

**UPMC Institute for
Rehabilitation and Research**

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To make an appointment, or for more information,
call **1-877-AT-REHAB** or visit us at upmc.com/irr.

Every day is
Independence Day
Center for Spinal Cord Injury



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**UPMC Institute for
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A Center of Excellence for Spinal Cord Rehabilitation

Each year, more than 11,000 people sustain a spinal cord injury (SCI) that alters the course of their lives forever. Immediately after injury, those activities that were once second nature — walking, talking, eating, bathing, and toileting — now require greater effort, or may even seem impossible.

At the UPMC Institute of Rehabilitation and Research (IRR), one of only fourteen programs in the country designated as a spinal cord model system, and a nationally-designated Center of Excellence in spinal cord injury rehabilitation, our team of rehab specialists is dedicated to guiding patients and their families through the rehabilitation process and preparing for life after rehab.

Integrated Patient Care Team

At the UPMC IRR, an integrated patient care team guides a patient through all stages of recovery. A physiatrist — a physician certified in physical medicine and rehabilitation — leads a team of clinicians that includes: rehabilitation nurses who are responsible for the integration of the various aspects of a patient's care; physical therapists who focus on restoring movement and function; occupational therapists who help patients develop skills for daily living such as eating and getting dressed; speech-language pathologists who focus on communication skills and swallowing; patient care coordinators who help direct each patient's plan of care; psychologists who help patients understand and adjust to their disabilities; and the patient's family or friends who receive education aimed at optimizing the patient's recovery.

Our SCI treatment team also taps into the resources provided by The Center for Assistive Technology to help patients who need assistive devices for mobility and communication, helping patients and families through the challenges of returning home.

Woven into the fabric of this program is the education, counseling, and emotional support by all members of the treatment team, connecting patients and families with those who have had their lives changed by spinal cord injury, and with programs that enable patients to return to previously enjoyed — or brand new — recreational activities such as hunting, fishing, basketball, snow skiing, water skiing, cycling, or skydiving.

Why Choose UPMC IRR?

We understand that a spinal cord injury is an “across the lifetime” disability. We will be here for you months, and even years, after initial discharge. UPMC IRR is the hub of one of the country's largest and most comprehensive networks of rehabilitation facilities. In fact, UPMC has more than 70 rehabilitation facilities offering inpatient, outpatient, and long-term services. Our network ensures that patients are receiving the right level of care at the right time.

At UPMC IRR, we help our patients learn that it's possible to experience a lifetime of Independence Days.