizing MossRehab as a center of excellence in the research and clinical care of TBI. Our multidisciplinary expertise, coupled with some of the most innovative technology available, empowers our team to make perceptive evaluations and targeted treatment plans to set ambitious goals for recovery.

The breadth and depth of our experience, combined with the only hospital-based rehabilitation research institute in the region, allows us to provide informed and progressive therapy. The change in our patients' functional improvement scores from admission to discharge and the percentage of patients who return directly home consistently exceeds those outcomes of persons served in other facilities in the region and nation. Year after year, *U.S. News & World Report* ranks us among the top 10 rehabilitation providers in the nation and #1 in Pennsylvania in its annual "Best Hospitals" rankings.

Family and caregivers are an integral part of every treatment plan, and we provide extensive education, support and counseling, not just at the onset of injury, but throughout the rehabilitation process, and even after a patient returns to home, school or work. From whatever point you start with us, we will be with you every step of the way.

THE ROAD TO RECOVERY



A TRAUMATIC BRAIN INJURY interferes with the way the brain works. When nerve cells in the brain are damaged, they can no longer easily send information to each other.

This causes changes in a person's abilities and behaviors, depending on which parts of the brain were affected most. With time and therapy, improvement can be achieved and many skills can be relearned. While improvement is often more rapid in the first weeks and months following injury, some developments require more time, evolving slowly over many years, depending on the nature and extent of damage to the brain tissue.

The road to recovery at MossRehab, however, begins immediately. Our comprehensive and ever-growing list of programs and services is unmatched in the region, with inpatient, transitional and outpatient options to take patients from initial injury to facilitate and optimize recovery.

Patients at MossRehab can benefit from the collaboration and expertise of the region's top physicians, rehabilitation nurses, neuropsychologists, psychologists, dietitians, case managers, social workers and physical, occupational, speech, respiratory and recreational therapists as needed. We work closely with patients' families and caregivers at every stage to provide the support, education, resources and counseling they need to cope, contribute and achieve.

INPATIENT CARE

The Drucker Brain Injury Center

The nationally recognized Drucker Brain Injury Center at MossRehab provides a warm, friendly and supportive environment for patients recovering from brain injury. We are connected to an acute care hospital on-site, so patients and their families benefit from the additional security and efficiency of having the staff, technology and resources of a full-service hospital available 24 hours a day.

Patients are evaluated by a board-certified physiatrist—a physician who is specially trained in physical medicine and rehabilitation—who specializes in traumatic brain injury rehabilitation and directs their care for the duration of their stay. Each patient, based on his or her unique diagnosis, is partnered with carefully selected clinicians, all of whom are specialists in brain injury rehabilitation and who create and constantly adjust the treatment plan. While at MossRehab, patients start to regain physical, cognitive and behavioral skills that may have been impaired as a result of their injury.

Within MossRehab, we have a comprehensive array of transitional and outpatient rehabilitation programs to meet the ongoing needs of people with brain injury. When it's time to move from inpatient care, our care management team works with patients to help them transition to the appropriate MossRehab programs and facilities to best fit their needs. Across our entire system are the same level of highly qualified, caring and collaborative clinicians to ensure patients never stop pushing forward.

TRANSITIONAL PROGRAMS

Day Hospital and Day Therapy

These are specially designed care options for patients who need intensive treatment but don't require the around-the-clock medical attention of an inpatient stay. These options can often provide a cost-effective bridge between the inpatient and outpatient care programs. Patients continue to receive the same level of quality care, in the same facility and with the same skilled rehabilitative team, but with the comfort of returning home at night, and on weekends.

OUTPATIENT CARE

MossRehab encompasses an expansive network of fully equipped rehabilitation centers conveniently located throughout the greater Philadelphia region and in New Jersey so patients can continue to learn new skills or refine existing skills needed for living independent and productive lives.

Our primary goal is to help our patients return to the comfort of their homes, with as much independence and return to functioning as possible. To that end, we go beyond traditional outpatient therapy, and dedicate extra resources to meet the specific needs and lifestyles of each individual patient and their families. That may include vocational training, physical adaptations in the home, or other daily skills like managing finances.

Rehabilitation doesn't only happen within our walls. We help patients and their families transition comfortably back to the places that are most important to them. Our therapists go to homes, workplaces, on public transportation, into grocery stores and restaurants, making patients feel safe and comfortable again.

Drucker Community Residence

For those who require 24-hour transitional care, the Drucker Community Residence provides a convenient living arrangement for persons with brain injury. Comprehensive treatment plans are custom-made for each patient to regain the skills necessary to engage in a full, enriching role in the workplace, at school, at home and in the community. Services are provided 24 hours per day, seven days per week.

MOSSREHAB HAS BEEN A LEADER in physical medicine and rehabilitation for well over 100 years. We are recognized nationally and have been consistently ranked as one of America's "Best Rehab Hospitals" by *U.S. News & World Report*. And we receive more Commission on Accreditation of Rehabilitation Facilities (CARF) accreditations than any other rehabilitation provider on the *U.S. News & World Report* list.

Our reputation is built on the skills of the physicians and clinicians who are driven every day to help our patients achieve. The results are indisputable: our outcomes continually exceed regional and national averages for traumatic brain injury, both in functional independence, and number of patients who can return home.

Specialized Diagnostic Labs

MossRehab is a leader in properly diagnosing the causes of functional issues common to traumatic brain injury survivors. The course of rehabilitation may be directed or adjusted depending upon testing completed in our specialized diagnostic labs.

MossRehab's **Sheerr Gait and Motion Analysis Laboratory** is the first specialized lab of its kind in the region. In the Gait Lab, a patient's walking patterns are analyzed using advanced equipment to identify the causes of walking problems, allowing physiatrists to recommend treatments and measure a patient's progress.

Using the sophisticated tools of our **Motor Control Analysis Laboratory**, specialists identify how much control patients have of their arm and hand muscles and movement. They also determine muscle tone, weakness or tremors and establish benchmarks to help measure improvements made through corrective physical, medical or surgical therapies.

In the **Electrodiagnostic Center**, MossRehab physiatrists evaluate brain, nerve and muscle function using advanced clinical neurophysiology. Based on these test results, they can diagnose nerve injuries, locate sites of damage and evaluate a patient's condition after treatment or surgery.

Technology

Depending on which area of the brain was affected, patients can experience a wide range of symptoms, falling into three main groups: cognitive (ability to process or remember information, and the ability to communicate clearly), emotional/behavioral (confusion, anger), and physical (reduced strength and coordination). At MossRehab, technology plays a vital role in the treatment of each. In our practiced clinicians' hands, some of the most innovative and leading edge tools can be used to tap into the natural ability of the brain to adapt and change, stimulating new connections to "rewire" the messaging that results in movement, coordination and communication.

MossRehab is proud to be the first rehabilitation provider in the U.S. to adopt the tools listed below, and remains on the forefront of exploring and even creating innovative new technologies and ways to incorporate them into therapy.

Armeo®Power

ArmeoPower is a robotic device that allows persons who have sustained a traumatic brain injury to regain use of their arms through precise exercise and 3-D feedback. It uses an intelligent exoskeleton system (a hard, outer structure that provides support to the affected arm) to strengthen muscles and allow the brain to relearn the familiar motions necessary for daily activities. MossRehab is proud to be the first facility in the United States to use ArmeoPower for clinical care.

G-EO System™ Evolution

MossRehab was the first facility in the United States to use the G-EO System Evolution—an advanced robotic device that resembles a combination stair-stepper and elliptical machine—which helps to strengthen a patient’s leg muscles to relearn walking, stair climbing and descent.

Tyromotion

MossRehab is the first rehabilitation provider in the U.S. to offer a family of robotic devices from Tyromotion. The four versatile robots that comprise the collection enable patients to undergo a series of exercises that deftly address different challenges of upper body function.

For a complete listing of our technology, please visit MossRehab.com/technology.

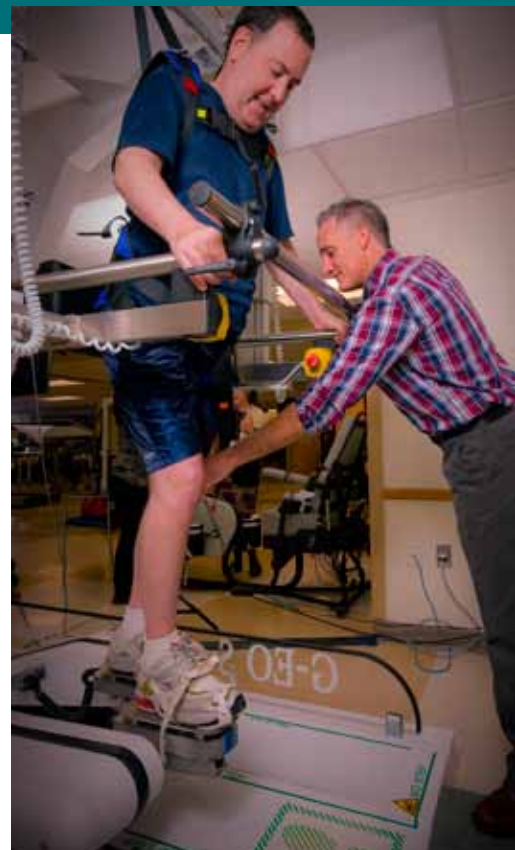
Moss Rehabilitation Research Institute (MRRI)

MossRehab is the only rehabilitation center in the region with a dedicated interdisciplinary research institute on site. MRRI is a world leader in stroke and brain injury rehabilitation research, leading the way to innovations in medical rehabilitation and uncovering factors that can predict recovery or result in better outcomes for patients. The resulting programs help establish standards of patient care in rehabilitation. Performing research on-site speeds the process by which discoveries are incorporated directly into practice. MossRehab is creating, testing and implementing new approaches to rehabilitation every day.

Traumatic Brain Injury Model System

MossRehab was selected by the National Institute on Disability and Rehabilitation Research (NIDRR) as one of only 16 sites in the country to participate in a longitudinal study of the recovery and rehabilitation needs of individuals with traumatic brain injury. Model System researchers are working together to improve outcomes for individuals recovering from traumatic brain injury (TBI).

NIDRR awards the Model System designation only to centers of excellence in both research and clinical care of TBI. This directly and positively benefits our patients from the excellent staff that is attracted to MossRehab by this designation and the cutting edge research and shared knowledge that is immediately incorporated into a patient’s care.



Every day, the clinicians at MossRehab continue to pioneer the use of leading technologies and innovative therapies to help patients with disabling injuries relearn movement, regain abilities, enhance their independence and improve their quality of life.

The Commission on Accreditation of Rehabilitation Facilities (CARF) is the foremost international accrediting body of rehabilitation providers. By achieving accreditation, MossRehab has demonstrated that it meets international standards for quality and is continually pursuing excellence.

SPECIALIZED SERVICES

MOSSREHAB OFFERS AN EXTENSIVE number of specialized services designed to help persons who have experienced traumatic brain injury overcome a specific challenge, re-learn a specific skill or build upon their current abilities. At whatever point a patient is in the rehabilitation process, we have the team, tools and technology to help.

- The **Responsiveness Program** evaluates and treats patients with prolonged unconsciousness or slow recovery of consciousness after traumatic or non-traumatic brain injuries. We assess the patient's sensory, motor, and cognitive functioning to guide treatment, using sensitive methods, many of which were developed through research at MossRehab.
- The **Neuro-orthopedics Program** unites a specialized team of orthopedists and physiatrists to provide highly customized diagnosis and treatment for physical and mobility needs.
- At the **MossRehab Concussion Center**, brain injury clinicians, neuropsychologists and certified vestibular therapists assess, diagnose and treat concussions to ensure optimal recovery.





- The **Clubhouse** is an innovative program that provides customized skills training and social opportunities for people who have experienced a traumatic brain injury to increase their opportunities for employment and self-sufficient living.
- **Community Re-entry** rehabilitation specialists teach the skills necessary for performing everyday activities in the community both on-site and in real off-site locations. Therapists accompany and coach patients and their families through the social and physical steps necessary to navigate and re-learn day-to-day tasks such as eating at restaurants, shopping in a grocery store and going to work.
- The **Vocational Directions Program** trains and places people with brain injury and learning disabilities into gainful employment in the community. On-the-job coaching and a job retention program offer continued support and counseling after integration into the workplace.
- The **School Re-entry Program** prepares students with brain injury to return to academic life by coaching them on how to organize their study habits. This includes working with school administrators and teachers to custom design academic programs to meet students' needs.
- **Comprehensive Outpatient Rehabilitation Evaluations (CORE):** A multidisciplinary team of physiatrists, neuropsychologists, speech, physical and occupational therapists provides a highly individualized evaluation of a patient's daily living skills. The patient's unique abilities and needs are identified to determine whether they are ready for milestones such as returning to work, home and community re-entry and what assistance they may need.
- The **MossRehab Driving Program** is a state-licensed program approved by Pennsylvania, New Jersey and Delaware. Driving instructors, certified by the Association for Driver Rehabilitation Specialists, work with individuals to assess functional abilities and reaction time and recommend any changes in vehicle operation that may be required, such as hand levers instead of foot pedals. They also conduct driving evaluations and provide on-road driver training to make driving possible and comfortable for qualified persons.

At every point in your rehabilitation, we dedicate tremendous resources to help you continue to push forward, meet new challenges and achieve your goals.

When you come to a MossRehab Outpatient Center, you are assigned a therapist who is with you every step of the way. This consistency of care means our therapists have ongoing knowledge of their patients, which helps you get back to doing the things you enjoy, faster. It is this kind of focus that makes us the #1 rehabilitation provider in Pennsylvania.

KRANCER LIVING BEYOND DISABILITIES PROGRAM

At MossRehab, we understand that rehabilitation can be a lifelong journey, marked by ever-evolving levels of ability as milestones are achieved and new goals are set. Serving the needs of individuals at every level of ability has been the inspiration behind the extensive and growing number of programs offered.

The rehabilitation navigators at the Krancer Living Beyond Disabilities program help individuals at any point in their recovery gain access to the wide spectrum of resources and support available throughout MossRehab. Whether patients are ready to improve upon or learn new skills, increase capabilities, or access social and emotional support groups, MossRehab connects patients with the programs, technology, equipment or professional expertise that's right for each individual.

We offer programs in the following:

Functional Mobility

Many of our patients are striving to regain mobility and improve function affected by an injury or disease. At MossRehab, we combine renowned expertise, unparalleled diagnostic labs, pioneering technology and new and innovative approaches in the treatment of every patient.

Language and Cognition

The loss of the ability to communicate clearly and to process or remember information are very common symptoms in traumatic brain injury, stroke, and other injuries. The effects can be isolating, interfering with work, family and social dynamics. We offer therapy and support for improving skills and coping with challenges.

Mental Wellness

Mental wellness provides psychological and psychiatric treatment for people with traumatic brain injury, stroke, multiple sclerosis, anoxic or metabolic brain injuries, brain tumors and any other neurologic injuries. Services are specifically designed to accommodate the added cognitive difficulties that may accompany these diagnoses.

Social and Community Connections

The simple joys of connecting, socializing and integrating are sometimes challenging after an injury or illness. We provide extensive opportunities to help patients connect and participate.

For a detailed listing of all of our programs, please visit MossRehab.com.



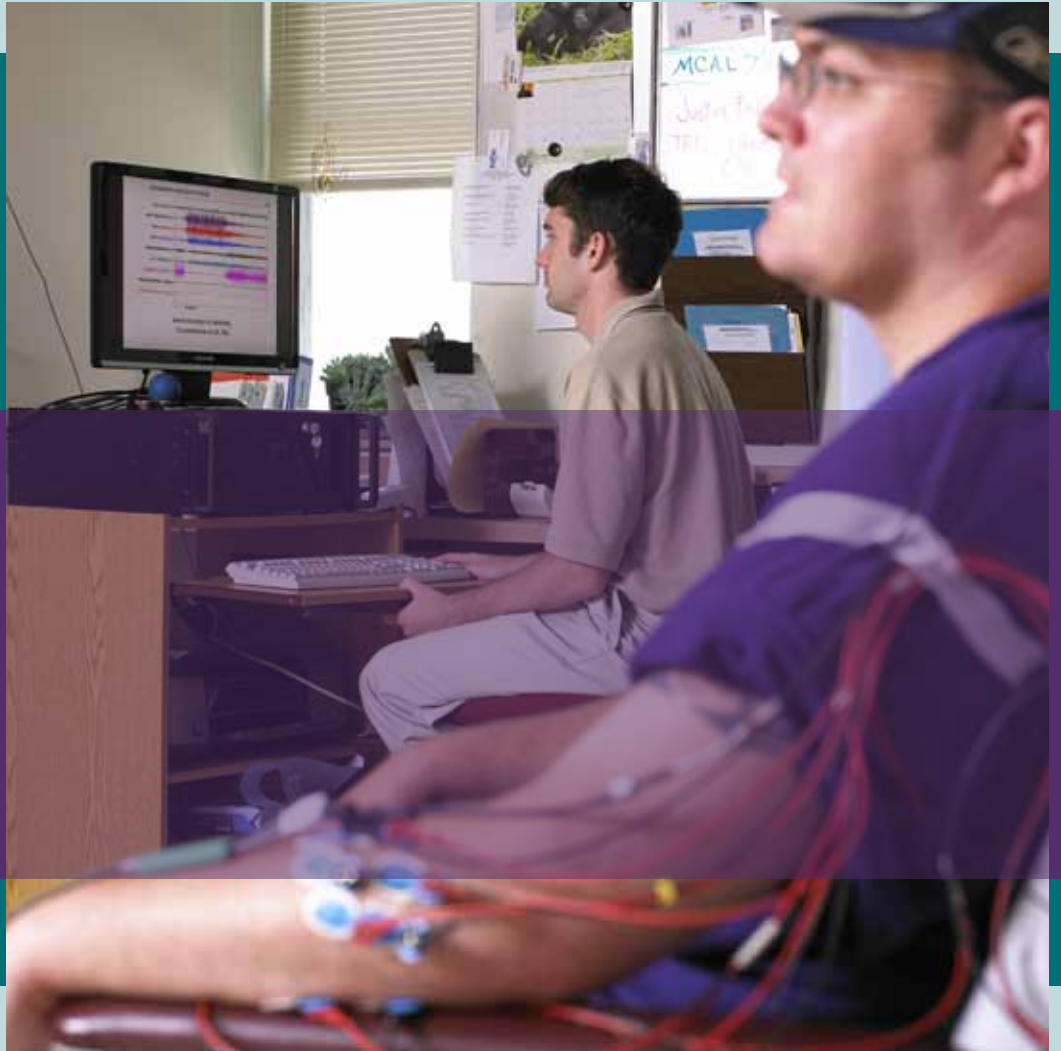
A Long History of Rehabilitation

MossRehab has been a leader in physical medicine and rehabilitation for well over 100 years. We are nationally recognized and have been consistently ranked as one of America's "Best Rehab Hospitals" and #1 in Pennsylvania by *U.S. News & World Report*.

We are accredited by The Commission on Accreditation of Rehabilitation Facilities, one of the most respected independent non-profit accreditors of health and human services, and have received accreditations in many of our programs, including brain injury, spinal cord injury, stroke and amputation.

In addition to the Traumatic Brain Injury Program, MossRehab offers a complete range of rehabilitative services, including comprehensive programs for spinal cord injury, stroke, amputation and neurological and orthopedic conditions. We have two main facilities—one in Elkins Park, Pennsylvania and another in Philadelphia next to Einstein Medical Center Philadelphia. We also operate inpatient, outpatient and community programs at locations throughout the Philadelphia region in Pennsylvania, New Jersey and Delaware.

For more information on our rehabilitation programs or our facilities, or to schedule a tour or to speak with admissions, please call 1-800-CALL MOSS (225-5667) or visit MossRehab.com.



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