



Regions Hospital Rehabilitation Center

Regions Hospital Rehabilitation Center is a 21-bed comprehensive acute inpatient rehabilitation program. We offer the highest level of rehabilitation care to help you regain function and achieve your goals.

We're experts in rehabilitation care, with CARF certification since 1994, and CARF specialty certifications in stroke, brain injury and spinal cord injury. We're also a model system for spinal cord injury (SCIMS). We use advanced rehab technology and equipment and follow evidence-based treatment to foster recovery.

Admission criteria

- Are 16 years of age or older
- Require two or more therapies: occupational therapy, physical therapy and speech therapy
- Show the potential for greater independence through intensive rehab services
- Are medically stable and able to participate in therapy three hours a day, five days a week
- Require daily medical management from a rehabilitation doctor and 24-hour rehabilitation nursing
- Benefit from an interdisciplinary team approach to rehabilitation care

Each person's stay typically includes:

- A minimum of three hours of therapy a day six days a week (includes physical therapy, occupational therapy and speech therapy)
- Daily management by a rehabilitation doctor and 24/7 rehabilitation nursing care
- Consultation with a rehabilitation psychologist and social worker
- Recreational therapy for community reintegration and leisure activities
- Interpreter services and spiritual care – individualized to meet your needs
- Pet therapy visits, integrative therapy (massage and acupuncture) and music therapy, upon request

Contact for Admission

Phone: **651-254-3620**

Fax: **952-883-9606**

Frequently asked questions

What injuries and diagnoses do you treat?

We provide expert rehabilitation care after stroke, brain injury, spinal cord injury, trauma, amputation(s), burn injuries and complex medical, orthopedic and neurological conditions.

What's the average length of stay?

Type and severity of injury determine each length of stay, but 14 days is average. Some stays can be as short as a few days and others can be more than a month.

What's a typical schedule?

Rehab doctors will visit you daily to assess you and your progress. You will have multiple therapy appointments with a variety of therapists. This can include physical therapy, occupational therapy, speech therapy, recreational therapy, rehab psychology and social work.

Rehab nurses will regularly assess your needs and support you and your family in learning how to care for yourself. They also provide scheduled medications. You may receive integrative therapies, such as music, massage and acupuncture. Meals are delivered to your room and there are common spaces on our unit for social activities. Your therapy team will provide you with activities or exercises you can do on your own.

Where will I sleep?

Most of our rooms are private/single rooms. We also offer an independent living room that can be used for practice and assessment prior to returning home.

What will this cost?

Our admissions nurse will review your insurance and request pre-authorization. Self-pay options are also available. You can contact Know Your Cost at **844-997-COST**.

Can my family and care partners participate?

We welcome and encourage care partners to observe and participate in therapy. Our rehabilitation team will help teach and practice ways to support your loved one. We can also connect with family members virtually.

How is progress shared?

We ask each participant about their goals and work toward those goals during their stay. We schedule a care conference to share progress and discuss discharge recommendations. We also provide education to participants and care partners about their injury and recovery.



“My experience was excellent. I’m at a loss for words at how much gratitude I have for Regions Hospital and the staff. I appreciate everything they did for me.

– Rehab patient

Packing list

Prepare for your stay by bringing these items from home.

Clothing

- 3-5 changes of clothes; clothing that's easier to put on and take off (elastic waistbands)
- Supportive shoes (avoid slippers and sandals)
- Underwear, bra and socks
- Pajamas

Toiletries

- Shaving supplies, deodorant, makeup and other personal toiletries
- Comb or brush

Other personal items

- Hearing aids, glasses and dentures
- Personal devices (phone, tablet, charger, etc.)
- Photos and other small items from home so your team can get to know you

Pool physical therapy and community outings may require additional items.

When is discharge determined?

We start planning discharge right away and planning continues through your stay. We aim for discharge in the morning so you can get to your next destination with time and energy for a successful transition.

Continued care

We offer ongoing outpatient care at HealthPartners Neuroscience Center. This state-of-the-art facility offers ongoing therapy and lifelong wellness options. If at-home or other ongoing therapy is required, referrals will be placed.



Scan this QR code or call 651-254-3620
to learn more about the Rehabilitation Center
at Regions Hospital.

