Jefferson Acute Rehabilitation Unit
The Jefferson Acute Rehabilitation Unit at Thomas Jefferson University Hospital has provided excellence in patient-focused acute rehabilitative care since 1963.

The Unit is available for persons in need of inpatient physical rehabilitation. The mission of the unit is to provide the patient with medical and rehabilitative care, along with emotional, social and psychological support to help him or her reach optimal independence and return to the community.

The General Rehabilitation Program serves patients with such diagnoses as stroke, Guillain-Barre, multiple sclerosis, amputation, orthopedic trauma, joint replacements, arthritis, brain injury, cancer and other medically complex conditions.

The Stroke Specialty Program is part of a continuum of services that enables patients to receive care in the most appropriate settings as they recover. Our rehabilitation unit is affiliated with Jefferson’s Comprehensive Stroke Center, one of the most advanced centers in the U.S. for the diagnosis, management, prevention and research of stroke.

The Jefferson Acute Rehabilitation Unit is proud to have a facility dog, Newark (“Newie”), on staff. A facility dog is a highly trained and trustworthy dog that works alongside a professional – in this case, a physical therapist – to help patients meet their rehabilitation goals. Bred and trained by Canine Companions for Independence, Newie can perform over 40 commands to motivate and support patients in the unit.
The Spinal Cord Injury Program serves patients who have suffered a traumatic or non-traumatic injury to their spinal cord. This program provides a coordinated, interdisciplinary system of rehabilitative care from the moment of injury, through the acute rehabilitation phases, to the return to the community. Lifetime follow-up care is in conjunction with Magee Rehabilitation Hospital. The Spinal Cord Injury Program is part of the Regional Spinal Cord Injury Center of the Delaware Valley.

Our Interdisciplinary Team is led by a Physiatrist, a doctor specializing in physical medicine and rehabilitation. The Physiatrist is supported by Rehabilitation Nurses, Nurse Practitioners, Physical Therapists, Occupational Therapists, Speech-Language Pathologists, Case Managers/Social Workers, Rehabilitation Psychologists, Therapeutic Recreation Specialists, and other professionals as needed.

Our Interdisciplinary Process ensures that each patient admitted to the Jefferson Acute Rehabilitation Unit receives an individualized evaluation by members of the Rehab Team. Results of the evaluation along with input from the patient and his or her family are used to determine the appropriate treatment plan and goals for discharge. The concept of rehabilitation is integrated throughout all of the patient’s activities.
Your Treatment Program

What You Will Need
Bringing your clothing and personal possessions from home will help make your stay on the rehab unit more comfortable. During your stay, you will dress each morning as you would at home. This will help you regain your independence and prepare you for your discharge. For both men and women, loose fitting clothes are usually preferred since you will be exercising daily. Having comfortable but sturdy footwear is important. Your family will also want to bring your own toiletries.

Your Daily Routine
Your day on the rehab unit will be filled with many activities that are part of your treatment plan. The day will begin around 7 a.m. and finish up in the early to late afternoon. Usually, you will have at least three hours of therapy sessions a day. You will receive a new therapy schedule daily.

Communication with Your Team
Once a week, your treatment team will meet to discuss your goals, concerns, progress, and discharge plans. After the conference, your physician or case manager will review this information with you. During the course of your stay, we may ask your family members to come in for training during the day/or on the weekends to learn about your care. These sessions will be scheduled ahead of time. We may also hold family meetings to help plan for your discharges. Remember, good communication is important when working together as a team.

Accreditation
The Jefferson Acute Rehabilitation Unit is nationally accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for Comprehensive Integrated Inpatient Rehabilitation and the Stroke Speciality Program.

Value Statement
At the Jefferson Comprehensive Acute Rehabilitation Unit, we have defined value statements which guide our interactions with patients served and their families:

- We value human dignity
- We value individuality
- We value creativity
- We value family
- We value courage
- We value honesty
- We value advocacy and inclusion

For more information, please call 1-800-JEFF-NOW.
The Jefferson Acute Rehabilitation Unit welcomes all inquiries about our programs. We will be happy to arrange a tour for prospective patients, families or friends with our Admissions Staff.

Jefferson Acute Rehabilitation Unit
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Admissions: 215-955-7166
Or visit JeffersonHealth.org

Thomas Jefferson University Hospitals, Inc. is a Magnet®-designated hospital.