

A stroke is a brain injury that can happen at any age. The physical, mental and emotional impact can range from mild to severe. As with other types of brain injuries, each person's challenges and goals vary and may change over time.

Courage Kenny Rehabilitation Institute's physician-directed Stroke Rehabilitation Program uses a team approach to care. We offer inpatient and outpatient care and therapy, community based services, specialty services and links to other resources. Our comprehensive care team provides support at every stage of your recovery from stroke.

Meet the team

Our stroke rehabilitation team has a reputation for exceptional care and outcomes. Team members who specialize in the treatment of stroke include:

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

Other care team members include nurse practitioners, pediatric specialists, dietitians, nutritionists, pharmacists, respiratory therapists, chaplains and other health professionals that may participate in your rehabilitation and recovery.

About us

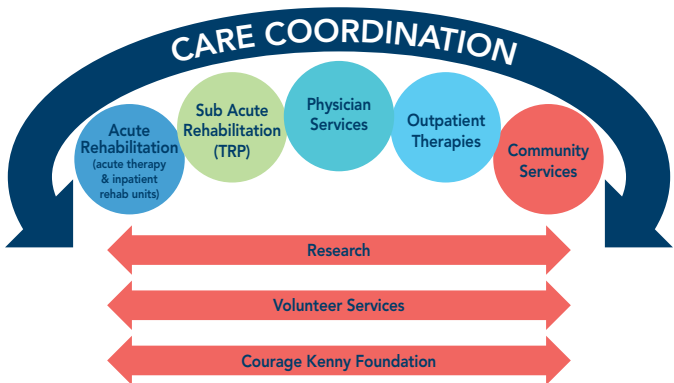
Courage Kenny Rehabilitation Institute provides a continuum of rehabilitation services for people with short and long-term conditions, injuries and disabilities in communities throughout Minnesota and western Wisconsin. The Institute's goal is to maximize quality of life for people of all ages and all 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.

COURAGE KENNY REHABILITATION INSTITUTE® Stroke Rehabilitation Program



Our stroke care team is led by Medical Director Diane Chappuis, MD, a board-certified physical medicine and rehabilitation physician. She is also the lead physician for spasticity management.



allinahealth.org/couragekenny





Services

Courage Kenny Rehabilitation Institute provides comprehensive stroke rehabilitation care for people with mild to moderate needs as well as those with medically complex conditions. Our care continuum of acute inpatient and sub-acute rehabilitation is unique and creates integrated care matched to your needs. No matter where you are in your stroke journey, Courage Kenny Rehabilitation Institute is the place to be.

INPATIENT SERVICES

Stroke rehabilitation often begins while you are still in the hospital. Once your condition has stabilized and before you leave the hospital, your medical care team will recommend the treatment that is best for you. Your physician may recommend comprehensive rehabilitation in a hospital setting where we can provide you with 24-hour medical care.

Courage Kenny Rehabilitation Institute provides acute inpatient rehabilitation for patients with brain injuries at:

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

Sub-acute inpatient care is available through the Transitional Rehabilitation Program (TRP) at our Golden Valley location. This site is licensed as a skilled nursing facility (SNF).

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

For more information about the Transitional Rehabilitation Program (TRP), call 612-775-2837.

OUTPATIENT SERVICES

Our comprehensive outpatient care focus is on your continued recovery. We help you learn new skills and manage your symptoms. Our goal is to improve your day-to-day function and regain as much independence as possible. Services are available for children to adults. A referral from a provider is needed for most services.

To schedule a therapy appointment, call 612-262-7900.

To schedule an outpatient physiatrist/physician clinic appointment, call 612-863-4495.

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) Program
- adaptive sports and recreation
- assistive technology

- behavioral and mental health services
- driver assessment and training
- individualized home supports
- pool and fitness classes
- housing stabilization
- support groups
- tai chi
- vocational services.

SPECIALTY SERVICES

- Specialty services are available in inpatient, outpatient and community settings, and include:
Advanced Primary Care Clinic – offers medical, rehabilitation and psychiatric care in one accessible location, and is designed to keep you as healthy and independent as possible
- balance retraining and vestibular rehabilitation treats imbalance or dizziness caused by stroke, brain injury, inner ear defects and other conditions
- chronic pain management
- spasticity management
- virtual reality.

We use the latest in robotics and adaptive technology to support you on your path to recovery. Our innovative options ensure we use the most current approaches to stroke care. Some of these include:

- body weight-supported treadmill training
- environmental control access
- functional electrical stimulation
- robotic walking systems.

EDUCATION AND SUPPORT

Comprehensive education prepares you, your family and caregivers for the emotional, social and physical needs you experience after a stroke. We encourage your family members and caregivers to participate in your therapies and daily patient life. We also provide videos, support groups and counseling tailored to your family's schedule.

Our care coordination team – an RN, care guide and social worker -- works closely with you and your family for up to a year after your stroke. The care team provides education on secondary stroke prevention, help you to navigate the health care system, and ensure you are connected to the right services at the right time.

Peer visitors provide the opportunity for inpatients and outpatients to visit with others who have had a similar experience. They offer hope, support and encouragement to people who have had a stroke.

RESEARCH

Courage Kenny Rehabilitation Institute's Research Center is committed to advancing the treatment and outcomes of people who have experienced a stroke.

