



# Inpatient Rehabilitation Services

Information for patients and caregivers



## About John Muir Health

John Muir Health is a nationally recognized, not-for-profit health care organization serving patients in Contra Costa, eastern Alameda and southern Solano Counties. It includes a network of 950 primary care and specialty doctors, more than 6,000 employees, medical centers in Concord and Walnut Creek, including the county's only trauma center, and a behavioral health center. The health system also offers a full range of medical services, including primary care, lab and imaging services, and is widely recognized as a leader in many specialties—neurosciences, orthopedics, cancer, cardiovascular care, emergency care and high-risk obstetrics. For more information, visit [johnmuirhealth.com](http://johnmuirhealth.com)



### Rehabilitation Services

John Muir Medical Center, Walnut Creek  
1601 Ygnacio Valley Road  
Walnut Creek, CA 94598  
(925) 947-5252



## Individualized care tailored to your individual needs

Our inpatient rehabilitation unit is conveniently located inside the John Muir Medical Center, Walnut Creek. We offer a multiple team approach to rehabilitation to help ensure the best possible recovery after an injury or illness. Our approach is also entirely personalized and patient-focused. This means our expert therapists work closely with you, your family and your caregivers to develop a treatment plan just for you.

Your rehabilitation takes place in a private and comfortable environment where you can safely learn to manage day-to-day challenges, including your ability to physically move around, communicate and perform the activities of daily living. We focus on your concerns so we can help you recover faster, return to your previous level of activity sooner and improve your quality of life.





When you are admitted, a team of specialists evaluates your needs, establishes your personalized treatment plan and sets reachable goals for your recovery. They also put together your daily treatment schedule, monitor your progress and suggest any changes when needed. Your entire team practices with you daily to help strengthen what you've learned.

We believe it's important that your family and caregivers are a part of the team. In fact, we invite them to participate in therapy training sessions, meet with the rehabilitation doctor, help set goals and make plans for your care once you leave.

## Proven expertise in stroke, brain injury and trauma

Patients with stroke, brain disorders and trauma often require an intense level of rehabilitative care. At John Muir Health, we follow the strict national standards and guidelines set by The Joint Commission, which requires healthcare providers to meet certain levels of performance and to show continual improvement in treatment plans.

- John Muir Health's Rehabilitation Services are accredited by The Joint Commission
- John Muir Medical Center, Walnut Creek and John Muir Medical Center, Concord were the first in Contra Costa and Alameda Counties to be awarded Primary Stroke Center Certification by The Joint Commission
- John Muir Medical Center, Concord has maintained its certification from the Joint Commission as a Primary Stroke Center
- John Muir Medical Center, Walnut Creek was awarded Comprehensive Stroke Certification from The Joint Commission in 2017
- John Muir Medical Center, Walnut Creek is Contra Costa County's only Level II Trauma Center, providing comprehensive trauma care available 24 hours a day
- John Muir Health's Brain Injury Program was awarded The Joint Commission's "Best Practice" distinction

What do these awards and honors mean for you? By following national standards and guidelines, John Muir Health provides you with a level of care proven to produce the best possible results for your long-term health.

## Specialized and complete care

Since our inpatient rehabilitation unit is located within our Walnut Creek medical center, you receive personalized care from your rehabilitation team, and you also have immediate access to surgeons, doctors and nurses trained in critical care if you need them. They are available 24 hours a day, seven days a week.

Our services help patients who are recovering from the following conditions and more:

- Brain injury
- Stroke
- Spinal cord injury
- Orthopedic trauma or surgery
- Arthritic conditions
- Neurological/neuromuscular disorders (such as multiple sclerosis or Parkinson's disease) or surgery
- Multiple trauma injuries
- Amputation

To help speed your return to your family and community, we offer intensive therapy programs with up to three hours per day of one-on-one rehabilitation therapy.

*A rooftop rehabilitation area provides an outdoor venue for simulating everyday challenges*



*The treatment center features state-of-the-art equipment*



## State-of-the-art facilities built to enhance healing

Designed for comfort, privacy and healing, our inpatient rehabilitation unit features 30 private rooms surrounded by a serene environment of colorful gardens and outdoor patios.

Our 7,000 square foot treatment center features state-of-the-art equipment such as the Bioness Vector Gait & Safety System®. Patients can build their skills before returning home using our full-service kitchen and simulated bedroom suite.

You can spend time in the rehabilitation garden, which features a variety of landscapes that imitate real-life challenges. The garden provides an extension of your treatment where you can safely practice walking up stairs, perform activities that involve balance and improve your motor skills. You can also use the golf putting green to help improve your hand-eye coordination.

*Our inpatient rehabilitation unit features 30 private rooms*



*You can rebuild your skills in our full-service kitchen*



## Convenient, quality care at every stage

Rehabilitation is a personalized, step-by-step process. At John Muir Health, we make every effort to be sure you receive complete care. We are by your side from the moment you arrive to begin your rehabilitation treatment to the day you leave to start your outpatient therapy. This thorough approach covers all areas—physical, emotional and social—to help restore your health and well-being.

When you are ready to begin outpatient therapy, we have four rehabilitation centers. They are conveniently located in Brentwood, Concord, Pleasant Hill and Rossmoor. Each of these state-of-the-art facilities offers physical, occupational and speech therapy.

## Personalized care delivered by experts

Our team of rehabilitation experts is led by the medical director of John Muir Health's Rehabilitation Services. Doctors with extensive experience managing the care of rehabilitation patients lead a nationally certified nursing and clinical staff that includes:

- Board-certified rehabilitation doctors
- Internal Medicine Doctors
- Certified Rehabilitation Registered Nurses (CRRNs)
- Physical therapists
- Occupational therapists
- Speech pathologists
- Neuropsychologists specially trained to treat brain disorders
- Medical social workers
- Registered nurse case coordinators
- Recreational therapists
- Prosthetists
- Orthotists
- Respiratory therapists
- Pharmacists
- Pastoral care services staff
- Other medical consultants as needed





## Nurses who nurture independence



Our rehabilitation nurses are specially trained to work with people with disabilities. They serve as teachers, providing you and your family with education and instruction. Our nurses support you in every way, coordinating schedules and activities that meet your needs, and making sure that everyone is working together to help you recover. Our Walnut Creek and Concord medical centers are the only hospitals in the East Bay recognized with Magnet® distinction for nursing excellence.

### What to expect

Once you are admitted to the inpatient rehabilitation unit, you will be given a short orientation. Next, the rehabilitation doctor will decide which specialists will be involved in your care. Over the next several days, each member of your team will perform a complete evaluation.

Once our team has determined your specific needs, daily treatment sessions will be scheduled. At this point, we strongly encourage you and your family to participate in setting the goals for your individualized treatment plan.

Throughout the day, with the help of your rehabilitation team, you will practice the skills you learn during your therapy sessions. We recommend that you wear your regular, everyday clothing during these sessions to prepare you for a home setting.

Early in your stay, your Nurse Case Coordinators will begin to discuss the plan for your return home.



## What to bring

We want you to be comfortable during your stay so we suggest you bring loose-fitting clothing. Laundry services are the responsibility of the patient unless other arrangements have been made. Please be sure to mark all items with your name using a permanent marker.

Suggested items:

- 3–4 changes of comfortable clothing
- A pair of sturdy, low-heeled shoes
- Undergarments
- Robe and pajamas
- Coat or sweater
- Toiletries, cosmetics and any dentures, hearing aids or glasses

## When you leave

Registered Nurse Case Coordinators will work with you and your family, doctors, and the rehabilitation team to identify discharge planning needs. We will help to arrange for follow up therapy programs (outpatient, home care or specialty rehab programs), assist with obtaining durable medical equipment and make referrals to community resources as needed.



# Take a look inside our expanded Inpatient Rehabilitation Treatment Center

- Comprehensive facility includes a full treatment center, specialized therapeutic equipment and state-of-the-art rehabilitation systems
- Located at John Muir Medical Center - Walnut Creek
- Over 7,000 square feet of space
- Designed to provide a safe, comfortable, healing environment

## Comprehensive treatment center

Featuring specialized rehabilitation equipment, including a full range of free weights, exercise and circuit machines. Also includes separate areas for mat work and stretching. Accommodates patients at various levels of physical strength and endurance.



## Bioness Vector Gait & Safety System®

The Bioness over-ground gait and safety harness system enables therapists to focus on improving gait, balance, and daily activities in a safe environment. Leveraging dynamic body weight support promotes faster recovery and minimizes the risk of falling. John Muir Health is the first non-academic center in Northern California to offer this system.







## Dynavision D2™ Vision Training System

The Dynavision D2™ system is recognized as a leading device in rehabilitation programs that deal with stroke, traumatic brain injuries, poor vision, driver re-training and other visual motor and neuro-cognitive conditions. The unique system evaluates and trains visual acuity and cognitive processing.



## Motorika ReoGo Robotic-Assisted Upper Limb Rehabilitation System

An ergonomic robotic arm and advanced software allows patients who have suffered a stroke or other neurological injury to retrain the brain through measured repetitive motion and advanced biofeedback.



## Modern full-service kitchen within the Rehabilitation Treatment Center

Patients can rebuild their skills before returning home using our full-service kitchen, as well as our simulated bedroom suite.

*Bioness Vector Gait & Safety System is a trademark of Bioness, Inc. Dynavision D2 is a trademark of Performance Enterprises. ReoGo is a trademark of Motrika Limited.*

