



We Have a
Great Story to Tell



Baylor Scott & White
INSTITUTE FOR REHABILITATION
FRISCO

Inpatient | Outpatient | Day Neuro

Baylor Scott & White Institute for Rehabilitation – Frisco

is dedicated to helping patients find their way back from all types of injuries, illnesses, and acute and chronic conditions. Our inpatient and outpatient rehabilitative services provide a continuum of care that helps patients become as independent as possible and regain their quality of life. You will benefit from the experience and expertise of a team of rehabilitation professionals who share one goal: to help you recover the skills, strength and function to optimize your recovery.

No two patients are alike. In the rehabilitation program at Baylor Scott & White Rehabilitation – Frisco, we offer you the individualized treatment you expect and deserve. 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 patient safety criteria.

Baylor Scott & White Rehabilitation – Frisco is conveniently located in the heart of Frisco near the intersections of the Dallas North Tollway and the Sam Rayburn Tollway.

Our light and bright facility is well-designed for healing and includes:

- Private rooms with a view
- Private bathrooms with roll-in showers
- Customized menu choices
- Free Wi-Fi
- Outside therapy garden and walkway area



A MULTIDISCIPLINARY APPROACH TO CARE

Our rehabilitation model encompasses 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 – the attending physician who specializes in physical medicine and rehabilitation

Nurse – specializes in rehabilitation and assesses/monitors patient needs on an ongoing basis, 24 hours per day

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

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

Occupational Therapist – evaluates and treats deficits related to activities of daily living: grooming, eating, dressing, bathing and toileting, as well as visual deficits

Speech-Language Pathologist – evaluates and treats communication deficits, thinking skills and swallowing dysfunction

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

Respiratory Therapist – assesses and 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 return to leisure activities and the transition to home and the community

In a supportive, patient-centered environment, we manage your complex challenges and tailor treatment to your medical, physical, cognitive and emotional needs. At Baylor Scott & White Rehabilitation – Frisco, we are committed to helping you restore the skills, confidence and independence needed to regain your quality of life.





SPECIALIZED PROGRAMS

- Comprehensive Stroke Education Series – our weekly series provides valuable information for patients and families about stroke
- Comprehensive Back Education Series – provided to our patients and families to support back safety
- Designated wing for neurologically impaired patients – focused on structure and consistency to promote success
- Community Integration Activities
- Neuro-optometry Services and Vision Clinic – 30 to 35 percent of those diagnosed with an acquired brain injury (ABI) suffer from associated neurological vision impairment
- Neuropsychology Services
- Outpatient Day Neuro Program (transportation available)
- Horticulture Therapy Program
- Therapeutic Recreation – animal-assisted therapy, gardening as a therapeutic intervention and leisure activities
- Pastoral Services
- Outpatient Neurological Therapy – post-stroke rehab, LSVT Big and Loud Program, Certified Neuro Specialists (CNS), Certified Brain Injury Specialists (CBIS)



WHAT TO BRING?

Patients admitted to inpatient rehabilitation should bring:

- At least three changes of loose, comfortable clothing, not including sleepwear. Patients will dress every day for therapy. One set of clothing typically worn daily (i.e., business-casual attire) is also recommended. Please check with staff upon arrival.
- Athletic shoes or sturdy shoes with nonskid soles
- Personal items, such as toothbrush/toothpaste, eyeglasses, shampoo, razor and shaving cream



WHAT IS EXPECTED DURING A REHAB STAY?

- Patients must be able to tolerate three hours of therapy (physical therapy, occupational therapy and/or speech therapy daily). This may be offered in both individual and group therapy sessions. This may include three hours of therapy on your first weekend: Saturday and/or Sunday. Therapies can start as early as 7 a.m.
- Our patients are expected to be active participants in the rehabilitation process and follow the agreed upon treatment plan and clinical instructions. Skills learned in your therapy sessions, particularly those related to activities of daily living, should be applied and practiced on the nursing unit, in dining areas and other related settings as recommended by your physicians and therapists.
- Patients must be willing to work toward increased independence with self-care, including dressing, toileting and bathing.
- Families are encouraged to observe and participate in therapies. Visitation is not limited unless it interferes with patient progress. We encourage families to be present and part of the recovery process as much as possible.

CONTINUUM OF CARE

Some patients may benefit from additional services after discharge. Baylor Scott & White Rehabilitation – Frisco offers a Day Neuro program for patients diagnosed with a brain injury or stroke, a Real Life Rehab home and community-based program for patients with spinal cord injury or stroke, as well as outpatient therapy services provided at Baylor Scott & White Rehabilitation – Frisco and at more than 60 outpatient clinics throughout the Dallas-Fort Worth area.

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.



STROKE REHABILITATION

Patients who participate in our comprehensive Stroke Rehabilitation Programs generally continue to reinforce the strength and skills they have acquired to return to independent and productive lifestyles. Evidence-based studies show that participation in a multidisciplinary, specialized Stroke Rehabilitation Program helps patients maximize recovery. At Baylor Scott & White Rehabilitation – Frisco, our stroke-specific program is certified by The Joint Commission’s Disease-Specific Care. Our team of physicians, nurses, therapists and other rehabilitation professionals offers the evidence-based stroke services that enable our patients to:

- Restore function and mobility
 - Body-weight supported treadmill training (BWSTT) for improved gait performance and mobility
 - Constraint induced therapy, Bioness® and Saeboflex® devices to strengthen motor function
- Improve communication and swallowing
- Optimize cognition
- Community reintegration and preparation for re-entry to work
- Minimize visual deficits
- Maintain and improve bowel and bladder function
- Manage spasticity



Read more about Deborah's story at "Real Patients. Real Stories."
BSWRehab.com/Frisco

BRAIN INJURY REHABILITATION

Our specialized Brain Injury Program at Baylor Scott & White Rehabilitation – Frisco targets challenging physical and functional limitations, cognitive impairments, and any behavioral, emotional or interpersonal difficulties. In a safe and supportive environment, our brain injury specialists provide dedicated care which includes:

- Cognitive and behavioral rehabilitation
- Physical and occupational rehabilitation
- Communication and swallowing therapies
 - Videofluoroscopy
 - Lingraphica®
 - Electrical stimulation
- Advanced pharmacologic and therapeutic interventions to manage spasticity
- Computer orthoptics and Sanet Vision® to address visual impairments
- Community reintegration strategies

**Baylor Scott & White Rehabilitation – Frisco offers a comprehensive Day Neuro Program in the continuum of acquired brain injury. This outpatient option provides intensive neurological training to facilitate return to work, school and/or independent living. With a focus on complex cognitive retraining, patient-centered activities include self-directed tasks, return-to-driving training and skills required for returning to independent living. Learn more about our Day Neuro Program at BSWRehab.com/DayNeuro.*

SPINAL CORD INJURY REHABILITATION

Clinical expertise distinguishes the Spinal Cord Injury Program at Baylor Scott & White Rehabilitation – Frisco. Through individualized care, innovative treatment and advanced technologies, we effectively address the complex physical and functional challenges that individuals who have experienced a non-traumatic spinal cord injury or congenital spinal deficit face. We provide:

- Spasticity management
- Wheelchair and mobility training
- Electronic aids of daily living
- Strategies for bowel and bladder management
- Community reintegration and support services

NEUROLOGICAL REHABILITATION

For people with movement disorders, such as 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

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 or artificial limbs
- Use and maintain a prosthesis with comfort and confidence



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