



Stroke Recovery

PROGRAM



Earl R. Wilson, Founding Chairman

METHODIST
REHABILITATION CENTER

Since 1975, Methodist Rehabilitation Center has helped thousands of stroke patients reach the highest possible level of independence. This experience gives us the **proven expertise** that no other Mississippi hospital can claim.

As the state's premier provider of a stroke-specific rehabilitation program, we offer survivors of mild, moderate or severe strokes the most advanced information, practices and research related to stroke treatment and prevention.



Dr. Alyson Jones

Our Team

Dr. Alyson Jones, a physician who is board certified in physical medicine and rehabilitation, leads our multidisciplinary stroke team. She provides medical care for complications that may occur, prescribes medications, treats spasticity and contractures and recommends surgical consultation when necessary.

Other stroke team members include certified rehabilitation nurses, physical therapists, occupational therapists, speech therapists, respiratory therapists, therapeutic recreation specialists, vocational rehabilitation counselors, dieticians, pharmacists, case managers, social workers, neuropsychologists, biomedical engineers and orthotists.

We also encourage referring physicians to remain involved in the patient's care, and we consult other medical specialists as needed. Family members also are encouraged to be a part of therapy and educational sessions.

What sets us apart?



- Stroke patients are hospitalized on a separate floor with staff and facilities dedicated solely to the treatment of stroke.
- Stroke patients have opportunities to participate in clinical trials and other research through the hospital's **Center for Neuroscience and Neurological Recovery**. They also can take advantage of our nationally recognized spasticity management program.
- Stroke patients are able to participate in therapeutic recreation programs and community reintegration activities.
- Stroke patients have priority access to our three handicap accessible apartment complexes and our long-term, residential care facility.
- Stroke patients have access to specialized clinics that offer evaluations and guidance for the selection of wheelchairs, environmental control units, adaptive computer equipment and other assistive technology.
- Stroke patients can be evaluated in the hospital's Motion Analysis Laboratory, one of only a few in the nation that tests patients who have suffered spinal cord injuries, brain injuries or stroke.
- Stroke patients have access to treadmill gait training, a therapy that has helped many patients make significant gains in their walking ability.
- Stroke patients benefit from our staff's knowledge of innovative rehab technologies, including electrical stimulation devices designed to address foot drop, hand weakness and swallowing disorders.
- Stroke patients have access to lifelong care through an extensive network of outpatient clinics and community services.




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After undergoing a comprehensive evaluation, patients receive individualized treatment plans designed to address stroke-related deficits and encourage maximum recovery. Our stroke team works with patients, family members and referring physicians to set goals for a successful return to home, work, school and community life. Family members also are encouraged to be a part of therapy and education sessions.

Issues typically addressed during the recovery process include:

- **Activities of Daily Living.** Learning how to meet daily needs is an essential part of rehabilitation following a stroke. Through individual and group treatment programs, we help patients re-learn and accomplish daily tasks related to self-care (i.e. dressing, eating, bathing and bladder and bowel retraining), home management and driving. We can also assess home and work sites and recommend modifications and assistive equipment.
- **Mobility.** Stroke patients participate in exercise programs designed to strengthen intact muscles, maintain or gain mobility and build endurance and confidence to perform everyday activities. They may also learn how to use a wheelchair on a variety of surfaces, how to transfer from a wheelchair to a bed, toilet, tub or car, and how to walk with assistive devices such as braces, crutches, walkers or canes.
- **Respiratory Function.** Our respiratory therapists evaluate, treat and care for stroke patients with breathing problems or other cardiopulmonary disorders. They offer a unique respiratory rehabilitation program to help improve a patient's overall pulmonary function and provide a skilled program for ventilator-dependent patients.
- **Communication/Cognition.** Speech therapists evaluate skills related to listening, understanding, thinking, speaking, reading and writing and work with the patient to develop the most effective communication system possible. This may include guidance in selecting assistive communication devices.
- **Nutrition/Swallowing.** Stroke patients often suffer from swallowing problems known as dysphagia. Dysphagia is diagnosed using videofluoroscopy and treated in one-on-one therapy sessions and in special feeding groups. We also manage feeding tubes if needed.
- **Skin Health.** Our team implements a customized skin care program for each patient that includes education on how to prevent pressure sores.
- **Spasticity Management.** Our nationally recognized spasticity management program helps patients overcome disabling muscle spasms and stiffness through a variety of advanced treatments. These include Botox injections, intrathecal Baclofen therapy (also known as Baclofen pump, an implantable device that delivers anti-spasmodic medication directly to the spine), and chemodenervation (a technique that uses chemical substances to interrupt messages sent from the nerves to the muscles).

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- **Adjustment Issues.** Through education and counseling sessions, we help both patients and family members understand the consequences of a stroke and how to adjust to changes related to roles, relationships and responsibilities. We also encourage participation in stroke support groups.
 - **Community Reintegration.** Since our goal is to return stroke patients to their home, work, school and community, we develop an individual comprehensive discharge plan that prepares the patient for life after rehabilitation. To provide continuity of care, we also prescribe a follow-up program that may include treatment at **Methodist Outpatient Neurological Rehabilitation**. Stroke patients also may be referred to **Quest**, Mississippi's only comprehensive outpatient program designed to help brain injury patients return to school, work or community life.
 - **Recreation.** Through a variety of planned leisure activities, we give patients an opportunity to explore their capabilities in social and community settings. Our therapeutic recreation program also sponsors frequent sports clinics and several sports teams, including quad rugby, wheelchair fencing, softball and power soccer.

Contact Us

Methodist Rehabilitation Center

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Admissions and Referrals - 601-364-3477

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