We are all born with great potential. Shouldn’t we all have the chance to achieve it?
• **Outpatient Medical Clinic:** In our outpatient clinic, physiatrists provide evaluations, periodic follow-ups, and medical management of chronic spinal cord injuries and paralysis. The focus is to minimize and prevent medical complications. Transition of care from pediatric to adult specialists is accomplished seamlessly, providing lifelong follow-up and health promotion.

• **Outpatient Therapy Program:** Our medically supervised outpatient therapy program has two unique therapy options:

  - Short-term intensive therapy: In this five-day-a-week program, patients attend therapy for two to three weeks and receive a minimum of three hours of therapy each day. This program is convenient for out-of-state patients.

  - Extended intensive therapy: In this program, patients attend therapy one to three times per week for 8 to 12 weeks and receive a minimum of three hours of therapy per session. This program is convenient for local patients and families.

• **Aquatic Therapy Program:** This program features innovative pools with multiple jets, built-in treadmills, video systems, and floors that operate on lifts to allow barrier-free entry and exit for patients in wheelchairs.

**Outcomes**

**Inpatient Rehabilitation Program**

• Patients admitted to the ICSCI Inpatient Program stay an average of 41.5 days.

• The program uses the Functional Independence Measure for Children (WeeFIM), a national pediatric rehabilitation functional outcome scale, as well as specific scales developed at Kennedy Krieger to evaluate functional improvement. Overall, patients make excellent gains as measured by WeeFIM.

<table>
<thead>
<tr>
<th>Traumatic Spinal Cord Injury</th>
<th>Kennedy Krieger Institute</th>
<th>Similar Facilities</th>
<th>National</th>
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<tr>
<td>Gains on WeeFIM</td>
<td>28.1</td>
<td>23.6</td>
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<td>Discharge WeeFIM Score</td>
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<th>Similar Facilities</th>
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<tr>
<td>Gains on WeeFIM</td>
<td>19.6</td>
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<tr>
<td>Discharge WeeFIM Score</td>
<td>82.3</td>
<td>82.2</td>
<td>80.8</td>
</tr>
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</table>

• 98 percent of patients met or exceeded goals set at admission.

**Satisfaction Survey Results**

• 99 percent of those surveyed at discharge would recommend Kennedy Krieger Institute.

• 100 percent of those surveyed three months after discharge reported that their child was able to participate in school activities.

The inpatient data is taken from July 1, 2012 – June 30, 2013.

**Outpatient Program**

The outpatient program uses the nationally recognized Spinal Cord Independence Measure (SCIM) to evaluate functional improvements. From 2007-13, our pediatric patients on average increased their SCIM scores by 8.7 points (based on a 100-point scale).

![Graph showing satisfaction survey results](image)

**Satisfaction Survey Results**

• 100 percent of those surveyed rated ICSCI therapy services as “excellent.”

• 100 percent of those surveyed would recommend Kennedy Krieger Institute to another patient with paralysis.

**Pfeiffer’s Story**

When Pfeiffer Whiteley was 8 months old, she became paralyzed as a result of transverse myelitis (TM), a rare neurological disorder caused by inflammation of the spinal cord.

The prognosis for TM is unpredictable, but ICSCI offered hope that recovery was possible through activity-based restorative therapies (ABRT) that focus on prompting cells to “remember” how to move, while encouraging the growth of new nervous system cells. The goal was to restore sensation, movement, and independence.

After Pfeiffer’s initial inpatient stay, she continued coming to Kennedy Krieger for outpatient therapy and medical care. Her outpatient visits included therapy with various specialized pediatric rehabilitation equipment, and her hard work began paying off—she progressed from walking with a walker to walking with forearm crutches, to a cane, then finally to walking without an assistive device for short distances.

Pfeiffer continues to improve.

Contact Information

**International Center for Spinal Cord Injury**

For more information or to schedule an appointment, please call 443-923-9400, or toll-free at 888-554-2080.

TTY: 443-923-2645 or Maryland Relay 711

spinalcordrecovery.org

**Physicians and Healthcare Professionals**

To make a referral, call our Physician Referral Line at 443-923-9403.

Address:  
707 North Broadway  
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Care is provided in a manner that preserves cultural, psychosocial, spiritual and personal values, beliefs, and preferences. We encourage patients and families to become active partners in their care by asking questions, requesting resources, and advocating for the services and support they need.