

**UPMC Institute for
Rehabilitation and Research**

1400 Locust St.
Pittsburgh, PA 15219
1-877-AT-REHAB

**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 Stroke Rehabilitation



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UPMC Institute for Rehabilitation and Research

A Multidisciplinary Plan Focused On Healing

As the leading cause of disability in the United States, stroke affects people of all ages. Patients can experience a wide range of problems, including memory difficulties, swallowing and language problems, trouble with walking or balance, and difficulty with daily activities of living, such as bathing or eating. UPMC Institute for Rehabilitation and Research (IRR) offers stroke patients a multidisciplinary treatment plan focused on healing.

For those who have lost significant function after a stroke, such as the ability to move or to speak, it is vital to seek rehabilitation treatment as soon as possible to regain as much function as possible. For many stroke patients, this rehabilitation begins 24 to 48 hours after stabilization from the stroke. The physiatrists at UPMC IRR — physicians certified in physical medicine and rehabilitation — are involved in the patient's plan of care right away, ensuring that their rehabilitation needs are met from the very beginning.

Integrated Patient Care Team

Because each patient's needs are different, our integrated stroke rehabilitation team helps to identify a patient's priorities and customize a comprehensive treatment plan by the physiatrist who oversees rehabilitation techniques, medical management, and methods of treating and preventing impairment.

Our team of patient care clinicians include 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; and the patient's family or friends who receive education aimed at optimizing the patient's recovery.

Education also is an important component of the plan of care to help patients and family members understand the warning signs of stroke, and learn ways to minimize the risk of additional strokes in the future.

Continuum of Care

Following discharge from inpatient rehab, follow-up care with a physician is vital to ensure that all possible supportive therapies are prescribed and carried out through the patient's continuum of recovery from stroke.

For example, in the weeks following a stroke, 20 to 40 percent of patients who suffer moderate to severe strokes can experience spasticity, or tight, stiff muscles that make movement difficult. UPMC IRR offers a comprehensive rehabilitation program for patients with spasticity that includes robotic therapy, specialized spasticity treatments including stretching and medication, and coordinated outpatient services available throughout the rehabilitation network — providing patients with continued care after discharge from inpatient rehabilitation.

Why Choose UPMC IRR?

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.

We're here with patients every step of the way, providing caring treatment, offering encouragement, and celebrating each patient's Independence Day.