

Inpatient rehabilitation

Referrals and admissions information

When a patient is referred to our inpatient program, a rehabilitation admissions liaison will complete a review of the patient's medical record. During this review, the liaison will assess the patient's condition to identify specific needs and evaluate the patient's eligibility for the program. To be eligible for admission to our programs, patients must:

- Be medically stable
- Require 24 hours per day of skilled rehabilitation nursing care and physician services
- Be able to tolerate three hours of intensive therapies per day at least five days a week
- Have the ability to learn, or have family support for, education and training to ensure a safe discharge plan
- Demonstrate the potential to make measurable functional improvements

Our interdisciplinary team

Our team of highly trained, certified professionals is committed to helping patients achieve their highest level of independence, prevent long-term complications and maintain optimal health and wellbeing. Our team members include:

- Physical medicine and rehabilitation physicians
- Nurses
- Physical, occupational, speech and recreational therapists
- Neuropsychologists
- Case managers and social workers
- Rehabilitation liaisons
- Dietitians
- Pharmacists
- Hospitalists

Our inpatient facilities house fully equipped gyms, a vision training area, multiple day rooms, and a spacious, functional training kitchen. Community outings are offered with wheelchair-accessible van transportation.



Inpatient rehabilitation areas of specialty

- Amputations
- Brain injury and brain tumors
- Guillain-Barré syndrome
- Multiple sclerosis
- Multiple trauma and fractures
- Orthopedic and musculoskeletal disorders
- Spinal cord injury
- Stroke

State-of-the-art technology

- ZeroG® Gait and Balance System
- Bioness® – H200 and L300
- Bionik InMotion® and Saebo robotic arm systems
- NeuroCom®
- Restorative Therapies RT300 electrical stimulation bike
- Bioness Integrated Therapy System (BITS™)
- Synchrony biofeedback and video swallow studies



Rehabilitation goals

Our team is dedicated to providing comprehensive care to help individuals and their families reach meaningful goals throughout the rehabilitation process:

- Self-care
- Mobility/balance
- Speech and swallowing
- Thinking skills
- Bowel and bladder management
- Safety
- Adaptation to the disability (to include medical equipment, if needed)
- Transition to home or outpatient care
- Home management

Our team of professionals will help you return home safely, with the highest degree of independence possible, using the latest evidence-based interventions and technology. Your personalized care binder will serve as a resource to help you continue to make progress after you are discharged from the hospital.

What to bring

- Four or five loose-fitting outfits that include:
 - Shirts, pants and undergarments
 - Socks and shoes with nonskid bottoms
- Personal grooming items
- Glasses
- Hearing aids, if needed

Please visit [Inova.org/Rehab](https://www.inova.org/Rehab) for information on how to visit a patient.

Inova Fairfax Hospital

Inpatient Rehabilitation
8081 Innovation Park Dr.
Fairfax, VA 22031
703.664.7592

Patient arrival

1. Pull up to the main entrance of Inova Schar Cancer
2. Notify the security desk attendant that you are here for admission to the inpatient rehabilitation unit
3. You may call the unit at **571.472.0530**

Inova Mount Vernon Hospital

Inpatient Rehabilitation Center
2501 Parkers Ln.
Alexandria, VA 22306
703.664.7592

All Inova hospitals are fully accredited by **The Joint Commission**. Additionally across the system, Inova hospitals hold 21 Joint Commission disease-specific certifications. This means Inova meets the highest standards for healthcare performance, quality and safety.



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