

# Rehabilitation at Kennedy Krieger Institute

## Who We Are

Rehabilitation is a cornerstone of everything we do at Kennedy Krieger Institute. With a strong tradition of providing comprehensive rehabilitation services for children and young adults with disorders of the brain, spinal cord and musculoskeletal system, we offer patient care in a variety of settings. Whether your child receives intensive inpatient rehabilitation, coordinated outpatient therapy, or support at home or school, we strive to help our patients maximize their potential for recovery and successfully transition back to home, school and community life.

## Who We Serve

We offer customized rehabilitative care for children and young adults with a range of needs and diagnoses, including:

- Bone disorders
- Brachial plexus injury
- Brain and spinal cord tumors
- Brain injury
- Cerebral palsy
- Chronic pain
- Limb differences
- Movement disorders
- Neuromuscular disorders
- Orthopedic conditions
- Pediatric stroke
- Plagiocephaly and torticollis
- Spina bifida
- Spinal cord injury

## Our Approach

Our philosophy and approach to rehabilitation are driven by a number of core ideas, including:

**Individualized care:** Highly trained professionals from various fields and departments collaborate to create rehabilitation plans tailored to the special needs of each patient.

**Innovative approaches:** We offer the latest technology in a healing environment designed to help patients reach their rehabilitative goals and promote their well-being. Further, our dedication to research ensures that we can offer our patients early access to groundbreaking advances in treatment.

**Evidence-based therapies:** Through the collection of clinical data, we constantly analyze and adjust our therapies and use proven approaches to help our patients achieve rehabilitative success.

**Transitioning to the community:** Our family-centered approach offers a number of family training and therapy programs to ensure our patients regain as much functioning as possible, enabling them to successfully transition back to home, school and community life.

We offer a unique developmental approach to rehabilitation, using recreation and functional activities to turn the hard work of neurorehabilitation into fun. Using developmentally appropriate games, activities, sports and adaptive equipment, patients are able to strengthen muscles, increase range of motion, and improve coordination, memory, attention span and daily living skills.



## Our Team

Our interdisciplinary rehabilitation programs are led by pediatric physical medicine and rehabilitation specialists. Comprehensive care is enhanced through close collaborations with specialists in audiology, behavioral psychology, neuropsychology, speech pathology, nutrition, pain management, child life, physical and occupational therapy, and physical medicine. These collaborations allow our patients to see multiple specialists in one convenient location.

All of our professionals have received specialized education and training in working with children and families. Team members work with families and other caregivers to assist patients in achieving their optimum level of functioning.

## Continuum of Care

The Rehabilitation Continuum of Care provides comprehensive interdisciplinary rehabilitation to patients with a range of needs in a variety of care settings. The continuum allows patients to be seen through all phases of treatment, including 24-hour inpatient programs, day treatment, home- and community-based services, and outpatient specialty programs. Experienced rehabilitation specialists tailor assessment and treatment plans to each patient's individual needs.



Kennedy Krieger Institute

## Pediatric Inpatient Rehabilitation Programs

Our nationally accredited inpatient Pediatric Rehabilitation Unit provides comprehensive and interdisciplinary treatment, evaluation and follow-up services for children and young adults, from birth to age 21, with decreased functioning due to a variety of causes, including:

- Brain injury
- Orthopedic surgery
- Chronic pain
- Spinal cord injury
- Complex medical conditions

This unit provides 24-hour medical, nursing and respiratory care, as well as intensive therapy services. Our team can care for patients with tracheostomies, feeding tubes, ventilators, central lines or other medically complex issues. We bring together specialists from a variety of on-site clinical disciplines, including physical therapy, occupational therapy, speech pathology, behavioral psychology, nutrition and neuropsychology. Throughout a patient's stay in the inpatient Pediatric Rehabilitation Unit, therapy goals are discussed on a daily basis with the patient and their family members, who play a critical role in the treatment team.

## Outpatient Day and Community Programs

We offer multiple diagnostic, treatment and follow-up programs in numerous outpatient settings designed to treat a variety of disorders and injuries. Programs include:

- Ataxia and Cerebellar Disorders Clinic
- Brachial Plexus and Peripheral Nerve Clinic
- Community Rehabilitation Program
- Concussion Clinic
- Constraint-Induced and Bimanual Therapy Program
- Cranial Cervical Clinic
- Interdisciplinary Brain Injury Clinic
- International Center for Spinal Cord Injury
- Limb Differences Clinic
- Orthopedic Clinic
- Pediatric Pain Rehabilitation Program
- Pediatric Post-COVID-19 Rehabilitation Clinic
- Pediatric Postural Orthostatic Tachycardia Syndrome (POTS) Clinic
- Phelps Center for Cerebral Palsy and Neurodevelopmental Medicine
- Philip A. Keelty Center for Spina Bifida and Related Conditions
- Rehabilitation Clinic
- Specialized Transition Program, a neurorehabilitation day hospital

## Rehabilitation Therapies

Our highly-skilled and trained therapists treat children with neurological, orthopedic, medical and developmental concerns. Although we specialize in treating children, our team is dedicated to providing a lifetime of care to patients with complex physical rehabilitation needs. We offer:

- Aquatic therapy
- Assistive technology
- Occupational therapy
- Physical therapy
- Seating
- Speech-language therapy

### Contact Information

#### Rehabilitation at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-9400**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

#### KennedyKrieger.org

#### Physicians and Healthcare Professionals

To make a referral, email us at **FindASpecialist@KennedyKrieger.org** or call our Physician Referral Line at **443-923-9403**.

#### Mailing Address

707 North Broadway  
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of employees, trainees, and patients and students, and their families. At Kennedy Krieger, we ground our care, services, training and research in treating others with respect and civility. We respect the cultural identity of every person. Kennedy Krieger does not discriminate against people based on, but not limited to, perceived or actual race, color, culture, ethnicity, national origin, age, language spoken, accent, marital status, veteran or military status, immigration status, socioeconomic status (i.e., access to resources), physical or mental disability, religion, pregnancy status, sex, sexual orientation, or gender identity or expression. We strive for equitable care for all individuals for whom we provide services, training, education and research participation. We encourage employees, trainees, and patients and students, and their families, to become active partners in the services provided by asking questions, seeking resources and advocating for their needs. Our culture of care is extended to our patients, the patients' family members and other persons served. Here, "family" refers to parents, other family members, guardians, surrogate decision-makers and healthcare agents. © 2022 Kennedy Krieger Institute 10/2022



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