



We Have a  
Great Story to Tell



**Baylor Scott & White**  
INSTITUTE FOR REHABILITATION  
DALLAS

Baylor Scott & White Institute for Rehabilitation is dedicated to helping patients find their way back from all types of injuries, illnesses, and acute and chronic conditions. We offer a network of inpatient rehabilitation facilities, outpatient clinics and home health services to help patients return to independent and productive lifestyles.



**When a person is blindsided by fate, the pieces of one's life topple like dominoes.** Then the challenging work of reinventing one's future begins. Specialists and clinicians at Baylor Scott & White Rehab – Dallas understand the challenge. If you or a loved one has a traumatic injury or illness, you need far more than just physical rehabilitation. Psychological and social adjustments are just as critical. Choosing the right rehabilitation facility can make the world of difference. Our reputation for quality and outcomes draws patients internationally and from across the U.S., and we continue to earn national recognition for our research and education. Since 1981, Baylor Scott & White Rehab – Dallas has been repeatedly recognized by *U.S. News & World Report* as one of the top rehabilitation facilities in the nation.

## A MULTIDISCIPLINARY APPROACH TO CARE

In a supportive, patient-centered environment, we manage each patient's complex challenges, tailoring treatment to individual medical, physical, cognitive and emotional needs. At Baylor Scott & White Rehabilitation, we implement a true interdisciplinary approach among our team members who provide a seamless and comprehensive approach to care. Your team of licensed professionals may include:

**Physiatrist** – attending physician who specializes in physical medicine and rehabilitation

**Rehabilitation Nurse** – specializes in rehabilitation, monitors patient needs 24/7

**Neuropsychologist** – evaluates/treats adjustment issues, behavioral-related topics and emotion

**Physical Therapist** – evaluates/treats deficits related to walking and balance

**Occupational Therapist** – evaluates/treats deficits related to daily living: eating, dressing, bathing, etc.

**Speech-Language Pathologist** – evaluates/treats communication deficits and swallowing dysfunction

**Case Manager** – assists with transition to home or community settings, and arranges follow-up services

**Respiratory Therapist** – assesses/treats those patients who may have pulmonary-related issues

**Dietitian** – ensures proper diet, diabetes education and weight loss/weight gain programs

**Therapeutic Recreation Specialist** – assists with leisure activities and the transition to home/community

## BRAIN INJURY REHABILITATION

---

Baylor Scott & White Rehabilitation is designated as one of only 16 facilities throughout the nation to serve as a model system of care for the treatment of persons with traumatic brain injury (TBI). Our program targets a patient's physical and functional limitations, cognitive deficits, and any behavioral, emotional or interpersonal difficulties. In a safe and supportive environment, our brain injury specialists provide dedicated care.

- *Cognitive and behavioral rehabilitation*
- *Physical and occupational therapies*
- *Speech and swallowing therapies*
- *Spasticity management*
- *Visual skills retraining*
- *Community reintegration strategies*
- *More than 250 brain injury admissions per year (half of which are traumatic brain injuries)*

## SPINAL CORD INJURY REHABILITATION

---

Clinical expertise distinguishes the Spinal Cord Injury (SCI) Program at Baylor Scott & White Rehabilitation. Through individualized care, innovative treatment and advanced technologies, we effectively address the complex physical and functional challenges that individuals face who have experienced a spinal cord injury.

- *Respiratory and spasticity management*
- *Wheelchair and mobility training*
- *Electronic aids of daily living*
- *Strategies for bowel and bladder management*
- *Community reintegration and support services*
- *More than 250 SCI admissions per year (half of which are traumatic spinal cord injuries)*

## STROKE REHABILITATION

---

Studies show that participation in a specialized Stroke Rehabilitation Program helps patients maximize recovery. At Baylor Scott & White Rehabilitation, our team of physicians, nurses, therapists and other rehabilitation professionals offers evidence-based stroke services to our patients.

- *Restore function and mobility*
- *Improve speech and swallowing*
- *Optimize cognition and minimize visual deficits*
- *Maintain bowel and bladder function*
- *Manage spasticity*
- *More than 250 stroke admissions per year*

## ORTHOPEDIC REHABILITATION

---

We provide advanced care to individuals with a wide range of orthopedic and musculoskeletal conditions, including hip fractures, joint replacement and multiple trauma injuries. Our multidisciplinary team helps patients to:

- *Regain strength and mobility*
- *Increase function*
- *Utilize adaptive techniques and equipment*
- *Resume daily activities as safely and independently as possible*

## AMPUTATION REHABILITATION

---

Our amputation rehabilitation team helps individuals who have lost a limb regain function and mobility, as well as manage a range of psychological, emotional and social issues. We work closely and collaboratively with each patient to:

- *Apply proper wound care and limb management*
- *Improve strength, coordination and endurance*
- *Manage pain*
- *Evaluate lifestyle needs and options in prostheses*
- *Use and maintain a prosthesis with comfort and confidence*

## NEUROLOGICAL REHABILITATION

---

For people with multiple sclerosis (MS), Parkinson's disease, amyotrophic lateral sclerosis (ALS), Guillain-Barré syndrome and other neurological conditions, we offer an integrated program of care that helps optimize:

- *Strength, coordination, balance and mobility*
- *Medication management*
- *Use of assistive devices*
- *Functional independence*

## SPECIALIZED MEDICAL TEAM

Our physicians are board-certified in physical medicine and rehabilitation (PM&R), with specialty board certifications in TBI and SCI rehabilitation. Many of our clinicians, therapists and nurses hold advanced certifications in the treatment of TBI, SCI, stroke and other programs. Specialty certifications that our clinical staff hold include:

- NDT (Neurodevelopmental Training)
- Neuro-IFRAH (Neuro-Integrated Functional Rehabilitation and Habituation)
- NCS (Neurological Certification Specialist designated by the National Physical Therapy board)
- CBIS (Certified Brain Injury Specialist)
- Certified Vestibular Therapist
- Vital Stimulation Certification
- Board-Certified Neuropsychology
- Certified Rehabilitation Registered Nurses (CRRN)
- Fiber Optic Endoscopic Evaluation of Swallowing (FEES)
- VitalStem

Our stroke rehabilitation program has received the Joint Commission's Gold Seal – a symbol of quality that reflects an organization's commitment to meeting the highest standards of excellence in patient care, performance outcomes and national safety criteria.



## ADVANCED EQUIPMENT AND THERAPIES

Patients at Baylor Scott & White Rehab – Dallas participate in a variety of progressive therapy treatments, educational sessions and support services that include:

**MOTO™ Med Bike with FES** — This specialized treatment technique, combining the MOTO-med bike with FES (functional electrical stimulation), can be used in adjunct to the traditional SCI programs utilized mostly in patients with noncomplete injuries (para, central cord and quad).

**The EKS0™** — The bionic wearable exoskeleton uses mechanical leg braces and a backpack to help patients regain the ability to walk.

**Aquatics Center** — Physical therapists and certified therapeutic recreational specialists utilize two heated pools and a hot tub to provide aquatics therapy for our patients.

**START Class** — We initiate the Spinal Injury Teaching and Reintegration Training (START) class and SCI Education classes once a patient is able to tolerate sitting up in their wheelchair for more than three hours.

**Individual Counseling and Education** — Counseling is available upon the patient's request regarding sexual issues related to their spinal cord injury.





## Our Mission

*Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.*

**Advanced Assisted Technologies** — An occupational therapist will meet with the patient on admittance to determine appropriate call light, soft touch, tent switch, and sip and puff.

**Community Re-entry** — Our recreational therapist plans and coordinates outings for patients to practice mobility skills in real-life situations, for education and for exposure to vehicle medication options to allow increased independence and preparation for re-entry into the community.

**Support/Challenge/Inspire (SCI)** — Patients have the opportunity to network and get involved with Support/Challenge/Inspire (SCI), a monthly Baylor Scott & White Rehab – Dallas support group specifically for individuals with SCI and family members affected by a person with a spinal cord injury.

**Vision Clinic** — Neuro optometrists diagnose, address and make treatment plans for our patients with visual and perceptual deficits.

**Wheelchair Seating Clinic** — Physical therapists with advanced certifications in seating and positioning work closely with our trusted durable medical equipment vendors to assist our patients in getting their custom seating and positioning needs addressed.

**Diagnosis-Driven Medical Teams for SCI, TBI and Stroke** — A Partnership Council specific to each team makes continuous improvements to our programs and advances quality care for our patients.

**Assistive Technology** — Rehabilitation engineers evaluate trial-assistive technology used for the communication and functional independence of our patients.

REAL PATIENTS. REAL STORIES.

“Surgery saved my life. Rehab is restoring my future.”

Read more about Audrey's story at "Real Patients. Real Stories."

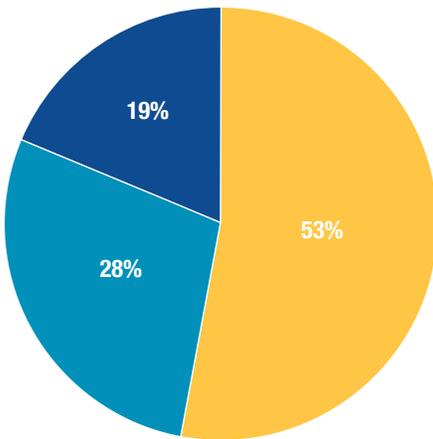
[BSWRehab.com](http://BSWRehab.com)



## CONTINUUM OF CARE

Some patients may benefit from additional services after discharge. The Baylor Scott & White Rehabilitation system offers Day Neuro programs for patients with brain injury or stroke, a Real Life Rehab home and community-based program for patients with spinal cord injury or stroke, and outpatient therapy at more than 85 clinics throughout North and Central Texas.

In addition, patients may participate in monthly spinal cord injury or stroke support groups, attend a quarterly brain injury camp for survivors, and participate in many community activities with members of our therapeutic recreation team.



### Research Facts and Figures

#### Baylor Scott & White Institute for Rehabilitation Research portfolio

**\$1,600,000/YEAR\***

**Federal grants**  
\$850,000/year

**Contracts**  
\$450,000/year

**Baylor Foundation**  
\$300,000/year

*\*Based on 2017 research projects*

## RESEARCH

Baylor Scott & White Rehab – Dallas is one of only 16 facilities nationwide designated as a model system of care for patients with traumatic brain injuries by the National Institute for Disability, Independent Living and Rehabilitation Research (NIDILRR). Research staff and clinician-researcher projects are supported by an average annual budget of \$2.2 million in federal, foundation and industry-sponsored grants and contracts with a focus in brain injury and mobility impairment research. Patients have the opportunity to participate in various research studies, including: weight management for TBI and SCI patients, sleep apnea in TBI patients and improving transition for TBI patients from acute to post-acute care.

## WHAT TO EXPECT

Patients must be able to tolerate three hours of therapy (physical, occupational and/or speech therapy) daily. This may be offered in both individual and group therapy sessions.

Our patients are expected to be active participants in the rehabilitation process and follow the agreed upon treatment plan and clinical instructions. Families are encouraged to observe and participate in therapies. Visitation is not limited unless it interferes with patient progress.

## WHAT TO BRING

Patients admitted to inpatient rehabilitation should bring:

- At least six changes of loose, comfortable clothing
- Adequate supply of socks, undergarments and pajamas
- Athletic shoes or sturdy shoes with nonskid soles
- Personal items, such as toothbrush/toothpaste, deodorant, eyeglasses, shampoo, razor, shaving cream, etc
- We recommend that you **DO NOT** bring valuables such as jewelry, cash and other non-essential items

# Refer A Patient With Just One Call

## INPATIENT REHABILITATION IS AVAILABLE AT SIX CONVENIENT LOCATIONS\*



**1**

**BaylorScott&White**  
INSTITUTE FOR REHABILITATION  
DALLAS

909 N. Washington  
Dallas, TX 75246  
**214.820.9300**



**2**

**BaylorScott&White**  
INSTITUTE FOR REHABILITATION  
FORT WORTH

6601 Harris Parkway  
Fort Worth, TX 76132  
**817.433.9700**



**3**

**BaylorScott&White**  
INSTITUTE FOR REHABILITATION  
FRISCO

2990 Legacy Drive  
Frisco, TX 75034  
**469.888.5100**



**4**

**BaylorScott&White**  
INSTITUTE FOR REHABILITATION  
LAKEWAY

2000 Medical Drive  
Lakeway, TX 78734  
**512.263.4519**



**5**

**BaylorScott&White**  
MEDICAL CENTER  
GRAPEVINE

1650 W. College St.  
Grapevine, TX 76051  
**817.388.3700**



**6**

**BaylorScott&White**  
MEDICAL CENTER  
IRVING

1901 N. MacArthur Blvd.  
Irving, TX 75061  
**972.579.8510**

*\*Some services and certified staff are not available at all locations.*



For more information or to make a referral, please call **214.820.9300** or visit us online at **BSWRehab.com**.



Physicians provide clinical services as members of the medical staff at Baylor Scott & White Institute for Rehabilitation and are neither employees nor agents of Baylor Scott & White Institute for Rehabilitation, Baylor Health Care System, Scott & White Healthcare, Baylor Scott & White Health, Select Medical Corporation or any of their subsidiaries or affiliates. Baylor Scott & White Institute for Rehabilitation is part of a comprehensive inpatient and outpatient rehabilitation network formed through a joint venture between Baylor Institute for Rehabilitation at Gaston Episcopal Hospital and Select Physical Therapy Texas Limited Partnership BIR JV, LLP. ©2018 Baylor Scott & White Health.

**FOLLOW US ON:**  
@BSWHealth | @BSWRehab  
f t p g+ i