



**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration

## **SCI Outpatient Rehabilitation Program**

### **Program Goals**

The main goals of the program are to:

- Assist you to achieve your greatest independence
- Increase or maintain your function
- Promote your physical conditioning
- Help you to become more actively involved in your care
- Promote your wellness.



### **Program Overview**

The SCI Outpatient Rehab Program provides many types of therapies and classes. These are offered as outpatient and virtual sessions. Veterans and Service Members with a new SCI or chronic SCI can take part in the program. Your primary doctor can make a referral.

## **Program Description**

Your SCI primary doctor will evaluate you and order your therapies. You and your therapists will develop a treatment plan. Your treatment plan will have goals that can be measured and that you can reach.

The program involves your active participation in therapies designed for you. We will focus on enhancing your independence, function, conditioning, and secondary issues related to immobility. Your outpatient rehab plan may involve services by members of several disciplines.

Your progress will be evaluated every 4 weeks. Based on your progress, your plan is revised.

We urge you to include your family in your treatment.

## **Therapies & Classes Offered**

- Kinesiotherapy (KT)
- KT Conditioning Training (12 week program)
- Physical Therapy
- Occupational Therapy
- Pool Therapy
- Smoking Cessation
- Recreational & Sports
- Speech & Language
- Drivers Training
- SCI Patient Education Classes
- Psychological Counseling
- Sexuality Education
- Dietary-Weight Loss
- Vocational Counseling
- Prosthetic & Orthotic Services
- Social Work Services
- Whole Health



## **Admission Criteria**

- Registered with Spinal Cord Injury or new spinal cord injury/disorder
- Medically & psychologically able to participate
- Benefit from structured therapy
- Have transportation for onsite sessions
- Access to any device with internet connection (computer, laptop, iPad, mobile device) for virtual sessions

## **Outcomes for 2021**

- Twenty-three Veterans, ages 29-81 completed the SCI Outpatient Rehab Program
- Average length of time in the program was 112 days
- Participants in the Outpatient Rehab Program had an average FIM gain of 5.7 points
- 96% of participants met their FIM goal at discharge and 41% exceeded their goal
- Overall satisfaction with the Outpatient Rehab Program was 95%

**We are committed to keeping you healthy and active in your community.**

*The mission of the Michael Bilirakis VA Spinal Cord Injury Center is to improve function, promote independence, and enhance quality of life of persons served through state-of-the-art clinical care, education, and research initiatives.*

Our program is accredited by Commission for Accreditation of Rehabilitation Facilities (CARF).

**If you think you would benefit from the SCI Outpatient Rehab Program, please talk with your SCI primary doctor.**

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