Eagle Highlands Inpatient and Outpatient Services

4141 SHORE DRIVE
INDIANAPOLIS, IN 46254
MAIN PHONE: (317) 329-2000
FAX: (317) 329-2280

Northwest Brain Injury Center

9531 VALPARAISO COURT
INDIANAPOLIS, IN 46268
PHONE: (317) 879-8940
FAX: (317) 872-0914

Carmel Outpatient Services

12425 OLD MERIDIAN STREET, SUITE B2
CARMEL, IN 46032
PHONE: (317) 566-3422
FAX: (317) 566-9111

RHI

Indiana University Health

Ascension St. Vincent

RHI is a community collaboration between Indiana University Health and Ascension St. Vincent

RHIREHAB.COM
317-329-2000

RHI | Turning Setbacks Into Comebacks

Outpatient Rehabilitation for Injuries of All Magnitudes

Sometimes life sets you back. It might be a stroke, a sports injury, a car accident or some other unexpected turn of events. But you're not ready to throw in the towel and accept a new normal without trying to maximize your potential.

You're ready to make a comeback.

And that's where the outpatient services at Rehabilitation Hospital of Indiana come into play. We specialize in neurologic and orthopedic treatment, prescribing research-backed care. When coupled with a patient's grit and determination, this care helps them meet and even exceed their goals.

MY SETBACK:

I experienced severe muscle loss after spending two months in the hospital prior to and after a liver transplant.

MY RHI COMEBACK:

The caring, experienced physical and occupational therapists at RHI worked with me so I could once again sit up, stand and eventually walk again. I am thankful to RHI for making my full and complete recovery possible. *—Mike D.*

Our research leads us toward providing the most up-to-date, successful therapy regimens for our outpatients.

Outpatient Rehabilitation

A Key Step in our Continuum of Care

At RHI, we provide a seamless Continuum of Care that goes from acute inpatient rehabilitative care to comprehensive outpatient services to programs that help patients reintegrate into their communities. Even individuals who received inpatient care elsewhere—or didn't need to be an inpatient at all—can come to one of our locations for excellent outpatient rehabilitation.

Our comprehensive outpatient services specialize in evidence-based treatment regimens that are customized on a case-by-case basis to meet each patient's individual goals. Knowledgeable and compassionate clinicians bring a wide range of experience and expertise to our practice, enhancing our ability to provide rehabilitative care to individuals facing a wide variety and severity of setbacks.

Care Available at All Three Indianapolis-Area Locations

Patients can receive rehabilitative services at the location most convenient to them, depending on their particular needs.

Eagle Highlands Inpatient & Outpatient Services

4141 Shore Drive
Indianapolis, IN 46254
(317) 329-2000

This is our main campus and features a 12,000-square-foot gym with the latest equipment and technology.

Northwest Brain Injury Center

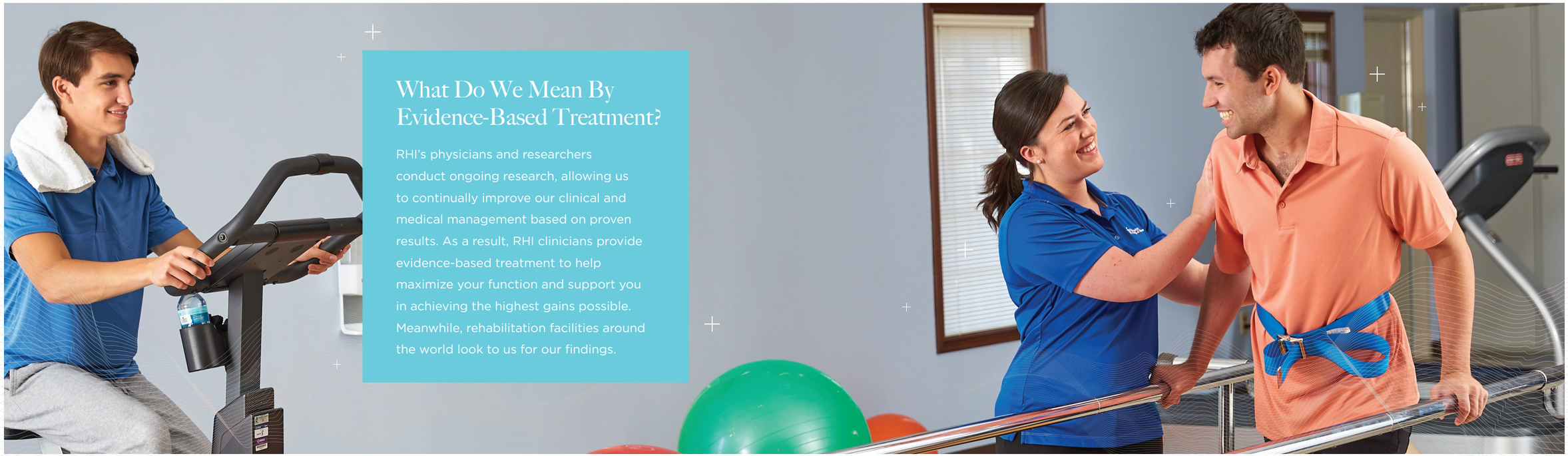
9531 Valparaiso Court
Indianapolis, IN 46268
(317) 879-8940

This facility specializes in neuropsychology and other outpatient services for individuals who have experienced a brain injury.

Carmel Outpatient Services

12425 Old Meridian Street, Suite B2
Carmel, IN 46032
(317) 566-3422

The Carmel location features a spacious therapy gym and private treatment rooms for patients with complex spine, orthopedic, neurological or other injuries.



What Do We Mean By Evidence-Based Treatment?

RHI's physicians and researchers conduct ongoing research, allowing us to continually improve our clinical and medical management based on proven results. As a result, RHI clinicians provide evidence-based treatment to help maximize your function and support you in achieving the highest gains possible. Meanwhile, rehabilitation facilities around the world look to us for our findings.

A patient's smile and sense of accomplishment can be our greatest reward.

Specialized Outpatient Programs to Help You Achieve Your Goals

We're specialists in helping you reach your goals, no matter the cause or extent of your setback. As a result, RHI provides many specialized services you might not find elsewhere.

RHI's specialized treatment services include driver retraining so patients master adaptive equipment.

We Go Beyond the Traditional Modes of Rehabilitation Therapy

Vision Rehabilitation

A specialized team of occupational therapists provides pediatric vision rehab, adult post-brain injury and stroke vision rehab, and treatment for degenerative eye diseases. Vision rehab will address independence with everyday issues.

Driver Rehabilitation Program

Driving a vehicle again can be one of the most freeing activities for a patient who's suffered a physical setback. This program is also for first-time drivers with disabilities. Services offered include assessments, classroom and behind-the-wheel training, teaching techniques for drivers with vision deficits, and evaluation of vehicle and equipment needs.

MY SETBACK:

I was in a mountain-biking accident in the Rocky Mountains and suffered a severe traumatic brain injury.

MY RHI COMEBACK:

After six weeks of outpatient therapy at RHI, I am finding myself again — I can work and drive! *Samantha S.*

Swallowing Retraining

Following a stroke or other setback, a patient may have problems swallowing, making it difficult to drink liquids or eat solids. RHI has the capability to evaluate a patient's swallowing function with a modified barium swallow study and then prescribe the proper exercises and strategies to improve this necessary ability.

Learning to Walk

RHI's Motion Analysis Center serves as our gait lab, where we can evaluate a patient's disparity and plan for recovery. Through high-intensity gait training, patients might be able to regain their independence in walking.

Vestibular and Balance Retraining

This specialized service could help patients who experience symptoms such as dizziness when changing position, a spinning sensation, difficulty focusing, or problems with balance in crowded spaces. Vestibular and balance retraining can help get back some of that functional mobility and reduce the risk of falls.

Once we have evaluated a patient in our Motion Analysis Center, we can create a plan to help them learn to walk again.

Addressing vestibular and balance issues can help reduce the risk of falls.

Patients can regain some independence by learning wheelchair seating and positioning techniques.

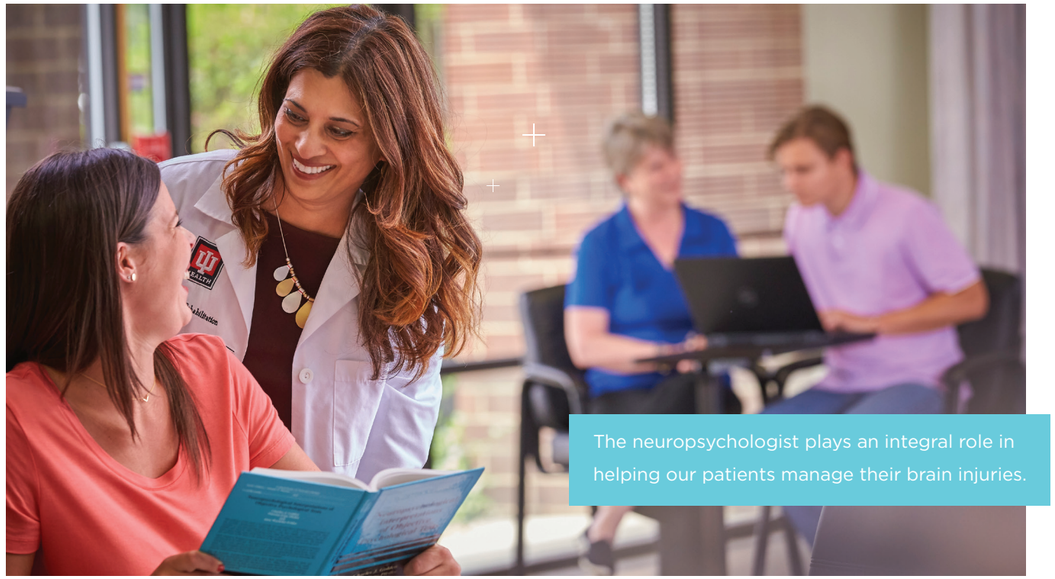
Additional Specialized Services to Pair with a Patient's Determination

Wheelchair Seating and Positioning Clinic

Being in a wheelchair doesn't have to mean a loss of independence. RHI's Assistive Technology Professionals have advanced training and certification in seating and positioning, assuring the best recommendations are made. The evaluations ensure the most mobility both at home and in the community.

Parkinson's Program

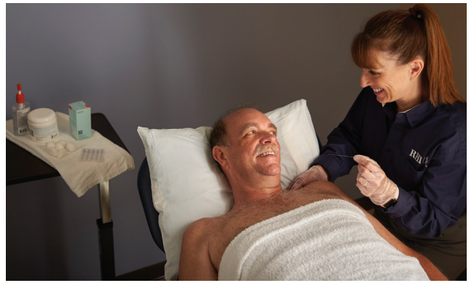
At our Northwest Brain Injury Center, clinicians help Parkinson's patients manage their movement and speech challenges. They are certified by LSVT, a research-supported intervention program that focuses on holistic, individualized, intensive treatment.



The neuropsychologist plays an integral role in helping our patients manage their brain injuries.

Neuropsychology Evaluations and Therapy

Our internationally recognized neuropsychologists lead the field in providing evidence-based services for individuals with brain injuries. After a thorough assessment, a patient may be prescribed individual or group psychotherapy and cognitive rehabilitation and will also have access to helpful support groups.



Post-Concussion Services

Patients who have suffered a concussion or traumatic brain injury might experience persisting symptoms. RHI can prescribe and administer treatments that can help with thinking skills and physical symptoms such as pain.

Dry Needling

Combined with other physical therapy treatments, a relatively new treatment called dry needling can remedy aches and pains. This technique uses a "dry" needle, one without medication or injection, which is inserted through the skin into areas of the muscle. It is based on a Western medical technique involving palpation into muscle fibers, tendons and ligaments, as well as superficial palpation on the skin. It differs from acupuncture because the therapists directly target the pain points.

Support for Patients and Their Caregivers

A stroke or injury impacts more than the patient. Their family and caregivers might also need to learn new skills or find ways to cope with a new reality. RHI provides follow-up care to aid in these areas, as well.

Family plays an important role in a patient's emotional health during and after therapy.

Patients with neurological impairments benefit from Functional Electrical Stimulation, which increases circulation, decreases muscle atrophy and more.

Physician Follow-Up Clinics

We recognize that a patient's rehabilitation journey is ongoing, and you won't find a more comprehensive follow-up program anywhere else in the Indianapolis area. These clinics act as a home base for support and resources.

- Post-Acute Stroke Rehabilitation Care
- Post-Acute Traumatic and Non-Traumatic Brain Injury Rehabilitation
- Post-Acute Spinal Cord Injury Clinic

General Physiatry Clinic

Sometimes a patient experiences pain following an injury or disease that makes daily life intolerable. And that's why this clinic exists. Patients receive individualized care to address pain in areas like the back or nerves. Treatments could include one of the following types of injections:

- Selective nerve root
- Sacroiliac joint
- Botox
- Facet joint/medial branch nerve block
- Trigger point
- Epidural
- Spinal

Brain Injury Community Reentry Program and Classes

RHI provides education and support for both patients and their families.

- **Brain Injury Coping Skills Group (BICS)** provides support for the patient as well as the family or caregiver to help them better understand the effects of brain injury.
- **Couples CARE** is a group designed to enhance relationships and quality after a brain injury.
- **COPE Concussion Group** is designed to help participants gain a better understanding of the effects of concussive injuries and learn about available treatments.

Outpatient Therapy Helps Patients Improve Function and Gain Independence

While not every patient will need the specialized services just described, most all will need at least one of our traditional outpatient services.

- **Physical therapy** addresses issues related to strength, coordination, endurance, range of motion, mobility and balance.
- **Occupational therapy** focuses on maximizing function and independence in daily living.
- **Speech-language pathology** works to improve cognition, communication and swallowing.

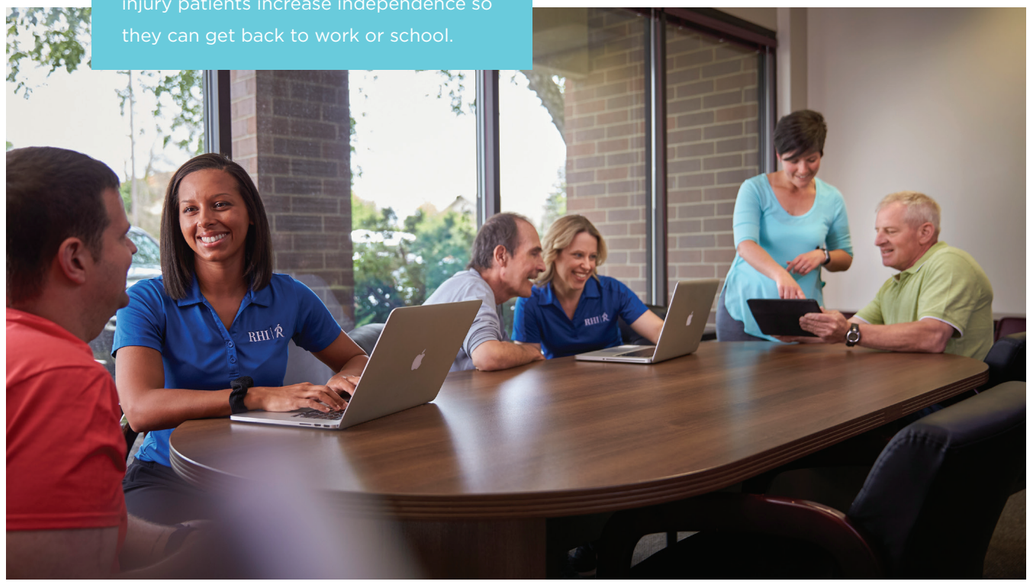
Day Treatment Program

This intensive outpatient therapy service is for individuals with mild to moderate cognitive and/or behavioral problems, especially following a brain injury. The ultimate goal of the program, which meets twice a week, is to increase independence at home and in the community so patients can return to work or school. Services are provided by brain injury experts in occupational therapy, speech-language pathology and neuropsychology.

Spasticity Clinic

When spasticity is present, overexcited nerves fire rapid messages to muscles, causing them to become difficult or uncontrollable. RHI treats patients so they can better function in daily life.

The Day Treatment Program helps brain-injury patients increase independence so they can get back to work or school.



The First Step in Staging a Comeback

To ensure continuity of care for patients, it's best to have a physician referral to seek treatment at RHI. Your physician can fax a referral to **(317) 329-2360.** We are also happy to give you a tour at any of our locations, which you can schedule at **rhirehab.com.**

Reaching milestones is definitely a reason to celebrate!