

# Functional Rehabilitation of Chronic Health Impairments Program

## at Kennedy Krieger Institute

### Who We Are

The Functional Rehabilitation of Chronic Health Impairments Program at Kennedy Krieger Institute takes a collaborative, interdisciplinary and evidence-based approach to addressing the needs of patients with persistent pain and/or symptoms of chronic health conditions that limit their ability to function in daily life.

### Who We Serve

This program is for children, adolescents and young adults with persistent symptoms caused by a variety of conditions that affect their daily functioning, such as:

- Amplified musculoskeletal pain syndrome (AMPS)
- Chronic pain, including headaches and migraines
- Chronic regional pain syndrome (CRPS)
- Ehlers-Danlos syndrome (EDS)
- Functional neurological disorder (FND)
- Post-COVID-19 symptoms
- Postural orthostatic tachycardia syndrome (POTS)
- Sickle cell anemia

### Treatment Approach

Our interdisciplinary team takes a whole-person approach to care, focusing on both body and mind, as well as involving both the patient and their caregiver(s). Our team of experts works together to create personalized treatment plans that help each patient feel better and live more fully. We focus on improving everyday activities, building strength and energy, understanding pain, learning how to manage symptoms, and getting back to doing the things that matter most—like school, work, hobbies and time with family.

In this program, patients receive therapies that help rebuild physical stamina and retrain mind and body to work together for healing and wellness. Patients attend the program for three to five hours a day, Monday through Friday, for four weeks.



### Our Team

The program is staffed by any combination of the following, working as an interdisciplinary team to serve the specific needs of each patient:

- Educators
- Neuropsychologists
- Nurses
- Nutritionists
- Occupational therapists
- Pediatric rehabilitation medical provider
- Physical therapists
- Psychiatrists
- Psychologists
- Social workers
- Speech-language pathologists

## Patient Readiness

Patients most likely to benefit from our program:

- Have caregiver involvement and outpatient supports in place to promote a successful transition back to home, school and community settings
- Are able and motivated to participate in at least three hours of back-to-back services per day, Monday–Friday
- Are clinically stable and do not require frequent hospital and/or emergency department visits

This program is not designed for patients with unstable medical or mental health conditions. Achieving stabilization at an appropriate level of care can enhance a patient's readiness to participate in this program. If you have questions about patient readiness, please feel free to contact us at any time.

## Our Success

Our intensive interdisciplinary day hospital model for treating symptoms of chronic health impairments has high satisfaction ratings, with the overwhelming majority of families surveyed indicating the program addressed their children's needs.

"The ... program was extremely beneficial for my son and [helped] him feel like he was capable of regaining some of his life back. The daily therapies really [encouraged] him to start and maintain new habits and skills that he is continuing to use at home. The care and flexibility the team showed to make sure therapies were tailored to his needs [were at] a level ... that we have never experienced before."

– Parent



## CONTACT US

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For more information or to schedule an appointment, email us at [STPReferrals@KennedyKrieger.org](mailto:STPReferrals@KennedyKrieger.org) or call **443-923-4587**, or call toll-free at **888-554-2020**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

[KennedyKrieger.org/Rehabilitation](http://KennedyKrieger.org/Rehabilitation)

**Physicians and Healthcare Professionals**  
To make a referral, email us at [FindASpecialist@KennedyKrieger.org](mailto:FindASpecialist@KennedyKrieger.org) or call our Physician Referral Line at **443-923-9403**.

**Program Location**  
1750 East Fairmount Ave.  
Baltimore, MD 21231

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