Spinal Cord Injury Rehabilitation Program

The Spinal Cord Injury Program at Sutter Rehabilitation Institute is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). This means it’s recognized for achieving the highest standards of excellence for quality, performance improvement, patient outcomes and patient-centered care.

Advanced Technology and Equipment

- **EksoNR** – This robotic exoskeleton can help patients stand, walk and practice a more normal gait pattern. Sutter Rehabilitation Institute is the only facility with this technology in Northern California outside of the Bay Area.
- **Xsensor pressure mapping** – Identifies areas prone to pressure sores and provides feedback for posture and weight distribution.
- **Urodynamic testing** – Rarely available in rehabilitation, this can be used to assess and manage bladder function.
- **Functional electrical stimulation (FES) bicycle** – Low levels of electrical stimulation activate nerves and muscles to help restore movement.
- **Overhead lifts** – Every patient room and select therapy areas have overhead lifts for safe mobilization.

Specialized Therapies and Services

- **Experienced rehabilitation team** – Led by rehabilitation doctors, our rehab nurses and physical and occupational therapists all have experience working with people with spinal cord injuries. Some even have advanced certifications in spinal cord injury care. We work closely with you to improve your mobility, strength and self-care.
- **Neuropsychology and social work** – Provides supportive counseling and assistance with adjusting to a new disability, as well as education about community and financial resources.
- **Neurological music therapy** – Board-certified music therapists use music to help patients improve movement, memory, speech and cognition.
- **Community reintegration** – Practice newly learned skills in a community setting with a therapeutic recreation specialist.
- **Facility therapy dog** – Our facility dog can work with you to help improve balance, strength, coordination, speech and emotional well-being.

After losing the ability to walk following a spinal cord injury, Wayne came to the Sutter Rehabilitation Institute. After only a short stay, he’s able to walk again. Read more about Wayne’s road to recovery at sutterhealth.org/srmc/patient-stories/spinal-stenosis-couldnt-keep-him-down.
• **Group therapies** are also available to help with:
  • Fall prevention.
  • Balance, strengthening and gait.
  • Meal preparation (the Breakfast Club meets weekly).

• **Chaplain services** – Provide spiritual support for patients and families.

• **Outdoor therapy area** – Here you can practice moving on grass, gravel, ramps, stairs, decking and even a functioning crosswalk! You can also try our putting green, shoot a few hoops or even garden.

• **Activities of daily living treatment room** – You might practice cooking in our full kitchen or doing laundry to help prepare you to return home safely.

• **Independent living apartment** – Patients and caregivers can spend the night in our fully equipped apartment to prepare them to safely return home. This serves as a “dress rehearsal” to gain confidence in the things patients and caregivers have learned during rehabilitation. Nurses are available should a need arise.

**Education and Support Groups**

• **Peer mentors** – We have identified and trained individuals who have had similar experiences to serve as a trusted counselor or teacher

• **Spinal cord injury support group** for patients and caregivers living in the community.

Your recovery doesn’t stop when you leave Sutter Rehabilitation Institute. Our team can refer you for ongoing rehabilitation services after discharge, such as:

• Home care.

• Outpatient rehabilitation therapies.

• The Physical Medicine and Rehabilitation Clinic.

• Other community programs that you might benefit from.