Following an injury or an illness, if you are unable to go home, the rehabilitation you choose can impact the rest of your life. It can determine how mobile you are, how independent you are and how well you function day-to-day.

The Penn Institute for Rehabilitation Medicine (Penn Rehab) is an inpatient rehabilitation unit of the Hospital of the University of Pennsylvania, and managed by Good Shepherd Penn Partners. Good Shepherd Penn Partners is a joint venture between Good Shepherd Rehabilitation Network in Allentown, Pennsylvania, and the University of Pennsylvania Health System in Philadelphia, Pennsylvania. Our patients benefit from the care of two organizations with more than 100-years of evidence-based rehabilitation, research and clinical expertise.

Our patients choose Penn Rehab for our compassionate, high-quality care and services, matched with the latest advancements in medical science. We offer world-class physical, occupational and speech therapies that are tailored to address your unique rehabilitation needs — all offered as part of the Penn Medicine continuum of care. Our team includes highly skilled nurses and therapists from Good Shepherd Penn Partners who specialize in rehabilitation care, as well as physiatrists, hospitals, psychologists and other specialists within the Hospital of the University of Pennsylvania and the University of Pennsylvania Health System as needed. **We are passionate about helping you get your life back; one step at a time.**
“PENN REHAB GAVE ME BACK MY DREAMS AND EVERYTHING THAT I WISHED FOR. The fact that I had a whole community in one building to support me, that’s overwhelming and that’s perfect.”

– BETHANY DAHLSTROM, FORMER PATIENT

Visit pennpartners.org/patientstories to read Bethany’s full story

WHY CHOOSE PENN REHAB?

Your life is worth Penn Rehab. Our goal is to get you back home safely, where you can return to doing the things you love. When your condition is complex it’s even more important to have the experience and connection to the best medicine in the region. We work with you to set goals and to create a comprehensive, unique plan designed to increase your functional independence as much as possible.

At Penn Rehab you can expect the highest standards of both medical care and comfort, including:

» Around-the-clock, on-site Penn Medicine physician coverage
» Collaborative communication with your physicians
» Outstanding nursing and therapy for individualized medical rehabilitation
» Electronic medical records through the Penn Medicine continuum of care
» Hands-on techniques and state-of-the-art technology

We also offer a variety of inpatient amenities to make your experience as comfortable as possible including free parking for one vehicle per day, free wireless internet, free cable TV, pet visitation, 24-hour visitation, on-site cafeteria and coffee shop.

ACCREDITATIONS

Penn Rehab is committed to exceeding standards for safety, value and quality. We are licensed by the Pennsylvania Department of Health and accredited by The Joint Commission. We are also proud to be accredited by the Commission on Accreditation of Rehabilitation Facilities International (CARF). CARF is a voluntary accreditation that recognizes our commitment to continuous quality improvement, service excellence and patient satisfaction.

We hold CARF accreditations in the following:

» Stroke Specialty Program
» Brain Injury Specialty Program
» Spinal Cord System of Care Program
» Amputee Specialty Program
» Comprehensive Inpatient Rehabilitation Program

RESEARCH AND EDUCATION

We offer training and education programs for future physicians, therapists, case managers and nurses including our residency programs, fellowships and clinical affiliations.

As part of an academic medical center, research is fundamental to our practitioners and a promise to our patients. Our team of expert clinicians and faculty engage in cutting edge research, presenting at many regional and national conferences — in addition to their academic work. At Penn Rehab, new research discoveries are being realized in the field of physical medicine and rehabilitation that promote independent living and empower patients to improve the quality of their life. We are advancing rehabilitation.

CLINICAL SPECIALTIES AND CERTIFICATIONS

Board Certified PM&R Physicians
Certified Rehabilitation Registered Nurses (CRRN)
Neurological Clinical Specialists (NCS)
Assistive Technology Professionals (ATP)
Certified Brain Injury Specialists (CBIS)

RECOGNITION

Licensed under the Hospital of the University of Pennsylvania (HUP), we are proud to be part of Penn Medicine’s hospitals that have been ranked among the top ten hospitals in the nation, and once again named #1 in the Philadelphia area by U.S. News & World Report.

Out of nearly 5,000 hospitals analyzed nationwide, the Hospital of the University of Pennsylvania-Presbyterian is among only 20 institutions named to the U.S News & World Report Honor Roll, a distinction that “signal both rare breadth and depth of medical excellence,” according to the magazine’s editors.
Your life is worth Penn Rehab. We know that the path ahead may be challenging. By your side, you will receive the advanced care, education and training you need at Penn Rehab.

Our patients come from all walks of life, experiencing a wide variety of medical conditions. We recognize that entering a rehab hospital can be a stressful time, as you plan the road to your recovery; rest assured that you will receive the care, education and training you need at Penn Rehab.

Our team of expert physicians include:

- Jessica B. Berry, MD  
  Spinal cord injury - complex medical

- Franklin Caldera, DO, MBA  
  General musculoskeletal medicine, pain management, interventional spine, electromyography, ultrasound, spinal disorders

- Ellen K. Casey, MD  
  Sports, spinal disorders, female athlete disorders

- Jeremy Y. Charles, MD  
  Brain injury, neuro rehab, general musculoskeletal medicine

- Timothy Dillingham, MD, MS  
  Electromyography, amputee

- Erich Gottwald, DO  
  General musculoskeletal medicine, hand

- Kelly Heath, MD  
  Neurorehabilitation, stroke, spasticity, tremor management, brain injury

- Mandy Le Blanc, MD  
  Cancer rehabilitation, lymphedema

- David Lenrow, MD  
  General musculoskeletal medicine, amputee, stroke, electromyography

- Matthew G. McClure, MD  
  General musculoskeletal medicine, general rehabilitation medicine

- Sonnang Pang, DO  
  General musculoskeletal medicine

- Christopher Plastaras, MD  
  Interventional spine, sports, spinal disorders

- Adrian Popescu, MD  
  Pain management, interventional spine, spinal disorders

- Keith Robinson, MD  
  Brain injury, neuro rehab

- Randel Swanson, DO, PhD  
  Brain injury, neuro rehab

- Kate Temme, MD  
  Sports, spinal disorders, sports concussion, female athlete disorders, pelvic floor pain and dysfunction

- Alexis S. Tingan, MD  
  Spinal disorders, sports, general musculoskeletal medicine

- Bradley G. Tucker, MD  
  General musculoskeletal medicine

- Priya Varma, MD  
  General musculoskeletal medicine

- John Vasudevan, MD  
  General musculoskeletal medicine, sports, spinal disorders, sports concussion

- Mark Wennerker, DO  
  General musculoskeletal medicine, osteopathic manipulation, trigger point injection

- Yejia Zhang, MD, PhD  
  General musculoskeletal medicine, spinal disorders, back pain, neuromuscular, and general rehabilitation medicine

* Denotes Chief Medical Officer
** Denotes chair of the department

"The connection and partnerships within Penn Medicine allows the teams to provide **Seamless Care to All Patients** including those with complex medical needs.

Our team of nurses receive specialized training to care for each disease specialty type and are dedicated to providing **Exceptional Care** to meet each patient’s individualized needs."

– Jean Romano, MSN, RN, NE-BC, Chief Nursing Officer, Penn Institute for Rehabilitation Medicine
Prior to arrival, we encourage you to schedule a tour of Penn Rehab, located at the Penn Medicine Rittenhouse campus, by calling 877.969.7342. We also have photo and video tours we can show you in the hospital or by visiting pennpartners.org/virtualtour.

We offer the highest quality of care, including:

**Therapies and Services**
- Physical therapy
- Occupational therapy
- Speech language pathology
- Respiratory therapy
- Psychology
- Neuropsychology

**Patient and Family Support**
- Personalized education and training
- Support groups
- Post discharge follow-up

**Rehabilitation Treatments**
- Pain management
- Medication management
- Bowel & bladder management
- Neurobehavioral management
- Assessment & management of adaptive & assistive technology
- Spasticity management
- Clinical nutritional support
- Complex wound management
- Onsite swallowing evaluation & treatment
- Deep brain stimulator (DBS) management
- Fiberoptic endoscopic evaluation of swallowing (FEES)
- Prosthetics evaluation & fit
- Wheelchair training

To assist you in your recovery, we will do everything we can to work with your medical team and insurance providers to see that you qualify for Penn Rehab. We all work together to determine the best level of care based on your medical needs.

We have a wide variety of rehabilitation services and programs including:

**Neurosciences**
- Stroke
- Brain Injury
- Spinal Cord Injury
- Neurological

**Musculoskeletal**
- Orthopaedic (traumatic and non-traumatic)
- Amputation

**Comprehensive Rehabilitation**
- Complex Medical
- Transplant
- Cardiovascular

Penn Rehab offers unique programs that are dedicated to the care of individuals with a variety of conditions. Each program consists of a comprehensive team of rehabilitation experts, specific treatments, and support for you and your family.

"Every day I would see Bonnie making progress while at Penn Rehab. Being able to take part in her daily therapy sessions was important to me as a caregiver, because I learned how to support Bonnie. At Penn Rehab, everyone was on the same page about Bonnie’s care – therapists, nurses, and doctors. It was comforting knowing that she was in great hands during her recovery.”

— Arthur Twyman, Spouse of Former Patient

Visit pennpartners.org/patientstories to read Bonnie's full story.
Each year, strokes affect millions of Americans, and can be a challenging experience for survivors and families. A person’s functional limitations after stroke can range from mild to severe. Rehabilitation is a critical part of recovery. As part of Penn Medicine’s Comprehensive Stroke Center you have access to the most advanced resources available for the treatment of stroke 24 hours a day, 7 days a week, 365 days a year. Our team of stroke rehabilitation experts partner with you to return you to your most productive, rewarding lifestyle.

WHO CAN BENEFIT FROM OUR PROGRAM?

Strokes can have a major impact on an individual’s physical and emotional state, as well as work and personal life. Our stroke rehabilitation program provides physical, occupational, speech and recreational therapies. Our stroke program focuses on comprehensive medical, nursing and therapy care to help patients recover from conditions such as:

- Ischemic stroke
- Hemorrhagic stroke
- Transient ischemic attack (TIA)
- Brain aneurysm
- Arteriovenous malformation (AVM)
- Brain stem stroke
- Cerebral vascular attack (CVA)

WHAT TO EXPECT

Our care team will also educate you on ways to help prevent recurrent stroke, including how to reduce risk factors like high cholesterol, high blood pressure, diabetes, obesity and physical inactivity.

Monthly support groups for current and former patients also offer a chance to share information and learn with others who face similar life challenges. For a list of therapies, treatments and support services, please visit our Services and Programs on page 7.

NEUROSCIENCE SERVICES & PROGRAMS

Injuries and illnesses impacting the brain or spinal cord can be challenging to overcome and may require a combination of physical, occupational and speech therapies. Our neuroscience services are tailored to your individual needs while providing quality, compassionate care through the continuum of Penn Medicine.

STROKE REHABILITATION

Each year, strokes affect millions of Americans, and can be a challenging experience for survivors and families. A person’s functional limitations after stroke can range from mild to severe. Rehabilitation is a critical part of recovery. As part of Penn Medicine’s Comprehensive Stroke Center you have access to the most advanced resources available for the treatment of stroke 24 hours a day, 7 days a week, 365 days a year. Our team of stroke rehabilitation experts partner with you to return you to your most productive, rewarding lifestyle.

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- Arteriovenous malformation (AVM)
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WHAT TO EXPECT

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Monthly support groups for current and former patients also offer a chance to share information and learn with others who face similar life challenges. For a list of therapies, treatments and support services, please visit our Services and Programs on page 7.

WHO CAN BENEFIT FROM OUR PROGRAM?

Our patients come from all walks of life and may have experienced a traumatic brain injury, post-neurosurgery brain injury (tumor, aneurysm, arteriovenous malformation), or an injury due to lack of oxygen or other neurological conditions.

Our brain injury program focuses on comprehensive medical, nursing and therapy care to help patients recover from conditions such as:

- Complicated stroke
- Cerebral hemorrhage
- Traumatic brain injury
- Spontaneous hemorrhage
- Brain tumor
- Anoxic encephalopathy
- Concussion
- Contusion

WHAT TO EXPECT

Our advanced Brain Injury Recovery Center features an 18-room secured floor designed for comfort and safety, with all-private rooms. The floor has quiet, specially designed treatment and dining spaces where you will have therapy and enjoy your meals.

The combination of Penn Medicine physicians and the specialized team of rehabilitation therapists and nurses of Good Shepherd Penn Partners work with you to achieve your recovery goals. At Penn Rehab, we’re committed to helping you regain your life at a pace that works for you. For a list of therapies, treatments and support services, please visit our Services and Programs on page 7.

“[The therapists] brought me back from the state of a baby. I wasn’t able to talk. I wasn’t able to walk or anything. Then out of nowhere, I WAS ABLE TO WALK AND TALK—SO IT WAS JUST MAGIC BEFORE MY EYES.”

– ERIK SIMMONS, FORMER PATIENT

Visit penpartners.org/patientstories to read Erik’s full story.
An illness or injury can be a life-changing event. Our spinal cord injury program recognizes that the road to recovery is long and difficult. We will partner with you to develop a rehabilitation program that addresses your specific needs.

WHO CAN BENEFIT FROM OUR PROGRAM?
Spinal cord injury patients experience a number of complications that often require daily medical supervision and need combined physical, occupational or speech therapies.

Our Spinal Cord Injury Program focuses on comprehensive medical, nursing and therapy care to help patients recover from conditions including:

- Neuromuscular or central nervous system (CNS) disorders
- Spinal cord injury (traumatic and non-traumatic)
- Disease process of the spinal cord
- Dual diagnosis of brain injury and spinal cord

Who can benefit from our program?

Neurological rehabilitation can often improve function, reduce symptoms, and improve the well-being of the patient. Our Neurological Program focuses on comprehensive medical, nursing and therapy care to help patients with neurological disorders for conditions including:

- Multiple sclerosis (MS)
- Parkinson’s disease
- Muscular dystrophy
- Cerebral palsy
- Guillain-Barré syndrome

WHAT TO EXPECT
Penn Rehab’s program is designed to restore you to your highest physical, social and emotional potential. Our patients receive care from a team of spinal cord injury specialists, including physical, occupational and speech therapists, rehabilitation nurses, and a physiatrist specializing in physical medicine and rehabilitation. For a list of therapies, treatments and support services, please visit our Services and Programs on page 7.

WHAT TO EXPECT
Our program provides a wide range of therapeutic interventions to improve physical mobility, and activities of daily living, with a focus on gaining functional independence. Due to your medical complexities, you may also require other additional treatments, such as antibiotic therapy, dialysis, and wound care interventions.

For a list of therapies, treatments and support services, please visit our Services and Programs on page 7.

“Spinal cord injury nursing care focuses on partnering with patients to regain control of their body functions through ENCOURAGEMENT, PERSONALIZED EDUCATION, AND ADAPTIVE TECHNIQUES.”

– LARISSA (PEALE) SORGE, BSN, RN

“Therapy was hard, but the staff was patient and encouraging, always saying ‘Think about your daughter, think about your family.’ THEY WOULD CHEER ME ON by saying, ‘You can do it!’”

– JANET LEWIS, FORMER PATIENT

Visit pennpartners.org/patientstories to read Janet’s full story.
Injuries to your bones, muscles, ligaments or joints can cause pain, inflammation, restriction, joint instability, weakness and more. Our musculoskeletal services treat a wide variety of conditions with compassionate care and state-of-the-art medicine.

**MUSCULOSKELETAL SERVICES & PROGRAMS**

**ORTHOPAEDIC REHABILITATION (TRAUMATIC AND NON-TRAUMATIC)**

A joint replacement or serious joint injury can be disruptive to your lifestyle. Our orthopaedic rehabilitation program provides comprehensive care for individuals who have had bi-lateral hip or knee replacements or other orthopaedic trauma. The program is designed to provide you with an individualized treatment plan to maximize your independence, with the goal of helping you achieve your fullest potential.

**WHO CAN BENEFIT FROM OUR PROGRAM?**

Patients who benefit from our orthopaedic rehabilitation program may have had significant loss of function to two or more extremities, suffered a major musculoskeletal trauma, experienced major joint replacement, or have an autoimmune or related systemic condition or other orthopaedic diagnoses.

*Our patients are recovering from conditions such as:*  
» Total joint replacement(s)  
» Fractures  
» Osteoarthritis  
» Rheumatoid arthritis  
» Traumatic injury  
» Degenerative joint disease  

In addition, our team of clinicians collaborate with your surgical team to maximize your functional independence with a focus to get you home.

**WHAT TO EXPECT**

Patients admitted to our orthopaedic rehabilitation program work closely with a multidisciplinary rehabilitation team to become as mobile and independent as possible. Our care team helps you to take an active role in your treatment plan and partner with you to achieve recovery goals through every stage of rehabilitation.

**AMPUTATION REHABILITATION**

In the United States, there are currently 1.7 million people living with limb loss. This overwhelming experience represents a dramatic change in your lifestyle and support systems, and we’re here to help you create manageable goals to return you to your highest function possible. Our amputation program provides patients recovering from limb loss with individualized treatment plans led by a team of Penn Medicine physicians.

**WHO CAN BENEFIT FROM OUR PROGRAM?**

Loss of a limb can become a major focus of your physical and emotional state, as well as work and personal life. As you adjust to a limb loss, you will find compassionate, advanced care at Penn Rehab. Our patients are recovering from a variety of types of limb loss, and may require wound healing, concentrated therapy, pre-prosthetic needs, pain control, renal dialysis or other services.

*Our patients are recovering from conditions such as:*  
» Above knee amputation  
» Below knee amputation  
» Toe/foot amputation  
» Arm/hand amputation  
» Hemipelvectomy  
» Prosthetic training  
» Congenital or acquired injury  

Throughout treatment, your family or support system is an integral part of rehabilitation. You, your family and your medical team collaborate to create your rehab goals and plan for success.

**WHAT TO EXPECT**

Pain management is another major factor that can significantly impact recovery. Residual limb pain as well as ‘phantom pain’ can be complex and confusing, but both are very real. Our expertise is backed by Penn Medicine, and our clinicians collaborate with your surgical teams to tailor your program to your individual needs.

“I REALLY DON’T KNOW WHERE I’D BE WITHOUT MY THERAPISTS in my corner. They really helped me get back to normal again.”  
— RYAN ALBURGER, FORMER PATIENT

Visit pennpartners.org/patientstories to read Ryan’s full story
Every patient’s needs are unique, and may require a combination of approaches to treat more than one issue at a time. For our comprehensive rehabilitation program, we provide a variety of therapies that complement ongoing medical care for complex diagnoses.

**WHO CAN BENEFIT FROM OUR PROGRAM?**

Our program provides therapies for many complicated diseases and diagnoses.

*Patients may come to us with a variety of conditions, including:*

- Cancer
- Major trauma
- Multiple trauma

- Pulmonary
- Pain

“I wouldn’t be going home this soon if it wasn’t for the great work here. PENN REHAB GAVE ME BACK MY LIFE. That’s all I can ask for.”

— SAL MATTERA, FORMER PATIENT

Visit pennpartners.org/patientstories to read Sal’s full story

**WHAT TO EXPECT**

We specialize in injuries that affect multiple body systems. There is often multi-system involvement, sometimes including cognitive impairments.

Our expertise is backed by Penn Medicine, and our clinicians collaborate with your surgical teams to tailor your program to your individual needs.

**WHO CAN BENEFIT FROM OUR PROGRAM?**

Our program provides therapies for many complicated diseases and diagnoses.

- Cancer
- Major trauma
- Multiple trauma

“Pulmonary”

“Pain”

“COMPLEX MEDICAL”

Often, patients come to Penn Rehab with a variety of complex medical issues. As you heal from your injuries or illnesses, our comprehensive rehabilitation program becomes a crucial step in your recovery. With our patients, we focus on improving medical status as well as increasing overall function, strength and vitality. We will partner with you to develop a rehabilitation program that addresses your specific needs to achieve your recovery goals.

**WHAT TO EXPECT**

Our program consists of a knowledgeable, multidisciplinary team of professionals that understand the unique journey and care that post-transplant patients need.

Our care team helps you take an active role in your treatment plan and partner with you in achieving your recovery goals through every stage of rehab.

**TRANSPLANT REHABILITATION**

Each day an average of 79 people receive organ transplants — approximately 30,000 per year. Transplants are ever growing in the U.S. Working with your transplant team, we strive to meet all of your rehabilitation needs surrounding organ and tissue transplant.

**WHO CAN BENEFIT FROM OUR PROGRAM?**

Our program provides therapies for many complicated diseases and diagnoses.

- Liver
- Heart
- Lung
- Kidney

“Transplant patients include but not limited to:”

“Pulmonary”

“Pain”

“COMPLEX MEDICAL”

“It was a fantastic feeling knowing that my wife was recovering at a place where I KNEW SHE WAS IN GOOD HANDS.”

— BILL WILLIAMS, SPOUSE OF FORMER PATIENT

Visit pennpartners.org/patientstories to read Marie’s full story

“IT WAS A FANTASTIC FEELING KNOWING THAT MY WIFE WAS RECOVERING AT A PLACE WHERE I KNEW SHE WAS IN GOOD HANDS.”

— BILL WILLIAMS, SPOUSE OF FORMER PATIENT

Visit pennpartners.org/patientstories to read Marie’s full story

**WHAT TO EXPECT**

Our program consists of a knowledgeable, multidisciplinary team of professionals that understand the unique journey and care that post-transplant patients need.

Our care team helps you take an active role in your treatment plan and partner with you in achieving your recovery goals through every stage of rehab.
In the United States, 27.6 million people are diagnosed with heart disease each year. Cardiovascular rehabilitation is provided under the supervision of a highly trained therapy, nursing, and physician team. We assist in the recovery of patients after heart attack and heart surgery, and provide this care in a supportive and caring environment.

WHO CAN BENEFIT FROM OUR PROGRAM?
Our program provides therapies for many complicated diseases and diagnoses. We treat a variety of patients with different conditions, including:

- Heart/vascular disease
- Heart failure
- Ventricular assist device (VAD)
- Congestive heart failure
- Cardiomyopathy
- Pericardial disease

WHAT TO EXPECT
Our patients receive physical rehabilitation and education and training to improve fitness, future health, prevent complications, and avoid heart problems in the future; such as a second heart attack.

You will have personalized therapies for your treatment plan that are specific to your needs. The duration and frequency of therapy is adjusted on a patient-by-patient basis to accommodate each person's care plan. You will receive at least 15 hours of therapy per week — generally three hours daily, five days a week.

WHAT TO EXPECT AFTER YOUR STAY
Your physician-led team at Penn Rehab will be here for you. It is our goal to help you transition to the next level of care and provide the support you need. Upon admission, we work with you and your family to begin the preparation for the next steps in your recovery journey.

Our Penn Medicine continuum of care is important for patients looking to regain function and independence following an inpatient stay. Patients choose Penn Medicine for renowned expertise and standards of care. Maintaining those standards is important when continued care is needed after your stay.

We are committed to helping you regain your life — one step at a time. Whether the next step is to a skilled nursing facility, outpatient therapy, or home care services, our case management team will work with you to obtain the resources you’ll need upon discharge from our facility. We serve as the bridge to the next level of care that best fulfills your medical and rehabilitation needs.

Some of the most common continuum of care you may need include:

- Skilled Nursing Facility
- Home Care Services
- Outpatient Rehabilitation

OUTPATIENT THERAPY SERVICES
For patients who require additional rehabilitation, Penn Therapy & Fitness, the outpatient therapy service of Good Shepherd Penn Partners, offers physical, occupational and speech therapies. Our therapists are national leaders in advancing the field of rehabilitation medicine, while our facilities feature the latest technology to aid you in getting back to doing the things you want in life.

With many outpatient therapy sites conveniently located throughout the Greater Philadelphia Area and South Jersey Region, ensuring that you can experience the same standard of care you received during your inpatient stay, that’s convenient and close to home. For more information on our outpatient options, please visit our website pennpartners.org/outpatient.

For more information, please visit pennpartners.org/pennrehab.
How do I qualify for inpatient rehabilitation care?
The Penn Institute for Rehabilitation Medicine (Penn Rehab) is an inpatient rehabilitation unit of the Hospital of the University of Pennsylvania, managed by Good Shepherd Penn Partners. Penn Rehab provides care to individuals who have one or more conditions requiring intensive and interdisciplinary rehabilitation care. Your rehabilitation diagnosis must be medically manageable (such as stroke, amputation, spinal cord or brain injury, or arthritis) and you must be able to tolerate at least 15 hours of therapy per week — generally three hours daily, five days a week.

Other admission criteria also apply. Clinical Nurse Liaisons are available to discuss your situation and your rehabilitation options.

Can I see the unit before we make a decision?
Yes. We encourage you to schedule a tour of Penn Rehab by calling 215.893.6570. We also have photo and video tours we can show you in the hospital or by visiting our website at pennpartners.org/virtualtours

Patient Diagnoses
Can Penn Rehab handle complex medical problems and pre-existing conditions?
Yes. We have become known for handling the most complex medical diagnoses in a rehab setting. Our expert clinicians manage your care and can consult with specialists as needed.

Your Stay
How long will I stay in your facility?
Your length of stay depends on diagnosis, functional ability and safety issues. The typical stay in an inpatient rehabilitation facility ranges from 7 to 21 days.

How often will I receive therapy?
You will receive an individually designed rehabilitation program that includes at least 15 hours of therapy per week — generally three hours daily, five days a week, based on your medical needs and therapy goals.

What type of rehabilitation will I receive?
You will receive physical, occupational or speech therapy services, along with 24-hour rehabilitation nursing care. These rehabilitation services will be provided with the oversight of a Physical Medicine and Rehabilitation physician.

Post-Admission
How will Penn Rehab prepare me for discharge?
The collaborative relationship between you, your family/caregiver and the medical team, starts on day one. We work with you to get you home safely and ensure you are as functionally independent as possible. Our post-discharge calling program is designed to help with your transition home.

Visitors
Are visitors allowed?
Yes, your physician and staff work closely with your family and friends to determine suitable visiting hours. General visitation hours are from 9 a.m. to 9 p.m. — friends and family are encouraged to visit during these hours as appropriate. Please note that since the care of each patient is individualized, visitation hours may be adjusted if necessary. If you have any questions or concerns regarding visits, your physician and staff are available to help you.

Is parking available?
Yes. Parking for your family and friends is available at the garage located at 1740 South Street. One free parking benefit is available to each patient or their guest for one vehicle per day. Discounted rates for additional vehicles with validation.
We also have valet available from our 18th Street entrance.

Is Penn Rehab accessible by public transportation?
Yes. Penn Medicine Rittenhouse is accessible by several public transportation routes:

- The SEPTA Broad Street subway line (orange line) stops four blocks east from Penn Medicine Rittenhouse at the Lombard Street and South Street station.
- The PATCO subway line from South Jersey stops at 16th & Locust Streets, just blocks from the Penn Medicine Rittenhouse Campus.
- SEPTA bus route 40 stops at the Penn Medicine Rittenhouse Campus, both east on South Street and west on Lombard Street.

Insurance and Billing
Will my stay at Penn Rehab be covered by my insurance?
Penn Rehab is an in network provider for many insurance companies, government programs, and commercial payers in the area. We are happy to review your coverage and if needed negotiate with your insurance company if we are not contracted.

FREQUENTLY ASKED QUESTIONS
For more information, please visit pennpartners.org/pennrehab.
The Penn Institute for Rehabilitation Medicine
Inpatient Rehabilitation unit of the Hospital of the University of Pennsylvania

1800 Lombard Street
Philadelphia, PA 19146

☎ 215.893.6570
pennpartners.org/pennrehab

We are passionate about helping you get your life back; ONE STEP AT A TIME.