



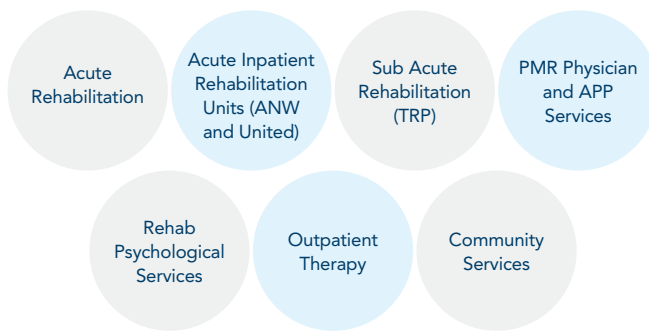
80%

of patients returned to social activities and reported increased independence three months post discharge from our inpatient rehabilitation program.

The Rehabilitation Continuum Supporting Patients

VALUE BASED MULTISPECIALTY EXPERTISE

Primary care • Specialty care • Cancer Institute • Heart Institute • Orthopedics and sports medicine • Neuroscience, Spine, & Pain Institute • Mother Baby • Mental health & addiction



COURAGE KENNY RESEARCH
ALLINA HEALTH FOUNDATION
VOLUNTEER SERVICES

Meet the team

Our brain injury rehabilitation team at Courage Kenny has built a reputation for exceptional quality of care and outcomes. The team that specializes in the treatment of brain injury or head trauma includes:

- physiatrists (who specialize in physical medicine and rehabilitation)
- psychologists
- neuropsychologists
- rehabilitation nurses
- care coordinators
- social workers
- physical therapists
- occupational therapists
- speech/language pathologists
- therapeutic recreational specialists

Other care team members who assist with rehabilitation care include nurse practitioners, dietitians, nutritionists, pharmacists, respiratory therapists, and chaplains. Our team also works alongside our home care, senior health, palliative care and hospice services to provide a full continuum of care depending on the patient's needs.



The brain injury team is led by Medical Director Diane Chappuis, MD, a board-certified physical medicine and rehabilitation physician. She is also the medical director for the stroke program.

About us

Courage Kenny Rehabilitation Institute, part of Allina Health, was created in 2013 by the merger of Courage Center and Sister Kenny Rehabilitation Institute. Courage Center, which started serving children in 1928, and Sister Kenny Rehabilitation Institute, which opened in 1942, were both founded to bridge a gap in services for people with disabilities. Today, the combined Courage Kenny Rehabilitation Institute serves patients of all ages who have a wide range of rehabilitation needs.

Courage Kenny has more than 45 locations across Minnesota and western Wisconsin. Our nationally ranked programs and facilities allow us to provide patients with top-level care and support.



COURAGE KENNY
REHABILITATION INSTITUTE®

Brain Injury Rehabilitation Program


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Brain Injury Program

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- Individualized Home Supports and Housing Stabilization
- pool, fitness and wellness activities
- support groups
- vocational specialists

Specialty services and adaptive technology

We use innovative robotic and adaptive technology such as body weight-supported treadmill training, robotic walking systems, functional electrical stimulation and more to support our patients on their path to recovery. We also offer balance retraining and vestibular rehabilitation that can treat imbalance and dizziness caused by brain injuries.



96%

of participants in adaptive sports and recreation reported improved quality of life.

How we serve our patients

Our team provides brain injury rehabilitation care in three settings: inpatient and short-term transitional settings, outpatient and community services.

Inpatient and short-term transitional services

Brain injury rehabilitation often begins in the hospital. A patient's care team may recommend comprehensive rehabilitation in a hospital setting where we can provide 24-hour medical care.

We provide inpatient rehabilitation for patients recovering from a brain injury at:

- Abbott Northwestern Hospital in Minneapolis
- United Hospital in St. Paul.

Our Transitional Rehabilitation Program (TRP) is located at our Courage Kenny facility in Golden Valley and is available as transitional place between hospital care and home care or community living. This site is licensed as a skilled nursing facility (SNF).

Outpatient services

Our comprehensive outpatient programs are available for children to adults and focus on continued recovery. We help our patients learn new skills and manage symptoms to improve their day-to-day function and regain as much independence as possible. A referral is needed for most outpatient services.

Community services

A wide range of community services are available to help you get back to living, working and playing as independently as possible. These include:

- ABLE (Activity Based Locomotor Exercise)
- adaptive sports and recreation
- assistive technology
- behavioral and mental health services
- driver assessment and training



Education and support

Being diagnosed with a brain injury also impacts the family and caregivers. Our support groups provide community for individuals that have a brain injury and their care circle; helping them cope with physical, emotional and lifestyle changes. We also offer a peer visitor program that allows patients and their families to connect with others who have had a similar experience in a one-to-one setting.

Brain injury research

The Courage Kenny Rehabilitation Research Center conducts pioneering research to help patients who have experienced an injury or have a disability. We are committed to advancing the treatment and outcomes of those with a brain injury so they can reach their full potential.