



INPATIENT REHABILITATION

What to Expect

- **Training:** From the time you arrive, you'll receive education about your condition and recovery. Your physicians are also available to answer questions. Those who'll be helping after you leave Schwab are encouraged to learn about your daily care. Formal training sessions will also be scheduled.
- **Therapy Hours:** You'll receive a minimum of three hours of therapy daily at least five days per week. Based on your needs, you may have occupational therapy, physical therapy or speech-language pathology.
- **Therapy Sessions:** Therapy may occur at your bedside, in a therapy gym or in various locations where interaction with other patients may be encouraged.
- **Safety:** Call lights and bed/chair alarms are often used to ensure your safety. To avoid a fall, please don't get up on your own.
- **Meals:** Staff will help you or your family make meal choices for the following day. Meals are served daily at:
 - 7-9 a.m. Breakfast
 - Noon-2 p.m. Lunch
 - 5-7 p.m. Dinner

- **Team Conference:** Our rehabilitation team meets weekly to discuss your progress. Your case manager is available to discuss your recovery and treatment plan with you and your family.
- **Planning for Graduation:** Your case manager will help you plan to safely meet your needs after you leave Schwab.

After you graduate

Schwab Rehabilitation Hospital offers outpatient services at multiple locations to help you continue your recovery. Your rehabilitation team will work with you to make all appropriate recommendations, so you can live as independently as possible.



What to Bring

Personal Items

You may wish to bring personal items, such as:

- Glasses
- Hearing aids and batteries
- Dentures and cleaning products
- Hairbrush and hair products
- Makeup or shaving supplies
- Toiletries (hospital-brand are available upon request)
- Tablet or iPad and charger

Schwab Rehabilitation Hospital is not responsible for any personal items. There is not secure storage in patient rooms for valuables.

Clothing

- Two to three changes of comfortable clothing that are easy to get on and allow free movement as you do your therapies (t-shirts with easy necklines, button-up shirts, sweatpants or elastic-waist pants and shorts)
- Socks and undergarments
- Pajamas (hospital gowns also are available)
- Sweater or sweatshirt (button-up or zip front preferred)
- Athletic shoes or comfortable walking shoes that tie or have Velcro fasteners. You may need to get a new pair of shoes one size larger than normal to accommodate any swelling.
- Seasonal jacket or coat

Patient family members are responsible for laundry duties.

Adaptive Equipment

Please leave your own equipment at home until you discuss it with your team, because your equipment needs may change during your stay. Clearly label any equipment you do bring. Equipment examples include:

- Existing wheelchair as well as cushion and leg rests
- Walker or cane
- Leg brace/AFO (your therapist may ask for this later)
- Prosthesis

What Not to Bring

We recommend that you don't bring any jewelry or other valuable items, because we don't have secure storage. And, please don't bring your home medications unless directed by your medical team.

What happens during a typical day in rehabilitation?

- You'll receive your daily therapy schedule every morning. It may vary from day to day.
- Your rehabilitation team will include a physician specialized in rehabilitation, rehabilitation resident physician, neuropsychologist, nurses, nursing assistants, occupational therapist, physical therapist, speech-language pathologist, recreational therapist, dietitian and social worker.
- After your morning therapy, you'll have a lunch break. There may be more therapy sessions in the afternoon. The intensity will depend on your individual needs.
- Expect a total of three hours of therapy spread throughout each day at least five days a week.

Contact us

Questions? Call 773.565.3050.



Schwab
Rehabilitation