

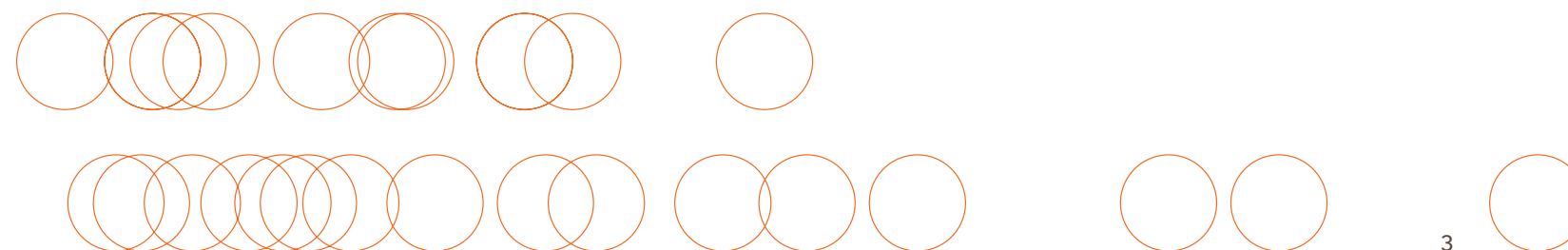
# Inpatient Program

STROKE | BRAIN | SPINAL CORD | PEDIATRIC | CANCER



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# Welcome to Shirley Ryan AbilityLab

The committed, passionate staff here will work with you to reach your goals and will be by your side every step of the way.

Ranked #1 by *U.S. News & World Report* since 1991, the Shirley Ryan AbilityLab is the only hospital of any kind to ever achieve this distinction. Known worldwide for extraordinary science and care, adults and children from 46 states and more than 57 countries travel to the hospital following stroke, brain or spinal cord injuries. We also have 30+ sites of care throughout Illinois.

We set the standard of care in the post-acute market through our innovative applied research and discovery programs, particularly in the areas of neuroscience, bionic medicine, musculoskeletal medicine and technology transfer.



# Our Unique Care Model

With the largest portfolio of rehabilitation research in the world, we have a global reputation for developing treatments and technologies that translate to better outcomes for patients.

The hospital is home to the world's largest research center dedicated to physical medicine and rehabilitation, with more than 300 active research studies underway and 800,000 square feet of dedicated space. The dynamic relationship between our clinicians and scientists fosters research developed in response to patients' needs and, in turn, results in discoveries and innovations that benefit you.

The Shirley Ryan AbilityLab is the only rehabilitation hospital with a record of five federal research designations funded by the National Institutes of Health and the National Institute of Disability and Rehabilitation Research. We utilize the most advanced technologies (including the Lokomat, Exoskeleton and Armeo) and the best-supported practices so you can be sure your care is situated at the forefront of discovery.



1 Hornby TG, Holleran CL, Leddy AL, Hennessy P, Leech KA, Connolly M, Moore JL, Straube D, Lovell L, Roth E. Feasibility of Focused Stepping Practice During Inpatient Rehabilitation Poststroke and Potential Contributions to Mobility Outcomes. *Neurorehabil Neural Repair*. 2015 Feb 26. pii: 1545968315572390.

2 Lange CE, Macdonald JR, Reisman DS, et al. Observation of amounts of movement practice provided during stroke rehabilitation. *Arch Phys Med Rehabil*. 2009;90:1692-1698.

Data collected from the Rehabilitation Institute of Chicago, now the Shirley Ryan AbilityLab.

One of our research trials has proven that increasing the number of steps a patient walks each day improves both level and pace of recovery. On average, our patients walk six times farther than other rehabilitation facilities in this study.



# Who We Treat

We see a full range of conditions and will provide the best care for you and your family.

Each year, the Shirley Ryan AbilityLab treats more than 57,000 patients. This high volume provides us experience unparalleled to other hospitals and directly translates into better outcomes.

## STROKE

We lead the field in caring for the most stroke patients — from the less severe to the most catastrophic cases. Your care is infused with the best practices in medicine and proven research applied to your therapy in real time. We are able to be at the forefront of new treatments and therapeutic interventions through millions in grant dollars for brain research. This means you're receiving the most state-of-the-art treatments available — anywhere.

## TRAUMATIC BRAIN INJURIES

We have the largest rehabilitation-focused research program in the country, with millions in funding and nearly 300 ongoing projects — many of which tie directly to our traumatic brain injury (TBI) program. This research, combined with over 50 years of clinical experience, gives us a unique understanding of the brain's complexities and its capacity for healing. Our unique program focuses on restoring physical, intellectual, communicative, psychosocial and vocational skills.

## SPINAL CORD INJURIES

We are a federally designated center for the treatment of traumatic spinal cord injuries and offer one of the only national programs that can treat patients, at all levels of injury. We use state-of-the-art technology, including body-weight supported treadmill training, robot-assisted walking therapy and aquatic therapy. Our integrated therapeutic approach is customized for each patient, giving them the best opportunity to regain skills and return to living independently.

We also offer a specialized program for people who have sustained a spinal cord injury in the past. Through our Second Look Program, patients obtain the latest developments in rehabilitation with a comprehensive medical evaluation and care management update.

## CANCER

We treat neurological, musculoskeletal, cardiovascular and other impairments caused by cancer itself, or by aggressive treatments. Our specialized care and innovative treatment offer an integrated approach to rehabilitation for adults and children battling cancer.



Legs + Walking Lab

## PEDIATRICS

Our Pediatric Program provides state-of-the-art care and features lively child-centered space to create an uplifting atmosphere for young patients and their families. We continue to focus on providing specialty rehabilitation care for children from infancy — in conjunction with our partners at Pathways.org — through adolescence. We care for children with traumatic injuries, congenital and developmental disorders and those surviving cancer.

## BURNS AND WOUNDS

Along with helping patients regain function and skills, our research hospital addresses the emotional trauma or loss resulting from a severe burn or wound.

## MUSCULOSKELETAL INJURIES

Our Musculoskeletal Program treats all injuries to bones, muscles, joints and connective tissues. We provide an integrated approach to rehabilitation, including physician services, on-site diagnostics and specially trained therapists to help you get better, faster.

## AMPUTATIONS

The Amputee Program is the most comprehensive in the country. Our Prosthetics and Orthotics Clinic makes all prostheses in-house and can custom fit amputees with the most advanced prostheses available.

Other conditions we treat:

- Arthritis
- Cerebral palsy
- Chronic pain
- Joint replacement
- Neurological disorders
- Parkinson's disease
- Spasticity
- And many others



# Inside Shirley Ryan AbilityLab

Our new model of care embeds clinical and research teams among patients, 24/7. In this setting, research will not just coexist with patient care, it will be integrated full time into the clinical environment.



## OUR ABILITY LABS

Our five ability labs are uniquely designed for treating patients using our revolutionary, applied-research model. Each lab offers an inspiring environment in which experts, equipped with the most advanced technology and cutting-edge research, implement a therapeutic recovery plan for each patient — with the patient guiding the process.



## INNOVATION CENTERS

Our revolutionary model of patient care revolves around five Innovation Centers:

- Brain
- Spinal Cord
- Nerve, Muscle & Bone
- Pediatric
- Cancer Rehabilitation

The Centers are state-of-the-art hospital facilities for exceptional patient care grounded in the best medical and nursing support. By design, they are fitted with all of the latest smart-room, mobility and therapeutic devices and equipment.

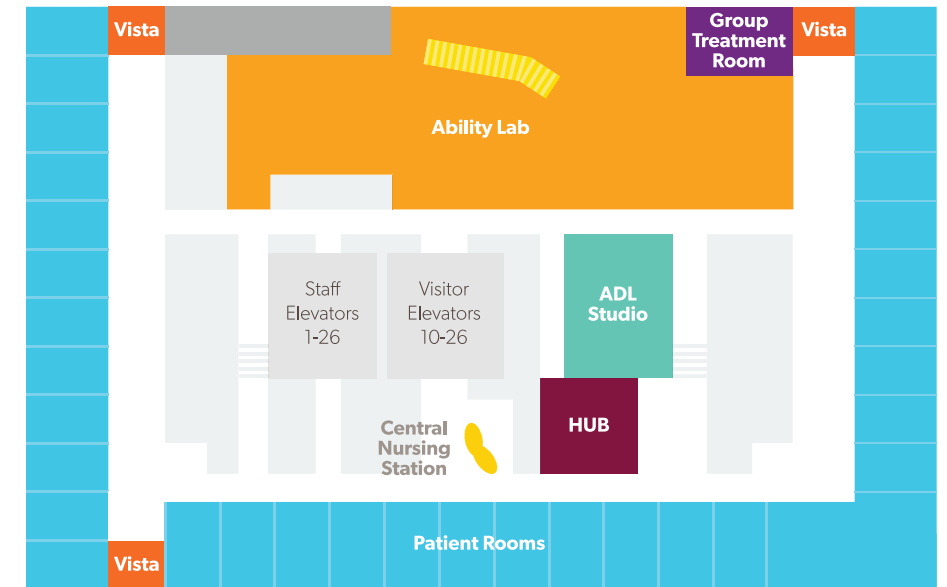
The purpose of each Center is to help patients recover from injuries, diseases and other medical conditions that affect their ability. With the unique needs of each patient at the center of care, the individual Centers bring the best talent in medicine, nursing, therapy and research together in real time and the same physical space.

## OUR ABILITY LABS

Our five ability labs are uniquely designed for treating patients using our revolutionary, applied research model. Each Lab offers an inspiring environment in which experts, equipped with the most advanced technology and cutting-edge research, implement a therapeutic recovery plan for each patient — with the patient guiding the process.

The five ability labs are distinguished by the focus of treatment in each:

- Think + Speak
- Legs + Walking
- Arms + Hands
- Strength + Endurance
- Pediatric



## CAFE/DINING

The cafeteria is on floor 12. Hot and cold meals, fresh fruit and healthy snacks are available during hours of operation.

## CHAPEL

Located on the 10th floor Sky Lobby, the chapel is always open for those who wish to pray, meditate or find solitude for reflection.

## GARDENS

### Ability Garden

Designed expressly for patients, this garden is all about movement and progress. This garden extends a safe invitation to take a stroll outside the hospital connecting with the Gathering garden along the south side of the building on the 10th floor.

### Gathering Garden

The sweeping outdoor Gathering Garden runs the entire length of the west side of the building. It is located on the 10th floor.

### Nancy's Garden

This canopied garden is tucked into the 10th floor's sunny northeast corner, and is accessed through the doors by the LIFE Center.

## HUB

The HUB is an inviting family room for inpatients and families to eat, play games or participate in group activities and social events.

With a HUB on every inpatient floor, it can be transformed into a creative studio for art, crafts, music or a group movie night. The space is equipped with dining tables and chairs, reading nests, couches, TV, Wii and WiFi.

## LIFE CENTER

An award-winning resource, the Henry B. Betts LIFE Center offers educational materials, peer counseling and support for those whose day-to-day lives have changed due to the injury of a loved one. We offer aids to use in your daily life to assist with communication, mobility and support.

## TECHNOLOGY CENTER

Experts in the center can set you up with a specialized computer, communication device or electronic aid that best suits your needs.

## VISTAS

Vistas are peaceful nooks near patient rooms for family members to step out for a few minutes. There are 19 vistas total throughout the building at the corners of each Innovation Center.

## WHEELCHAIR SEATING CENTER

Technicians will work with you to find a customized solution, resolve any issues and keep you moving while continually assessing your needs and abilities.

# What to Expect During Your Stay

Although each patient's treatment plan is unique, inpatient rehabilitation generally includes these activities.



## CARE ROUNDS

Our staff will make care visits (or “rounds”) every day so that you get the best care and assistance — and to keep your family informed and involved. You will be visited by one of your caregivers:

- Approximately every hour during the day, from 6 am to 10 pm
- Approximately every two hours overnight, from 10 pm to 6 am

## BEDSIDE REPORT

When nurses change shifts, the nurse who is leaving will report to the nurse taking over — right at your bedside. She or he will introduce you to the nurse coming on shift, review your goals and ensure that you feel comfortable.

## BATHROOM ASSISTANCE

When you need to use the bathroom, please remember to ask for assistance by using the call-light button. Accommodations are made for those who cannot use the traditional call-light button. For your safety, staff may be required to stay in the bathroom with you. Showers will usually be scheduled every other day in the evenings. You can discuss your schedule with your nurse.

## FOOD SERVICES & DIETARY NEEDS

A catering associate will visit you every morning to take your order for your meals that day or for the next day. If you have any dietary restrictions, your doctor will add these to the order.

## OUTSIDE APPOINTMENTS

We are committed to providing you with the best care and experience while you are with us. Should you have an appointment that is medically necessary or supports your rehabilitation goals, staff members will help you get to the appointment. We will work with you to reschedule any routine appointments (e.g., doctors, clinics, dentists, etc., outside our hospital) until you are discharged.

## WHAT TO BRING

- Comfortable, breathable clothing to allow full mobility (pants are encouraged)
- Comfortable shoes
- Your regular toiletries

## WHERE YOU'LL STAY

- Every patient has a private patient room for the duration of their stay.
- Your room is where you will rest, bathe, dress and keep your belongings.
- See more information about your room on page 14.

## YOUR HEALTH IS OUR FOCUS

Our hospital is a drug-free, alcohol-free, smoke-free, firearm-free facility; this policy includes all outdoor gardens. Please note, smoking is not allowed within 50 feet of any building entrance, as required by Illinois law.



## Visiting Hours & Policy

We encourage visitors and want to make families and friends feel welcome and at home. Visiting hours are every day from 8 am to 8 pm.

- For security reasons, all visitors must register in the 10th floor Sky Lobby and obtain an identification badge, which must be worn at all times while in the building.
- For the safety of our patients, unvaccinated visitors may be limited to specific areas of the facility.
- Exceptions to these regular visiting hours (8 am to 8 pm daily) may be granted by the nurse manager/designee or the nursing house supervisor for specific reasons, such as learning a patient's care or providing ongoing supervision.
- Children 12 or older may visit patients in isolation under the supervision of a responsible adult (other than the patient).
- Children under 12 cannot visit a patient in isolation.

## Parking

We will provide you and your family with one complimentary patient parking access card. One vehicle will be able to enter and leave the garage throughout the day at no charge. The access card is only valid for 15 days from the date of issuance. However, accommodations can be made for patients with extended stays. Please contact your unit assistant for more information.

Additional guest parking rates are:

<b>Valet:</b> \$3 with disabled parking placard	<b>Garage:</b> \$3 with disabled parking placard
\$15 for 0–7 hours	\$11 for 0–7 hours
\$20 for 7–24 hours	\$15 for 7–24 hours

Validation is available in the first-floor lobby and in the 10th floor Sky Lobby. If you have any questions about the process or parking, please call the parking office at 312.238.8110. The parking office is located on the 5th floor.

## UPON ARRIVAL

The day you arrive, you will meet with a nurse and doctor who will complete your first assessments.

Therapy will begin the second day of your stay. At this time, your therapy team will conduct your initial evaluations. Your team may include a physical therapist, occupational therapist, speech-language pathologist and/or psychologist.

A care manager will also meet with you within the first three days of your stay.

## DAILY THERAPY

Each day begins with a visit from your doctor to review your progress. From there, you'll participate in a minimum of

3 hours of therapy based on your injury or condition.

All therapy is patient-centered, with a slow and steady pace to optimize results while keeping you safe. Each evening you'll receive your schedule for the next day, and your care team will discuss your progress and answer questions so you and your family know how you're doing.

You will get the most out of being here by doing the best you can in each therapy sessions. With the help of your nurse or patient care technician, our Up and Ready Program is designed to assure you are on time to each therapy session.

## FAMILY PARTICIPATION & CAREGIVER EDUCATION

We strongly encourage family members to come to your therapy sessions and to be present when you receive nursing care. Involvement in these activities is important because it will



# Care Team

Our goal is to increase your activity level each day, restoring your function and independence. The hospital is staffed 24 hours a day by a complete medical team, including physicians specializing in your condition.

Our care team works together to design a custom treatment plan to meet your goals. In addition to expert clinical care, they will be there for you throughout your recovery to provide education, support groups, clinical trials, therapeutic recreation, and sports and fitness opportunities.

Family involvement is also an integral part of rehabilitation and recovery. In addition to being a major motivator, family involvement ensures skills learned in therapy are maintained in your daily routine. We understand that these conditions can affect the entire family. Our staff will answer any questions and help you transition to the next phase of your life.

## DOCTORS (MDs, DOs, APPs)

The type of doctor leading your care team is called a physiatrist. Physiatrists have advanced training and expertise in Physical Medicine and Rehabilitation (i.e., how the body moves). They will:

- Guide your medical care
- Oversee your progress
- Work with the rest of your care team to ensure well-rounded care

Additionally, a Resident Physician, completing his or her advanced training (or “residency”) in physiatry, will work with you and your doctor

## REGISTERED NURSES (RNS)

An RN will provide direct patient care, including:

- Administering medications to meet your health, educational and functional goals
- Working with you and your family to develop skills needed to keep you healthy
- Coordinating patient family-centered care
- Addressing patient and family education required for discharge

## PATIENT CARE TECHNICIANS (PCTs)

A PCT will:

- Assist you with daily activities, including showering, grooming, dressing and eating
- Work closely with your care team to perform basic care during your stay

## PHYSICAL THERAPISTS (PTs)

Your PT will develop an individualized treatment plan to:

- Focus on activities to help with balance, mobility, strength, endurance and range of motion (i.e., getting out of bed and moving around in your environment)
- Identify what changes, including equipment, you need to make to your home or next living environment as you prepare to leave

## OCCUPATIONAL THERAPISTS (OTs)

An OT will work with you to develop an



individualized treatment plan, which:

- Helps you gain more independence with your daily activities and routine
- Focuses on showering, grooming, dressing, eating
- Works on arm strength and coordination, thinking skills and safety awareness
- Identifies assistive bathroom equipment for your next living environment and ensures that you and your family members have the proper training

## SPEECH-LANGUAGE PATHOLOGISTS (SLPs)

An SLP will develop an individualized treatment plan that focuses on:

- Listening and understanding, speaking, reading and writing
- Attention, memory, organization for communication
- Chewing and swallowing safely

## RESPIRATORY THERAPIST/ CARE PRACTITIONERS (RCPPs)

You may work with an RCP to:

- Identify and assist with special medical equipment to help you breathe if you cannot on your own
- Help determine what kind of

therapy is best based on any lung or breathing disorders

- Provide condition-specific education for families

## CARE MANAGERS

A Care Manager is a licensed social worker or a Certified Rehabilitation Registered Nurse who will:

- Assess your goals, review your support systems and identify needs at home or in your next living environment
- Work with you and your family to prepare an action plan for when you are ready to leave
- Talk to your insurance company and assist with financial/ community resources

## RESEARCH SCIENTISTS

Our research scientists:

- Work closely with our clinical teams to help solve clinical problems and apply evidence-based research to clinical care
- Help our clinicians understand breakthroughs on how the body recovers from injury and disease

You may have the opportunity to participate in a research study or trial if you choose to, depending on what active trials are ongoing. Your care team can share more information about how these opportunities may relate to you.

## PHARMACISTS

Our clinical pharmacists:

- Review and ensure every medicine you are prescribed is safe and effective for your recovery
- Work with your nurses and physicians to optimize your medication regimen



## Other Members of Your Care Team

Our goal is to help you restore your function and independence. Each patient’s care team is customized to fit his or her needs.

### DIETITIAN

Clinical dietitians will assess your nutritional needs. They will teach you how to make nutritionally sound food choices to speed your recovery process and help you maintain a healthy lifestyle.

### PROSTHETIST & ORTHOTIST

Our team works with you to provide the right prosthetic or orthotic device to help you meet your goals. We provide everything from prefabricated orthoses (braces) to customized microprocessor lower-limb prostheses (“smart” artificial limbs).

### PSYCHOLOGIST

Most patients will have a psychological evaluation within the first few days. Depending on patient needs, a psychologist will work with other staff members to offer individual and group therapy.

### RECREATIONAL THERAPIST

Our Therapeutic Recreation team is composed of therapists who specialize in ways to make recreational activities fun, engaging and healing. The team schedules events during the week and on the weekends that are available to all patients.

### TECHNOLOGIST

Specially trained therapists will assess, identify and recommend appropriate assistive devices to help you communicate. Together, we will make sure you are comfortable with the equipment and are able to use it to its full potential.

### UNIT ASSISTANT

The unit assistant (UA) is an integral part of your care team and can be located at the center nursing station (i.e., the one closest to the visitor elevators), seven days a week, generally from 7 am to 8:30 pm. They have information on therapy schedules, your care team, parking, restaurants and other services nearby. Your UA will assist you in any way they can.

### WHEELCHAIR SEATING SPECIALIST

Specially trained OTs and PTs will conduct an evaluation of your unique abilities, needs, lifestyle and environment. They will recommend a wheelchair seating system, which may include specialized supportive cushions; backrests; headrests; or trunk, arm and leg supports.

# Your Room

Your room is designed for safety, comfort and easy communication with staff. Staff members can answer questions, demonstrate how to operate your bed, control your television or use the call-light button. If you bring personal electronics requiring electrical power, our staff may need to inspect them before use. Avoiding clutter in your room helps us maintain a safe environment.

## INTERNET

Wi-Fi and wireless internet access is available in your room and throughout the hospital.

## PHONE CALLS

To dial a number inside the hospital, begin with the number 8, followed by four more digits. Please see the last page of this brochure for many useful extensions.

To dial a number outside of the hospital, remember to press 9, then 1, then the area code and then the number you are calling (9+1+Number).

## BATHROOM

In the room, there is a toiletries shelf near the shower for your belongings and a hamper for dirty linens. The toilet is accessible from either the right or left side. Bathrooms are strictly for patient use only.

## STORAGE SPACES

There are multiple locations for storage throughout the room, including shelving and hanging space. There is also space for staff to store supplies needed for your care.

## LOCKED CABINET

Your room has a locked cabinet located in the closet in which you can securely store and lock up your items. There are also wall and USB ports within the cabinet for charging electronic devices. You will be able to set a personal security code. Should you forget it, security will be able to reset it.

Unfortunately, we cannot be responsible for loss of valuables.

## FAMILY & VISITOR AMENITIES

In order to provide comfort for your visitors, there is a sofa, which can open into a sleeper bed. The bedside table is also equipped with three drawers, as well as USB and power outlets.

## IN-ROOM TECHNOLOGY

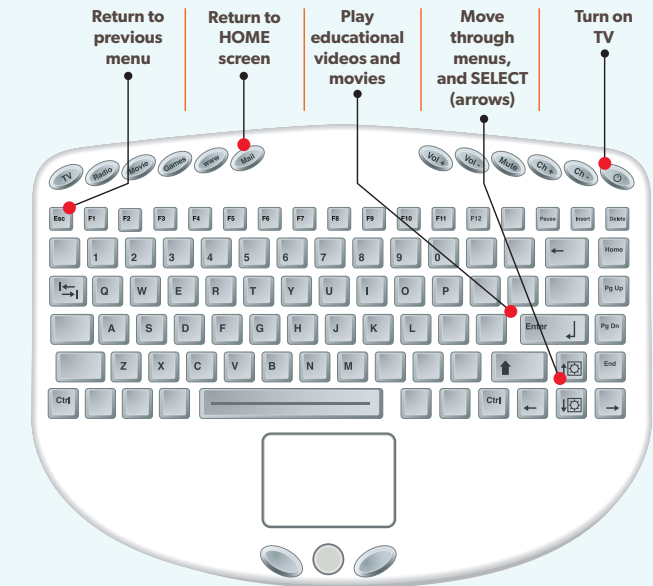
Through your television, you can access an in-room education, entertainment and information center called MyStation.

With MyStation, you can:

- Access your therapy schedule
- Control the light switches and blinds in your room
- Watch relaxation videos
- Find music and movies
- View the catering menu
- Search our education library

Your safety is important to us. We know that most patients have goals for improving their strength and mobility, and we want you to feel comfortable calling staff for assistance whenever you are getting out of bed.

When you press your call-light button, a nurse or PCT will respond in person or by phone. Accommodations are made for those who cannot use the traditional call-light button.



## How to Use MyStation

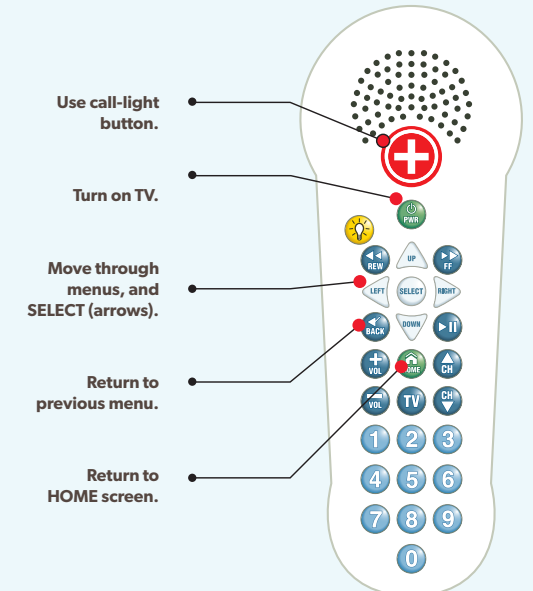
### KEYBOARD

Use the **up**, **down**, **left** and **right** arrows to navigate the menus on the television, and then use the **enter** key to make your choice. Across the top of the keyboard, four buttons will take you directly to specific menu items (**TV**, **internet**, **games**, **movies**), and you can also access **channel up/down** and **volume up/down** buttons there.

The keyboard battery will hold a charge for approximately eight hours, so please return the keyboard to the charging station when not in use.

### PILLOW SPEAKER

Your pillow speaker can be used to contact your nurse. Use the large red and white button at the top.





# Support Services

## CHAPEL & SPIRITUAL CARE

During rehabilitation, many patients and their families seek spiritual support. The Chapel/Meditation Room is on the 10th floor and is always available, any time of the day or night.

The Spiritual Care staff is available seven days a week. They offer a variety of religious or spiritual support, including individual visits, worship services, meditation sessions and complimentary wellness therapies. Ask any staff member to contact a chaplain for you, or use your room phone to call 8.1200. Additionally, there is a channel on MyStation that offers meditative and nature videos.

## INTERPRETER

Phone interpreters are available for more than 180 foreign languages, 24 hours a day, at no cost to you. If a patient or family member needs the assistance of a foreign language or sign language interpreter, please speak with any staff member to make the necessary arrangements. See page 27 for more information on our language services.

## PATIENT & FAMILY PSYCHOSOCIAL SUPPORT SPECIALISTS

The patient and family support staff offers ongoing social and emotional support for you and your family members. Counseling is available, at the patient's request, because we recognize that many patients are going through difficult and stressful changes in their lives. These staff members have backgrounds in clinical social work or psychology and are available to meet with you in the first few days after you arrive.

## THERAPEUTIC RECREATION

Recreational therapists and Child Life specialists help you adjust to new ability levels, reintroduce you to community activities and everyday interests through pet therapy, art therapy and music therapy.

Parents of pediatric patients should contact the Child Life Specialist at 8.6204. For additional information, please contact the Therapeutic Recreation Department from your room phone at 8.3980.

## VOLUNTEERS

Volunteers help patients and families with a variety of needs, such as taking you to a therapy session or a special event, or helping your therapist during your therapy. For additional information, or to request a volunteer, please call the Volunteer Services Office from your room phone at 8.6026.

## ATM & PARKING VALIDATION

There is an ATM and parking pay station in the 10th floor Sky Lobby. Validations are available from the Sky Lobby Navigators at visitor check-in.

## COMPUTERS

You are welcome to use a laptop or tablet in your room. Please do not leave these items out or unattended because we cannot be responsible for their security.

Computers with internet access are also available in the LIFE Center, which is located on the 10th floor. If you need assistance with internet access, please contact our Help Desk from your room phone at 8.1234.

## SCHOOLING

For those of school age, the Shirley Ryan AbilityLab has a schoolroom onsite with a dedicated Chicago Board of Education teacher.

## DINING

The cafeteria is on the 12th floor. Hot and cold meals, fresh fruit, salads and healthy snacks are available during hours of operation. There are also vending machines, a Farmer's Fridge and microwaves. Another option is Argo Tea on the 10th floor.

### Cafeteria Hours

*Monday–Friday*

- Breakfast: 7–10 am
- Lunch: 11 am–2 pm
- Dinner: 4–7 pm

*Saturday–Sunday*

- Breakfast: 7:30–10 am
- Lunch: 11 am–2 pm
- Dinner: 4–6:30 pm

### Argo Tea Hours

*Monday–Friday*  
6 am–11 pm

*Saturday–Sunday*  
8 am–3 pm

## MAIL SERVICE

You can receive mail and packages during your stay. Please make sure to have items addressed to the name that is on your medical record and include your room number.

Mail will be delivered by volunteers Monday through Friday, from 8 am to 4 pm. Once packages arrive, they will appear as "delivered" on a tracking system, but that means they have been delivered to us. Then we need a short period to deliver them to you. We will make every attempt to deliver all mail and packages in a timely fashion. **If you are waiting for an urgent or overnight package, please provide tracking information to your nurse manager.**

## READING MATERIAL

Upon request, volunteers will bring the book and magazine cart to your unit for browsing. For more information, please contact 8.6026.





# Continuum of Care Options

After inpatient rehabilitation, patients may continue with therapy in order to keep improving function, mobility and daily life skills. Your team will help you decide if one of the continuing rehabilitation programs is appropriate.

Our care model is designed to drive down medical costs by focusing on successfully integrating patients into the community sooner and practicing skills that support their return to meaningful life roles at home and work.

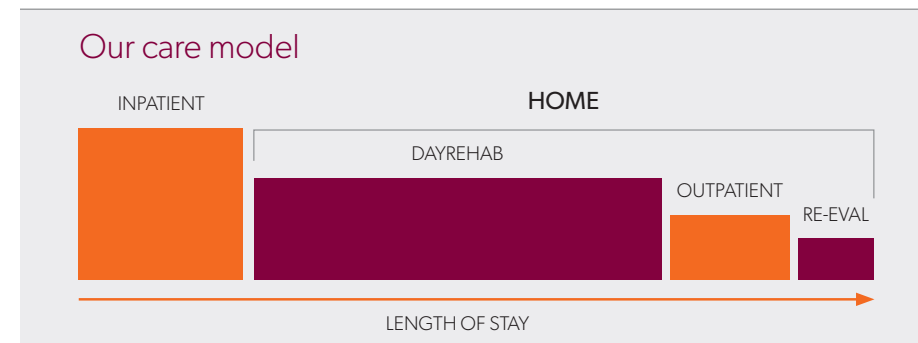
## DAYREHAB

This program sets the standard for patients who no longer require hospitalization but still need intensive, coordinated care after an inpatient stay.

## OUTPATIENT

Continue your recovery after inpatient or DayRehab with expert, focused rehabilitation therapy. Typically, patients receive 1-2 hours of therapy a few times per week.

Throughout your inpatient treatment and after, patients have access to additional programs and services, including the LIFE Center, the Adaptive Sports and Fitness Program, and various research studies.



# Meet Our Patient: Cameron

On May 23, Cameron, a 27-year-old from San Diego, was on a camping trip in Colorado with five good friends when his life changed forever. As they were hiking, Cameron slipped on a rock and hit his head with such force and at such an angle that the impact broke his neck, leaving him in severe pain and paralyzed below the neck.

Two of his friends raced down a treacherous path to find cell phone reception. Three others stabilized his neck and kept him warm for six hours at the top of the mountain in snowy, sub-30-degree weather. They were successful in reaching a rescue team, but the helicopter was unable to land due to the weather. The only way out was to put Cameron on a stretcher and carry him down from 11,000 feet — a grueling five-hour journey at night.

Cameron was rushed to a local hospital for emergency surgery. A few weeks later, doctors told him that he would need rehabilitation. Cameron wanted to be at the best place for his recovery. He began researching rehabilitation centers around the country; that's when he discovered the Shirley Ryan AbilityLab (formerly the Rehabilitation Institute of Chicago) and requested to be transferred there. On his first day of therapy—19 days after his paralyzing fall—Cameron was taking



his first steps with a walker. After only five weeks, he was walking on his own without the help of assistive devices. He continued to make improvements with therapy, and doctors were amazed at his quick and steady progress.

Cameron went from losing all movement and feeling below his neck to walking on his own during inpatient therapy and running on a treadmill in outpatient therapy. By November of the same year, he climbed 103 flights of stairs to the

top of the Willis Tower during SkyRise Chicago. Now, Cameron is working toward his goal of hiking that same trail and standing — victoriously — on that same rock.

Watch Cameron's patient story video!

Visit [sralab.org/cameron](http://sralab.org/cameron)





Shirley Ryan AbilityLab  
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Chicago, IL 60611

844.355.ABLE (2253)  
sralab.org

#1

rehabilitation  
hospital in  
America  
since 1991



#### JOIN OUR PATIENT PORTAL

We've developed our secure online Patient Portal with you in mind.

[sralab.org/patientportal](https://sralab.org/patientportal)

- Communicate with your physician or therapist with quick response times
- Get your prescriptions refilled efficiently
- Reference your medical information
- Watch "how to" videos
- Download helpful guides
- Learn about new features

CONNECT WITH US

