

When you live with a spinal cord injury or disease you may experience many challenges. Courage Kenny Rehabilitation Institute's physician-directed Spinal Cord Injury Program provides comprehensive services that help you meet these challenges. We offer acute inpatient rehabilitation as well as outpatient therapy, follow-up care and community-based services and resources. Our team provides support at every stage of your recovery as you pursue your lifelong goals.

Meet the team

Our spinal cord rehabilitation team will work with you and your family to develop a plan of care. The goal is to help you regain as much independence as possible. Your input is crucial for setting and achieving goals, organizing family conferences and creating discharge plans. Team members who specialize in the treatment of spinal cord injury and disease include:

- physiatrists – physicians who specialize in physical medicine and rehabilitation
- assistive technology specialists
- care coordinators
- community specialists
- driving instructors
- family medicine providers and nurse practitioners
- fitness specialists
- occupational, physical and speech therapists
- psychologists and neuropsychologists
- rehabilitation nurses
- social workers
- therapeutic recreation specialists
- vocational specialists.

Many of our therapists have certification as neurologic specialists, assistive technology practitioners and other advanced training.

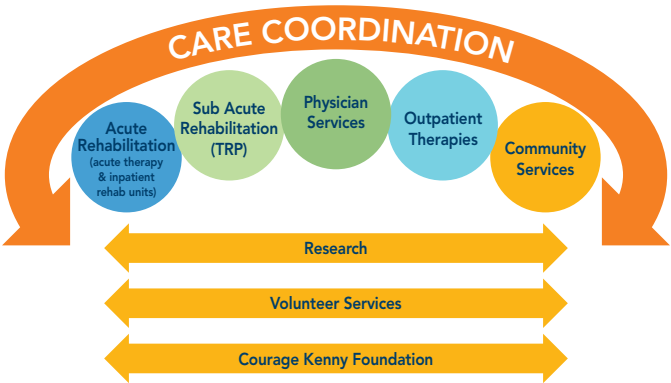
About us

Courage Kenny Rehabilitation Institute provides a continuum of rehabilitation services for people with short- and long-term conditions, injuries and disabilities in communities throughout Minnesota and western Wisconsin. The Institute's goal is to maximize quality of life for people of all ages and all abilities. Our vision is that one day all people will live, work, learn and play in a community based on abilities, not disabilities.

Your philanthropic gifts to Courage Kenny Foundation fund innovative programs, ground-breaking research and exceptional services that help people achieve health, wellness and independence. To learn more or to make a donation go to allinahealth.org/CKFoundation.



Making Lives Work is a series of videos describing how Courage Kenny Rehabilitation Institute can help people who experience a spinal cord injury or other disabling conditions. To watch, visit allinahealth.org/makingliveswork.



The team is led by medical director James Spendley, DO, a board-certified physical medicine and rehabilitation physician who is also specialty board-certified in spinal cord injury rehabilitation medicine.



allinahealth.org/couragekenny





Services

Courage Kenny Rehabilitation Institute is an expert in caring for people with medically complex conditions with care that is integrated and matched to your individual needs and goals.

Inpatient services

Spinal cord rehabilitation often begins at one of our acute inpatient units. While an inpatient you will participate in therapy for a minimum of three hours per day, five days a week at:

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

Sub-acute inpatient care is available through the Transitional Rehabilitation Program (TRP) Golden Valley which is licensed as a skilled nursing facility (SNF). Therapy is provided at an intensity that will help you successfully meet your goals.

Our admissions staff help determine which inpatient option is right for you. They will work with you, your doctor and your insurance company to arrange admission. If an inpatient stay is not recommended, other options will be provided by the assessing doctor, nurse practitioner or clinical liaison.

For more information about inpatient care, call 612-863-4457.

For more information about the TRP, call 612-775-2837.

Outpatient therapy services

A full range of outpatient therapy is available at our Golden Valley and Stillwater locations as well as at Abbott Northwestern and United hospitals. A referral from a health care provider is needed for most services.

To schedule an appointment, call 612-262-7900.

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:

- adaptive sports and recreational activities including Paralympic level competition in many team and individual sports
- assistive technology
- behavioral and mental health services
- driver assessment and training
- peer visitor volunteers (available to inpatients, outpatients and caregivers)
- pool fitness classes and wellness
- support groups for you and your caregivers
- vocational services.

Intensive fitness is available through the Activity-Based Locomotor Exercise (ABLE) Program, part of the Christopher and Dana Reeve Foundation's NeuroRecovery Network. This innovative approach for people living with paralysis or neurological conditions delivers standardized, activity-based exercises informed by current scientific and clinical evidence to promote neurological improvement, better health and fitness for participants. ABLE can be beneficial regardless of whether your spinal cord injury is recent or occurred years ago. ABLE is available at our Golden Valley location.

Specialty services

Specialty services are available in inpatient, outpatient and community settings and include:

- Advanced Primary Care Clinic which offers medical, rehabilitation and psychiatric care in one accessible clinic location designed to keep you as healthy and independent as possible
- chronic pain management

- education on topics like self-care such as spasticity management, bowel and bladder care, skin care, wellness and nutrition, and medication management
- functional electrical stimulation (FES) for both upper and lower extremities
- integrative therapies such as guided imagery, relaxation, massage and acupuncture are available through Allina Health Penny George™ Institute of Health and Healing
- wheelchair seating and positioning.

Lifelong care for spinal cord injury and disease can help you achieve the best possible health and well-being by avoiding common health complications.

Innovative robotic and technology options

Our team approach uses evidence-based care. We offer a full range of innovative technology and robotic devices that enable more people to walk after spinal cord injury, stroke and other neurologic conditions. Your therapy will include some of the most current adaptive technology such as body weight-supported treadmill training, robotic walking systems, and FES cycling and environmental controls.

- Lokomat® – A robot-assisted treadmill, supports you in an upright position while you move your legs through a normal walking pattern.
- Ekso GT™ – A wearable bionic suit enables people with any amount of lower extremity weakness to stand up and walk.
- ReWalk™ robotic exoskeleton. The first exoskeleton to be FDA-approved for home and community use. Our therapists can screen and train you to use this device if you are considering purchasing one for home use.
- Additional robotic devices are used for upper body, arm and wrist rehabilitation.

In most cases, a referral from a health care provider is necessary. For more information or to schedule an appointment, please call 612-262-7900.

Education and support

Comprehensive education helps you, your family and caregivers prepare for your emotional, social and physical needs after injury. You can watch videos, attend support groups, participate in counseling, review a take-home manual and participate with peer visiting. Our care coordinators can help you locate the resources and education that is most helpful to you.

Research

Courage Kenny Rehabilitation Institute is committed to advancing the treatment and outcomes of people with spinal cord injury through research. We are one of six national Community Fitness and Wellness Centers of the Christopher & Dana Reeve Foundation's Neuro Recovery Network (NRN). The Centers use standardized, activity-based fitness and wellness equipment and techniques with care based on current scientific and clinical evidence.

NRN facilities are focused on incorporating locomotor training, both on a treadmill and over ground, electrical stimulation with cycling, cardiovascular exercise and strength training into a complete fitness and wellness program to challenge your muscles and movement below your level of injury.

We also collaborate on projects to translate scientific advances into rehabilitation treatment for people with neurological disorders.

