



## Inpatient Rehabilitation Programs

- Amputations
- Brain injury and brain tumors
- Guillain-Barré syndrome
- Multiple sclerosis
- Multiple trauma and fractures
- Orthopedic and musculoskeletal disorders
- Spinal cord injury
- Stroke

## State-of-the-Art Technology

- ZeroG® Gait and Balance System
- Bioness® – H200 and L300
- Robotic neuro rehabilitation
- NeuroCom®
- Restorative Therapies RT300 Electrical Stimulation Bike
- Bioness Integrated Therapy System (BITS™)
- Video swallow studies

## Referrals and Admissions Information

When a patient is referred to our inpatient program, a rehabilitation admissions nurse liaison will complete a review of the patient's medical record. During this review, the nurse liaison will assess the patient's condition to identify specific needs and evaluate the patient's eligibility for the program. To be eligible for admission to our programs, patients must:

- Be medically stable
- Require 24 hours per day of skilled rehabilitation nursing care and physician services
- Be able to tolerate three hours of intensive therapies per day at least five days a week
- Have the ability to learn, or have family support for, education and training to ensure a safe discharge plan

## Our Interdisciplinary Team

Our team of highly trained, certified professionals is committed to helping patients achieve their highest level of independence, prevent long-term complications and maintain optimal health and well-being.

Our team members include:

- Physical medicine and rehabilitation physicians
- Nurses
- Physical, occupational, speech and recreational therapists
- Neuropsychologists
- Case managers and social workers
- Rehabilitation liaisons
- Dietitians
- Pharmacists
- Hospitalists



Our inpatient facilities house fully equipped gyms, a vision training area, multiple day rooms, and a spacious, functional training kitchen.



### Rehabilitation Goals

Our team is dedicated to providing comprehensive care to help individuals and their families reach meaningful goals throughout the rehabilitation process:

- Self-care
- Mobility/balance
- Speech and swallowing
- Thinking skills
- Bowel and bladder management
- Adaptation to the disability (to include medical equipment, if needed)
- Transition to home or outpatient care
- Safety
- Home management



Our team of professionals will help you return home safely, with the highest degree of independence possible, using the latest evidence-based interventions and technology. Your personalized care binder will serve as a resource to help you continue to make progress after you are discharged from the hospital.

### What to Bring

- Four or five loose-fitting outfits, including:
  - Shirts, pants and undergarments
  - Socks and shoes with nonskid bottoms
- Personal grooming items
- Glasses
- Hearing aids, if needed

We encourage family and friends to visit while you are here. During COVID-19, we are following Inova’s visitation policy, which allows one unique visitor only per day between the hours of 1 and 5 p.m. We offer free parking and free WiFi access to all patients and visitors.

For information to visit a patient, please visit [inova.org/rehab](http://inova.org/rehab)

### Inova Fairfax Hospital

Inpatient Rehabilitation  
8081 Innovation Park Dr.  
Fairfax, VA 22031  
**703.664.7592**



### Patient Arrival

1. Pull up to the main entrance of Inova Schar Cancer Institute.
2. Notify the security desk attendant that you are here for admission to the inpatient rehabilitation unit.
3. You may call the unit at **571.472.0530**.

### Inova Mount Vernon Hospital

Inpatient Rehabilitation Center  
2501 Parkers Ln.  
Alexandria, VA 22306  
**703.664.7592**



All Inova hospitals are fully accredited by The Joint Commission. Additionally across the system, Inova hospitals hold 21 Joint Commission disease-specific certifications. This means Inova meets the highest standards for healthcare performance, quality and safety.

