

YOUR GUIDE TO Inpatient Rehabilitation



Welcome to the Inpatient Rehabilitation Center
at South Texas Health System®.

Thank you for trusting us with your care.



South Texas Health System welcomes you to our Inpatient Rehabilitation Center.

Rehabilitation plays a critical role in helping patients like you recover from a wide range of illnesses and injuries, including neurological problems, orthopedic surgery, general surgery, sports injuries, falls and more.

The Inpatient Rehabilitation Centers at South Texas Health System McAllen and South Texas Health System Edinburg provide comprehensive inpatient rehabilitation services to help you recover and get back to life.

Name: _____

Contact person/relationship: _____

Contact can be reached at: _____

Additional Notes

YOUR PATH

to Independence

Our Inpatient Rehabilitation Centers are designed to help you rebuild your strength and endurance as we work with you towards achieving your highest level of recovery.

While a customized care plan is developed to address your specific needs, services we offer include:

Physical Therapy

Physical therapy can help patients minimize pain through exercises designed to restore strength, improve balance and increase endurance. By addressing specific conditions related to diseases or the effects of total joint replacements, physical therapy activities will focus on restoring mobility and independence. Our physical therapists are skilled in treating a variety of musculoskeletal, orthopedic and neurological injuries or disorders.

Occupational Therapy

Occupational therapists help restore and enhance each patient's living skills. Patients are trained to resume their daily routines, including toileting, grooming, bathing, dressing, cooking and working. We evaluate each patient to determine goals, then develop a customized intervention to improve the patient's ability to perform daily activities and reach their goals. We also measure outcomes to help ensure goals are being met or to make changes to the intervention plan.

Speech Therapy

Our speech therapists evaluate each patient for any speech, language, swallowing, voice, cognitive communication, fluency or other related disorders that can result from disease or disability. They help improve the quality of speech production, speech comprehension, written and verbal communication and swallowing to provide an improved quality of life at home, work and in the community. The speech-language pathologists on our staff are skilled in treating people with Parkinson's disease, Alzheimer's disease, dementia and many more conditions.

Neurological Rehabilitation

When you suffer a brain injury, learning to do the things you love again can seem impossible. But with rehabilitation and commitment, you can work to regain your independence. For those who have experienced a brain injury, stroke or other neurological event, our specialists develop a custom plan and deliver highly focused treatment with an emphasis on maximizing functional, real-world skills.

PREPARING FOR Your Stay

You will need a supply of comfortable clothing, including:

- ☐ Loose-fitting shirts or blouses
- ☐ Loose-fitting pants or shorts
- ☐ Sturdy, non-skid, low-heeled shoes or sneakers
- ☐ Undergarments
- ☐ Socks
- ☐ Nightgown or pajamas
- ☐ Robe
- ☐ Sweater

Things to remember:

- ☐ Chargers for phones and electronics
- ☐ All necessary personal items, such as eyeglasses, hearing aids, cosmetics and toiletries
- ☐ Please leave valuables (e.g., cash, jewelry) at home



YOUR REHAB

Plan of Care

Our program centers on you, the patient. By working together with you and your family, we help you to develop recovery goals. Teamwork is the key to successful recovery. Your care team may include:

- Our multidisciplinary rehabilitation team is led by a **rehabilitation physician**.
- **Rehabilitation nurses**, who provide medical care and support and act as resources for you and your family.
- **Physical therapists**, who develop programs to help you regain your strength, endurance, coordination and balance, and improve your mobility.
- **Occupational therapists**, who focus on activities of daily living (ADLs), bathing, dressing and eating, and who identify adaptive equipment you may need following discharge.
- **Speech and language therapists**, who diagnose and treat speech, swallowing, voice and language deficits and identify treatments to help you enhance your verbal expression, listening techniques, comprehension, and reading and writing abilities. Speech and language therapists also evaluate and treat cognitive abilities, including attention, memory, problem-solving and executive functions.
- **Social workers/case managers**, who act as your healthcare liaison, coordinate your care and communicate with your family and insurance providers when medical needs change.

Our rehabilitation team is dedicated to your recovery. We encourage your family to participate in your therapy, attend team conferences and help discuss your discharge plan.



GOALS DURING Your Stay

Your participation is vital to your success. We ask that you participate in your therapy programs each day to improve your chances of reaching your established goals. Additional expectations during your stay may include:

- **Be out of bed** as much as possible and attend your therapy sessions.
- **Participate in the dining program**, since attendance is expected as part of your rehab plan of care.
- **Dress and participate** in your rehabilitation. Rehabilitation is a transition from the hospital to home. Our goal is to have you do the same activities that you will do at home after your discharge, including getting out of bed and getting dressed.
- **Be proactive** and participate fully in your therapy. Each day, your schedule will be given to you and it is important that you are ready at your scheduled time. If you need pain medication, please ask your nurse for it prior to your scheduled therapy and we ask that you use the restroom before your therapy.
- **Communicate with us**, especially regarding your recovery goals as well as your level of pain. Let us know how we can best help you.
- **Participate in your therapy fully.**
- **Stay active on weekends** and participate in our weekend therapy schedule so you can continue to build your strength, endurance and stamina.

Note: Safety is our primary concern. Since each patient has different abilities and restrictions, your care team can best advise you on the expectations that are most appropriate for you. Please consult with your team for details.

THE IMPORTANCE OF Supportive Services

In addition to therapy sessions, our Inpatient Rehabilitation Centers offer patients access to specialized equipment and technology designed to aid in their rehabilitation. This may include mobility devices, adaptive tools and assistive technologies that empower individuals to regain lost abilities and learn new ways of accomplishing everyday tasks.

Another important aspect of our inpatient rehabilitation care is the supportive and encouraging environment it provides. Recovering from a serious injury or illness can be overwhelming, both physically and emotionally. Our Inpatient Rehabilitation Centers offer an additional space where you can receive the care and support you need to help face the challenges ahead.

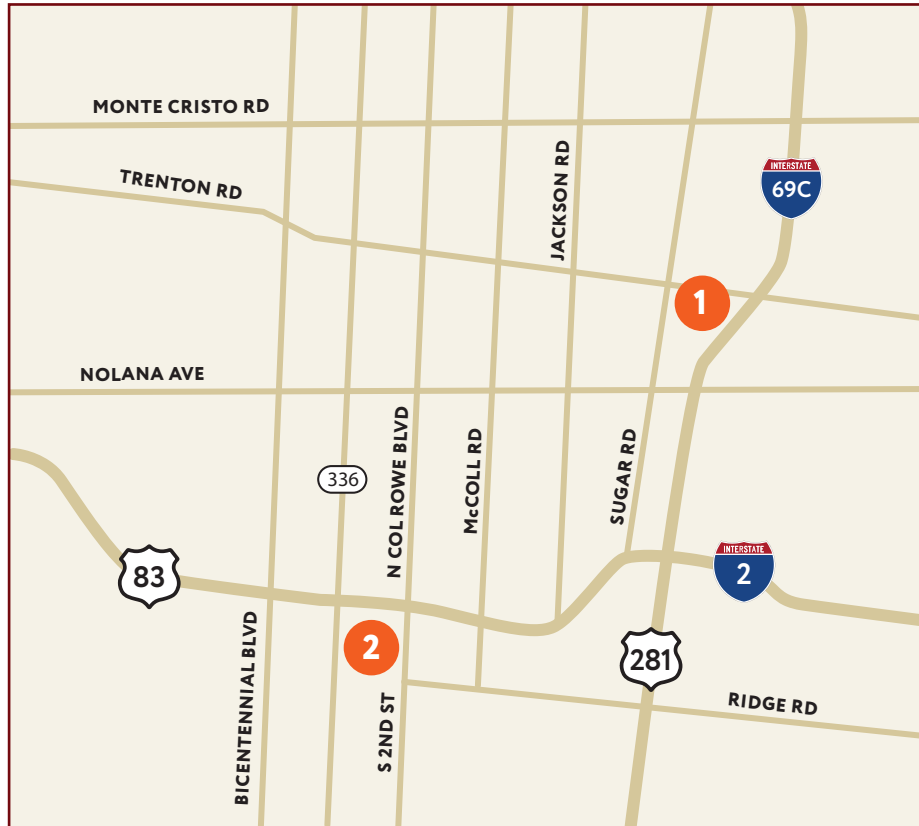
An Emphasis on Safe, High-Quality Care

Providing you with care that is high quality and safe is our priority. We are working each and every day to meet and exceed your expectations.

South Texas Health System is accredited by The Joint Commission, which means we meet high standards and strict guidelines for care, safety and excellence.

For the third year in a row, South Texas Health System's Inpatient Rehabilitation Centers at South Texas Health System McAllen and South Texas Health System Edinburg rank in the top 10% of inpatient rehabilitation facilities (IRFs) in the United States, according to Uniform Data System for Medical Rehabilitation (UDSMR), a not-for-profit organization considered a leader in medical rehabilitation outcomes data.





- 1 STHS Edinburg Inpatient Rehabilitation Center**
1102 W. Trenton Road • Edinburg, TX 78539 • 956-207-7036
Learn more at sthsedinburg.com/rehab
- 2 STHS McAllen Inpatient Rehabilitation Center**
301 W. Expressway 83 • McAllen, TX 78503 • 956-632-4677
Learn more at sthsmcallen.com/rehab



Physicians are independent practitioners who, with limited exceptions, are not employees or agents of South Texas Health System. The System shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 242246151-2370111 5/24