

Rehabilitation Services – Inpatient

Information for patients and caregivers



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 physician, 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 are the first in Contra Costa and Alameda Counties to be awarded Primary Stroke Center Certification by The Joint Commission
- 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, physicians 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
- Neurological/neuromuscular disorders (such as multiple sclerosis or Parkinson's disease) or surgery
- Multiple trauma injuries
- Arthritic conditions
- 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.

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.

You can spend time in the rehabilitation garden, which features a variety of landscapes that imitates 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.

Additionally, we provide indoor educational and therapy programs that use outside-the-box thinking to improve your physical abilities. These include pet therapy and "Wii-hab," which uses interactive games to improve your strength, balance and coordination.



Our inpatient rehabilitation unit features 30 private rooms

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. Specializing in Physical Medicine and Rehabilitation (PM&R), our director leads a nationally certified nursing and clinical staff that includes:

- Board-certified rehabilitation physicians
- Certified Rehabilitation Registered Nurses (CRRNs)
- Physical therapists
- Occupational therapists
- Speech pathologists
- Neuropsychologists specially trained to treat brain disorders
- Medical social workers
- Registered nurse case managers
- 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 physician 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 manager 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. A washer and dryer are available for your use. 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

A nurse case manager or social worker will help you and your family with everything you will need to return home. This includes ordering any special equipment you need, and providing you with referrals to home care, outpatient therapy or community services.



For more information about John Muir Health's Rehabilitation Services, please call (925) 947-5252.



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 physicians, 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



Rehabilitation Services

John Muir Medical Center, Walnut Creek
1601 Ygnacio Valley Road
Walnut Creek, CA 94598

(925) 947-5252

johnmuirhealth.com

