



## THE RUSK INSTITUTE REHABILITATION NETWORK

Rehabilitation for  
Each Phase of Recovery



The Rusk Institute of Rehabilitation Medicine, the flagship facility of the Rusk Institute Rehabilitation Network, has been voted the best rehabilitation hospital in New York and among the top ten in the country since 1989, when *U.S. News & World Report* introduced its annual “Best Hospitals” rankings. The world’s first university-affiliated facility devoted entirely to rehabilitation medicine, the Rusk Institute is the largest center of its kind for the treatment of adults and children with disabilities—home to innovations and advances that have set the standard in rehabilitation care for every age of life and for every phase of recovery.

The Rusk Institute Rehabilitation Network provides patients with access to treatment across a continuum of care depending on their individual medical needs: acute hospital-based inpatient programs, sub-acute facilities, and outpatient programs.

At Rusk, we understand that patients want to return to their homes and communities able to lead full, satisfying lives. Our mission is to provide patients with the necessary physical, social, emotional, vocational, and recreational skills to reach the highest possible levels of independence and quality of life.

## Hospital-Based Programs for Adults and Children

The Rusk Institute is accredited for comprehensive inpatient adult and family-centered pediatric rehabilitation services by the Commission on the Accreditation of Rehabilitation Facilities (CARF) and by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). Patients who require hospitalization and can tolerate an intensive therapy schedule of three hours or more daily are admitted to a specialized inpatient program. Comprehensive and carefully coordinated rehabilitation services are offered at two inpatient locations—34th Street at First Avenue, and 17th Street at Second Avenue.

**Brain Injury.** Accredited by CARF as an inpatient specialty program, the Brain Injury program provides structured therapy specifically tailored to meet the physical, cognitive, communicative, behavioral, and emotional needs of patients who have sustained a brain injury.

**Cardiac and Pulmonary Conditions.** Designed for patients with disabilities related to heart disease and/or severe respiratory disorders, this program includes supervised exercise programs to increase strength and endurance, as well as services to help patients modify behavioral risk factors.

**Chronic Neurological Impairment.** This specialized inpatient program for patients with degenerative conditions, such as Parkinson's Disease or multiple sclerosis, is designed specifically to slow the progression of the disease when possible, regain function lost to acute episodes, and enhance the patient's quality of life through adaptive techniques for daily living.

**Musculoskeletal Impairment.** A center of excellence that focuses on the rehabilitation of patients with limited function and mobility from muscular disorders, joint replacement surgery, fracture care, spinal interventions, and sports injuries.



**Pediatric Family-Centered Program.** Accredited by CARF, this multidisciplinary rehabilitation program serves children from 18 months to 18 years of age or to 21 years of age as developmentally appropriate, for the full range of congenital and acquired conditions, including developmental disabilities, medical complications, and progressive deformities. The goal of these world-renowned pediatric services is to enable young patients to become happy, healthy, and productive adults.

**Spinal Cord Injury.** Through its long and rich history of treating patients with spinal cord injuries, the Rusk Institute has developed a comprehensive array of highly specialized and innovative clinical and educational programs. A physiatrist board-certified in spinal-cord-injury medicine supervises the rehabilitation team and follows the patient medically. In addition, consultative services are initiated as needed with other NYU Medical Center specialists available at Tisch Hospital.

**Stroke.** Rusk was one of the first hospitals nationwide to earn three-year CARF accreditation for a stroke specialty program. Patients receive extensive stroke education and participate in a comprehensive and intensive treatment program that respects their individual needs, whether those needs are for improved skills, strategies to compensate for loss of function, or other assistance in improving their quality of life.

***As part of NYU Hospitals Center, which also includes Tisch Hospital and NYU Hospital for Joint Diseases, acute rehabilitation patients have complete and timely access to the full range of world-class medical and surgical subspecialty care—an important benefit rarely available in a free-standing facility.***

## The Team Approach to Inpatient Rehabilitation at Rusk

When patients are admitted to the Rusk Institute, they receive more than excellent clinical care for their physical condition. Patients participate in a personalized treatment plan that addresses:

- The challenges of developing new strategies for daily tasks
- The psychological adjustment of coping with change
- The stresses of uncertainty and fear
- The need for new forms of support for themselves and their loved ones
- Techniques for managing pain—not only for comfort, but also for healing
- Methods for minimizing the impact of chronic conditions

Patients and their families are integral members of the care team, which is led by a physiatrist (a physician specializing in rehabilitation medicine). As part of the team, patients always know what to expect at each stage of recovery. The physiatrist will communicate with a patient's referring physician regularly so that patients make a successful transition back to their community.



As an inpatient, physiatrists prescribe an individual therapy schedule that includes:

- Medical care
- Nursing care
- Physical therapy
- Occupational therapy
- Psychological support and counseling
- Recreational therapy
- Comprehensive discharge planning
- Individualized patient education

As medically necessary, patients have access to:

- Speech-Language Pathology services
- Swallowing rehabilitation
- Cognitive therapy
- Neuropsychology
- Nutrition education and counseling
- Orthotics/prosthetics
- Vocational rehabilitation
- Wound care



## Adaptive Resources: Helping You Get the Most Out of Life

In addition to its renowned therapy services, the Rusk Institute has a broad array of resources available for patients as they prepare to re-enter their communities.

**Barrier-Free Design:** Personalized home-modification solutions that meet the environmental and architectural needs of individuals with disabilities to maintain safe and active lifestyles and maximize their independence, while also facilitating care-giving.

**Assistive Technology:** Expert recommendations on modifications and prescribed devices that enhance an individual's ability to use computer-based solutions to increase their independence within their home and work environments.

**Independent Living Experience:** Scheduled Self Care Days that provide patients and family members with the opportunity to prepare for a safe discharge by determining, while still in the hospital, which daily living activities can be managed independently.

**Initiative for Women with Disabilities (IWD):** Gynecological, medical, and wellness services, with carefully designed accessibility for women with physical disabilities.



**Occupational and Industrial and Orthopaedic Center (OIOC):** Prevention and treatment of musculoskeletal injuries and disorders, designed specifically for the needs of industry and the workforce. Services span education, research, consulting, and ergonomic evaluations.

**Seating and Mobility:** Evaluations, equipment recommendations, and training in the use of manual and motorized wheelchairs and scooters to achieve an active and productive lifestyle.

**Vocational Services:** Counseling, career exploration, vocational evaluation, situational assessment, pre-employment support groups, computer training, job-seeking skills, selective job placement and referral to schools, community agencies, training programs, and employers.

## Healing From Within

One of the founding principles of the Rusk Institute is the importance of ministering to the spirit as well as the body, since each influences the other in the recovery process. Among the innovative mind/body therapies available are:

**Horticultural Therapy:** Working with nature and living things to achieve a sense of personal accomplishment, productivity, self-reliance, and self-esteem. Horticultural therapy takes place in the Rusk Institute's Enid A. Haupt Glass Garden, a soothing, life-affirming oasis from the hospital atmosphere.

**Music and Art Therapy Program:** Opportunities for creative expression, relaxation, stress reduction, and exposure to new or adapted leisure interests. Activities include sing-alongs, song writing, painting, jewelry making, and photography.

**Focus on Families:** An innovative educational and counseling program to help caregivers obtain the information and support they need to cope with the disability of their loved one.



### **Culturally Sensitive Care**

*The Rusk Institute admits patients from a multitude of countries with diverse racial, ethnic, and religious backgrounds.*

**Interpreters:** At the Rusk Institute, every effort is made to allow patients, companions, and families to communicate effectively with physicians and other hospital staff. Staff members of the International Services Program are able to assist non-English-speaking patients and their families with interpretation services. For persons that are deaf or hard of hearing, the NYU Hospitals Center's Deaf and Hard of Hearing Program provides access to sign language interpreters, assistive listening devices, and other auxiliary aids free of charge.

**Faith-Related and Spiritual Resources:** As patients and/or families and caregivers confront a crisis or life transition, there is an opportunity to find support within a spiritual context through the multid denominational chaplaincy program. Patients and families may request a visit from a hospital chaplain 24 hours a day, seven days a week.

### **Culturally Appropriate Foods and Special Diets:**

During an inpatient stay at the Rusk Institute, patients receive a menu from which to choose meals for the following day. Selections that conflict with dietary requirements may be modified according to a physician's dietary prescription. Kosher meals are available upon request at no extra charge.



## Sub-acute Care

The sub-acute care component of the Rusk Institute Rehabilitation Network encompasses high quality programs in several skilled nursing facilities in the New York metropolitan area. **Each facility maintains a distinct rehabilitation unit.** Rusk physiatrists, nurses, and therapists work with their counterparts at these skilled nursing facilities to enhance existing programs, develop new ones, and monitor the overall quality of care. Comprehensive discharge planning is provided by each facility to ensure a smooth transition home.



Specialized sub-acute rehabilitation programs, based in skilled nursing facilities, offer important options for several kinds of patients:

- Patients who don't require hospitalization, but need more intensive therapy than outpatient or home-based programs provide;
- Patients who need to gain strength and endurance before undertaking intensive rehabilitation (three hours per day) in the hospital;
- Patients who have participated in inpatient rehabilitation, but who need additional rehabilitation and adjustment time before going home.

## Outpatient Care

Many patients can benefit from rehabilitation without requiring the intensity of inpatient or sub-acute programs. Among the vast array of outpatient programs offered are:

**Aphasia Program:** A comprehensive program of speech-language pathology services for patients who have aphasia, an impairment in speech expression and/or comprehension that is often the result of a stroke, brain tumor, or head injury. The aphasia program encompasses evaluations, individual and group treatment, support groups, family education, and, if indicated, the introduction of alternative communication systems.

**Brain Injury Day Treatment Program:** A specialized intensive holistic program that teaches patients to compensate for cognitive, behavioral, and emotional problems associated with acquired brain injury, with particular emphasis on unawareness of the deficits and acceptance of the limitations imposed by the brain injury.

**Cardiopulmonary Rehabilitation:** A personalized program that combines education classes on risk factors and lifestyle modification with carefully monitored exercise sessions to build aerobic capacity and strength. Patients receive individual attention from advance practice nurses, exercise physiologists, nutritionists, physical therapists, social workers, and physiologists, even while working out in a group setting. This program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

**Cochlear Implant Program:** Speech-language evaluations and treatment tailored specifically to the communication needs of children and adults with cochlear implants.

**Communication Disorders:** Speech-language pathology evaluation and treatment services for patients with communication disorders resulting from head injuries, stroke, mild dementia, head and neck cancers, or injury to the vocal cords.



**Hand Service:** Treatment, provided by licensed occupational and physical therapists who specialize in the rehabilitation of the hand and upper body (fractures, traumatic injuries, tendonitis, sports injuries, repetitive stress injuries, tendon and nerve repairs, and arthritis), that may include upper extremity assessment, customized orthotic fabrication, electrical stimulation, ultrasound, post-operative management, and ergonomic workstation evaluations.

**Harkness Dance Center:** Subsidized and free services for the dance community, including clinics staffed by orthopedists and specialized physical therapists, state-of-the-art research and rehabilitation technology, and free injury prevention screenings and lectures.

**Motor Speech Disorder (dysarthria) Program:** Services for speech impairments resulting from neurological conditions (stroke, Parkinson's Disease, muscular dystrophy, multiple sclerosis, and other progressive conditions) that affect the movement of muscles.

**Muscular Dystrophy Clinic:** Sponsored by the Muscular Dystrophy Association (MDA), patients receive diagnostic examinations including clinical assessment and family history, genetic counseling, medical care for disease management, and periodic reevaluations.

**Multiple Sclerosis Care Center:** Specialized diagnostic, medical, research, rehabilitation, and educational services for persons with multiple sclerosis.

**Pediatric Programs:** A wide range of specialized therapy programs for newborns, children, and young adults including communication programs, educational services, occupational therapy, physical therapy, psychology, and speech-language pathology services.

**Psychology:** A comprehensive program that encompasses two types of services: Neuropsychology, for the evaluation and treatment of cognitive and behavioral problems, using remediation and psychotherapy; and Clinical Health Psychology, for stress management, relaxation training, and imaging to help reduce pain and anxiety. Both types of services are offered on an individual as well as group basis.

**Swallowing Disorders:** A unique multidisciplinary program dedicated to the diagnosis and treatment of feeding and swallowing disorders caused by injury, illness, congenital disorders, or developmental delay. Pediatric and adult treatments may include exercises, postural changes, dietary changes, and adaptive strategies.

**Spasticity Management:** To help adult patients with stroke, brain injuries, multiple sclerosis, spinal cord injuries, and other disorders complicated by spasticity. When appropriate, patients can receive Botox injections to minimize the abnormally rapid muscle contractions that would otherwise limit their range of joint motion over time.

**Spine and Sports Medicine:** Physical therapy for surgical and non-surgical sports injuries of the neck, spine, hip, knee, ankle, and shoulder.

**Vestibular Rehabilitation / Balance Disorders:**

Comprehensive outpatient program designed to assess and treat patients with vestibular dysfunction (e.g., balance disorders). This approach uses exercises to remedy symptoms and deficits, such as dizziness, lightheadedness, poor coordination, loss of balance, and gait disturbances.

**Visual Perceptual Rehabilitation:** Interventions to assist the visually impaired in acquiring and maintaining the highest level of function and independence in activities of daily living. Using state-of-the-art techniques and equipment, the program consists of Low Vision Rehabilitative Services and Vision Therapy Services.

**Women's Health:** A program designed to address health issues that predominantly affect women. Treatment for pelvic floor dysfunction, urinary incontinence, post-pregnancy problems, breast cancer, and osteoporosis is provided in areas designed for privacy. One of the cornerstones of the program, developed in partnership with the NYU Clinical Cancer Center, helps patients manage the symptoms of secondary lymphedema, a condition that commonly affects the arms or legs during or after cancer treatment, and that can cause swelling, pain, feelings of heaviness and tightness, infection, and skin changes.



## Building on a Proud Tradition

### Education And Training

The Rusk Institute operates under the auspices of the Department of Rehabilitation Medicine of the New York University School of Medicine, one of the nation's foremost medical schools. Our medical residency program has trained more rehabilitation physicians than any other institution in the world. *The Rusk Institute is responsible for educating and training the majority of physiatry physician leaders.* Graduate physicians of the Department of Rehabilitation Medicine hold twenty-five Department Chair positions at prestigious medical schools across the country.

The Department of Rehabilitation Medicine's engagement in education takes many other forms, including ongoing training for allied health professionals. The Divisions of Occupational Therapy, Physical Therapy, and Speech-Language Pathology, have affiliation agreements with schools and universities from across the country, while the Rehabilitation Psychology Department provides pre-doctoral internships and post-doctoral fellowships each year.

At the Rusk Institute, nurses continue learning long past the date their formal education ends. Beginning with orientation and ongoing, learning opportunities are provided to support nurses throughout all phases of their professional development. In 2005, NYU nurses earned the prestigious Magnet Award, placing NYU Medical Center in the two percent of U.S. hospitals who have earned this coveted award for nursing excellence.

### Research

The world-renowned clinical excellence of the Rusk Institute is supplemented by ongoing research programs in many areas relevant to the field of Physical Medicine and Rehabilitation. Throughout its distinguished history of innovative basic and clinical research, the Rusk Institute has been home to significant advances in clinical rehabilitation, attracting more than \$60 million in research support, mostly for peer-reviewed, federally funded projects. Today, the Institute's pioneering research programs focus primarily on stroke rehabilitation, aphasia and related communication disorders, and innovative diagnostic and treatment approaches in the field of brain injuries.



Dr. Howard A. Rusk, widely considered “the father of rehabilitation medicine,” founded the Institute for Rehabilitation Medicine in 1948. Dr. Rusk developed the Rusk Institute on the philosophy that rehabilitation medicine provides care for the entire person—not just their illness or disability but their emotional, psychological and social needs as well. Dr. Rusk's philosophy became the model for rehabilitation medicine as it is now practiced around the world.

## Contact Information:

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If you are interested in helping Rusk continue its tradition of excellence in rehabilitation medicine, please call the Office of Development at 212-404-3640 or mail a contribution to:

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*Because the Best Matters*



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