

## Innovative Research, Trailblazing Technology and a Focus on Advocacy

Innovation is part of the mission of Courage Kenny Rehabilitation Institute. The Courage Kenny Research Center conducts pioneering research to help patients who have experienced an injury or have a disability. The studies, led by our expert care team members, show our commitment to our patients to help them reach their full potential. Our research is routinely shared with local and national audiences.

The team utilizes cutting-edge robotic and adaptive technology that best meets the needs of the patient. The use of specialized equipment allows us to meet the growing demand for all rehabilitation services, but especially in the areas of brain injury, stroke and spinal cord injury.

As a trusted ally for rehabilitation care, the team advocates for our patients, a legacy started from the founders, by addressing public policy issues through community collaboration, public policy change, education and awareness. By advocating, conducting research and using the best technology, Courage Kenny Rehabilitation Institute is improving the health and independence of our patients in the communities in which they live, work and play.



*“My physical therapist...we just clicked right away. He was so supportive and so understanding...he didn't judge me. It felt like a safe place to be.”*

*– Jan Johnson, former Courage Kenny Physical Therapy patient.*



  
**Allina Health**  
**COURAGE KENNY  
REHABILITATION**

[allinahealth.org/couragekenny](https://allinahealth.org/couragekenny)

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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.

The care team at Courage Kenny includes physicians, therapists, nurses, social workers, care navigators and more at more than 45 locations across Minnesota and western Wisconsin. Our nationally ranked programs and facilities allows us to provide patients with top-level care and support.



“I was rehabilitated physically, rejuvenated emotionally and I give Courage Kenny so much credit for making that possible.”

– Mark Dayton, former governor of Minnesota, former Courage Kenny patient.

Helping Patients Achieve Their Highest Potential

Courage Kenny’s team of experts works with patients to help them recover and regain abilities following an injury or diagnosis and maximize their quality of life. Our comprehensive rehabilitation services are integrated with home care, senior health, palliative care, hospice and other services to deliver an unparalleled continuum of care to match our patient’s needs and help them achieve their goals.

Courage Kenny Rehabilitation Institute specializes in treating:

- Brain and spinal cord injuries
- Cancer and stroke patients and survivors
- Sports and orthopedic injuries
- Stroke and neuromuscular conditions
- Children and young adults on the autism spectrum
- People who have been disabled since birth
- Chronic pain
- And more

Our patients have access to community services and adaptive sports in addition to our more traditional rehabilitation program. This wide range of services includes nationally renowned adaptive and competitive sports, assistive technology programs, Activity-Based Locomotor Exercise (ABLE) and more that bring a greater level of health, independence and wellness to our patients and their families.

How We Serve our Patients

Patients, from pediatrics to adults,within the Courage Kenny Rehabilitation Institute have access to a full range of services in various settings including:

Inpatient care:

- Acute inpatient rehabilitation at two Allina Health hospitals
- Acute inpatient therapy at 11 Allina Health hospitals
- Short-term, inpatient rehabilitation through our nationally ranked Transitional Rehabilitation Program

Outpatient care:

- Outpatient rehabilitation therapy including sports, muscle, joint and neurologic physical therapy, aquatic and land-based physical therapy, occupational therapy and speech therapy
- Cancer rehabilitation following surgery, chemotherapy and radiation
- Chronic pain services and chronic disease self-management



- Physician services by providers that are board certified in physical medicine and rehabilitation
- Intensive fitness programs for people with paralysis and other neurological conditions
- Behavioral, psychological and family support services
- Family-focused therapy for infants, children and teenagers through Courage Kenny Kids

Community services:

- Assistive technology including 3D printing
- Adapted and competitive sports and recreation programs
- Athletic trainer services for high school sports programs in several regional communities
- Vocational services including evaluation, pre-and placement services, extended employment and job retention services
- Drivers’ assessment and on-the-road training
- Healthy lifestyle programs to empower people to reach optimal health

