



# We Have a Great Story to Tell



**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 - Frisco 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 - Frisco has been repeatedly recognized by U.S. News & World Report as one of the top rehabilitation facilities in the nation.

## 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 SaebFlex® devices to strengthen motor function
- Improve speech and swallowing
- Optimize cognition and minimize visual deficits
- Community reintegration and preparation for re-entry to work
- Maintain and improve bowel and bladder function
- Manage spasticity

## 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

## 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 therapies
- 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

## 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)

## 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



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 brain injury and stroke rehabilitation programs have 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.

## Our Mission

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

### 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

Real Patients. Real Stories.

***“After a stroke, I couldn’t sit up.  
Now nothing can keep me down”***

Read more about Deborah’s story at “Real Patients. Real Stories.”

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





## Specialized Medical Care

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.

- 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
- 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)

## Our Facility

Our light and bright facility is specifically 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

## 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.

## What to Expect

- Patients must be able to tolerate three hours of therapy (physical therapy, occupational therapy and/or speech therapy and counseling) daily. This may be offered in both individual and group therapy sessions. This may include three hours of therapy on your first weekend, both Saturday and 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

## 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\*



**BaylorScott&White**  
INSTITUTE FOR REHABILITATION  
DALLAS

909 N. Washington  
Dallas, TX 75246  
214.820.9300



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

6601 Harris Parkway  
Fort Worth, TX 76132  
817.433.9700



**BaylorScott&White**  
INSTITUTE FOR REHABILITATION  
FRISCO

2990 Legacy Drive  
Frisco, TX 75034  
469.888.5100



**BaylorScott&White**  
INSTITUTE FOR REHABILITATION  
LAKEWAY

2000 Medical Drive  
Lakeway, TX 78734  
512.263.4519



**BaylorScott&White**  
MEDICAL CENTER  
GRAPEVINE

1650 W. College St.  
Grapevine, TX 76051  
817.388.3700



**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.

## Dallas-Fort Worth Area



## Austin Area



For more information or to make a referral, please call **469.888.5100** or visit us online at **BSWRehab.com/Frisco**.



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