



Turning Patient
Determination Into Results

Inpatient Rehabilitation Backed by Research

Eagle Highlands Inpatient & Outpatient Services

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

Inpatient care is available only at our Eagle
Highlands location. Two other locations are
available for specific services noted here.

RHIREHAB.COM
(317) 329-2000

Outpatient Services

Northwest Brain Injury Center
9531 VALPARAISO COURT
INDIANAPOLIS, IN 46268

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

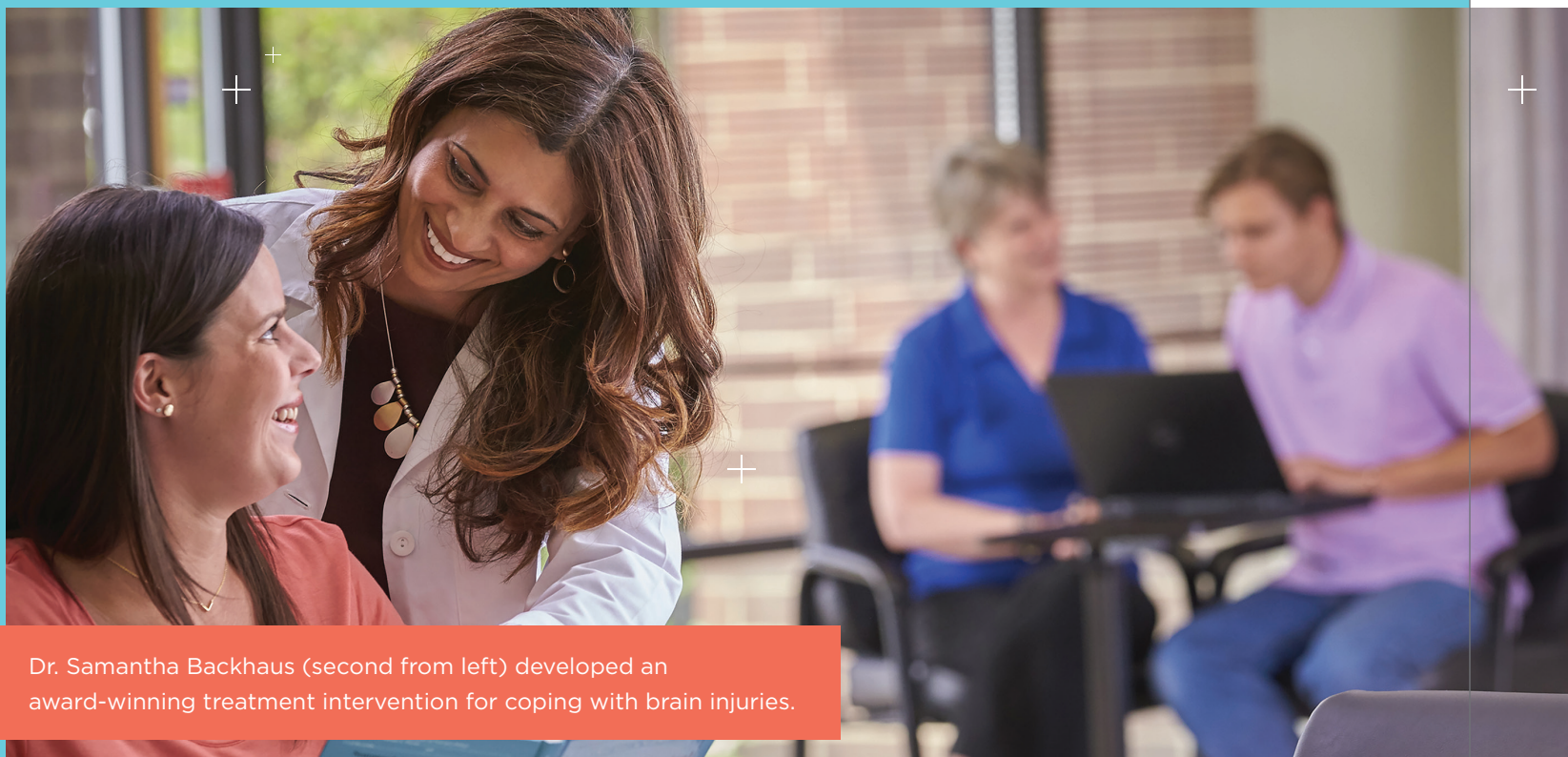
The Carmel location features a spacious
therapy gym and private treatment
rooms for patients with complex spine,
orthopedic, neurological or other injuries.



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



We meet patients when their lives have been turned upside down by a stroke, accident or other serious injury or medical condition. And while their conditions are very serious, we know their lives can be righted again when they combine their grit and determination with our research-backed inpatient rehabilitation.



Dr. Samantha Backhaus (second from left) developed an award-winning treatment intervention for coping with brain injuries.

A Life-Changing Continuum of Care

Many patients come to RHI from the hospital after their trauma, and then we provide all the care afterwards to help them meet and even exceed their goals.

Families or other caregivers are involved along the way to both encourage and support the patient during treatment and to also have the skills needed to help the patient adjust to the new normal after being released. At Rehabilitation Hospital of Indiana, we offer our patients and their families a full continuum of care, from inpatient and outpatient rehabilitation to programs that help reintegrate them into the community.

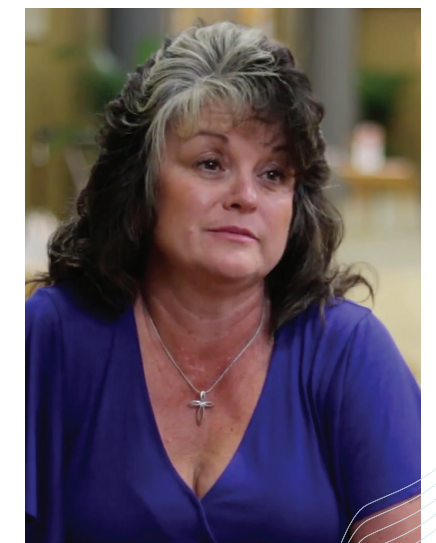
MY SETBACK:

I couldn't talk or walk when I was admitted to RHI with a traumatic brain injury after a hit-and-run accident.

MY RHI COMEBACK:

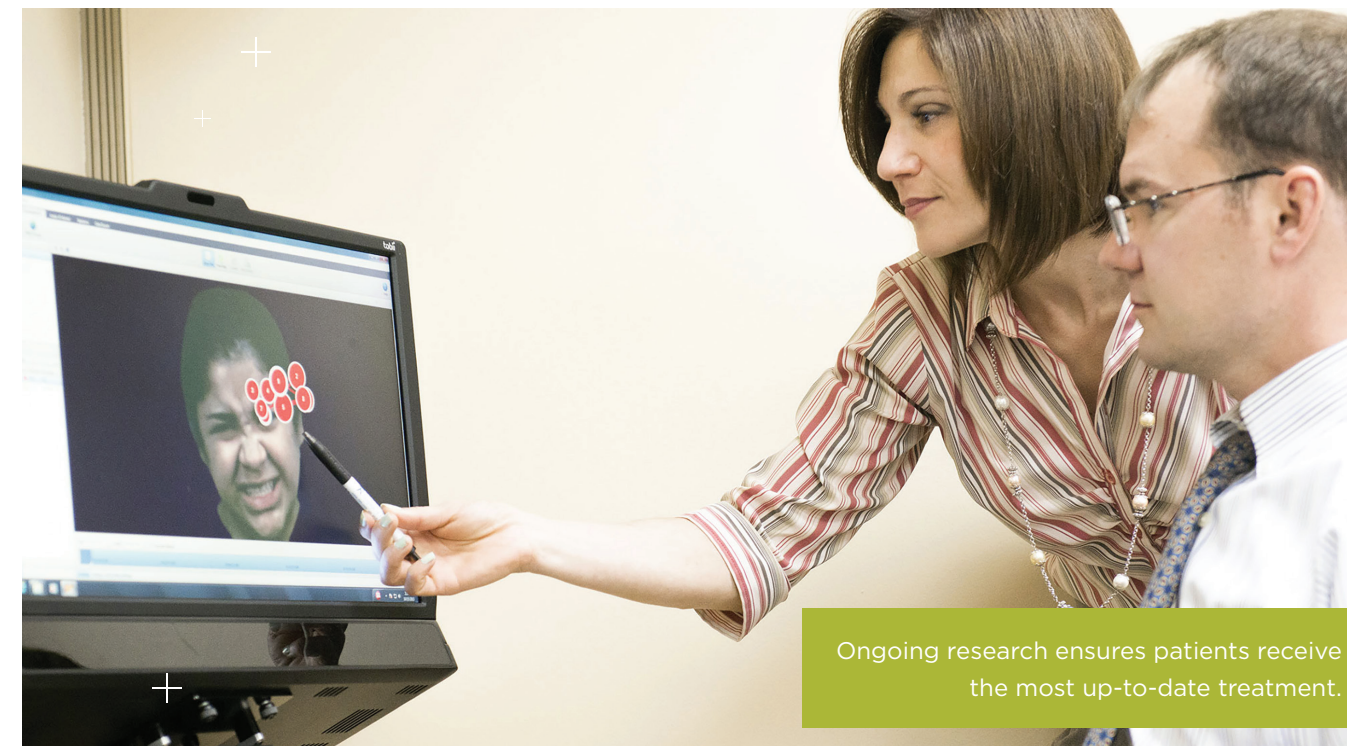
Within a day I was up and walking. With RHI's team approach—including my husband—I got my life back. They gave me the winning combination for me to succeed.

—Cindy U.





Family members are encouraged to observe therapy sessions so they can help at home.



Ongoing research ensures patients receive the most up-to-date treatment.

MY SETBACK:

I was hit by a car while riding my bike and spent five weeks in the hospital in a coma.

MY RHI COMEBACK:

When I came to RHI, I couldn't walk or talk or remember anything. I said my first word that night: 'ice.' When I left, I could walk and talk again. No one should give up. It gets better.

—Lillian S.



Treatment Backed by Research

Our team of internationally recognized physicians leads our research, finding proven results that benefit our patients.

It's known as translational research because we translate our findings into creating new therapies, medical procedures and diagnostics for our own patients. As a matter of fact, other practices around the world look to RHI for our results to use with their own patients.

What this means to our patients is that their care is supported by evidence that ours is the most up-to-date rehabilitation available.

We're CARF-Certified in Four Areas

The Commission on Accreditation of Rehabilitation Facilities (CARF) is an independent, nonprofit organization focused on advancing the quality of rehabilitation care to achieve the best possible outcomes.

Our CARF certification covers four areas: stroke, brain injury, comprehensive medical and spinal cord injury. In fact, we're the only Indiana inpatient center certified for spinal cord injury for all ages and stroke specialty for children and adolescence.

Our certification signals our commitment to continually improve services, encourage feedback and serve the community.



Brain Injury Program

Indiana’s Only Traumatic Brain Injury Model System

While the term “TBI Model System” isn’t an everyday phrase, it takes on very important meaning when someone suffers a traumatic brain injury. There are only 16 TBI Model Systems in the country, making RHI the go-to center of care for all levels of brain-injury recovery. As a recognized national leader in medical research and patient care, we provide the highest level of comprehensive services to brain injury patients, from the onset of the injury clear through re-entry into full community life.

Treating the Whole Person

Our interdisciplinary brain-injury team has specific training and experience to address each patient’s concerns, whether it’s a mild injury or severe brain injury. Many of our staff are Certified Brain Injury Specialists and are available around the clock.

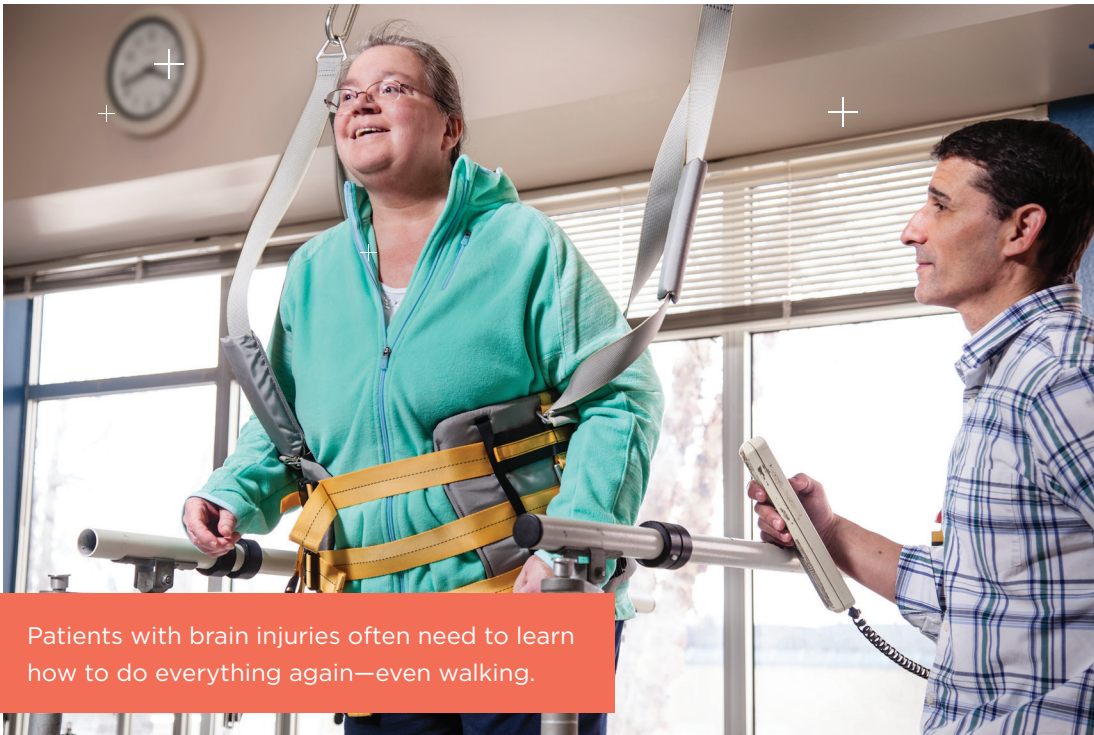
And because brain injuries affect the whole person, both physically and emotionally, we employ the neuropsychology discipline to also address cognitive and behavioral dynamics. In fact, our research clinicians developed a treatment program that really helps patients be able to recognize and express their emotions again, something that is often lost after a brain injury.

MY SETBACK:

I suffered a TBI in an ATV accident and was paralyzed on the right side of my body. The right side of my face was crushed, so my vision was affected. I was seeing two of everything.

MY RHI COMEBACK:

I was like a newborn baby. I couldn’t walk or talk or do anything. The RHI therapists pushed me to work hard every day and cared about me like a friend. After my face was rebuilt, they did vision therapy with me. After I could walk, my leg swung out and the doctor wanted me to perfect that. With the therapists’ help, I fixed that, too.—*Tim S.*



Patients with brain injuries often need to learn how to do everything again—even walking.



RHI uses a variety of methods to help patients regain their cognitive abilities.

Types of Brain Injuries Treated

- Traumatic Brain Injury (TBI)
- Anoxic Brain Injury
- Cancer/Brain Tumor
- Delirium
- Craniotomy
- Encephalitis
- Concussion
- Post-Concussion Syndrome
- Acute Confusion
- Post-Traumatic Headache
- Difficulty with Concentration

Types of Spinal Cord Injuries Treated

- Central Cord
- Paraplegia
- Tetraplegia
- Transverse Myelitis
- Other Neurologic Disorders
- Quadriplegia
- Simultaneous Spinal Cord + Brain Injuries
- Vascular + Infections Injuries to the Spine
- ALS
- Guillain Barre Syndrome
- AIDP
- CIDP



There is time for relaxation as well as a few hours of therapy each day.



Patients with spinal cord injury benefit from high-tech, hands-on care.

MY SETBACK:

Despite being a healthy body-builder, I had a terrible case of COVID-19 and was “sleeping” on a ventilator for 18 days. I was transported to RHI for rehab therapy after spending 22 days in the hospital. At first I couldn’t even hold a pencil, which is bad for an architect. I thought it would be the end of my career.

MY RHI COMEBACK:

At RHI I learned how to walk again and complete everyday tasks like making a bed. The people at RHI are probably the most interesting, professional people in their field. They kept me going mentally, which is really key, as well as physically. And now I’m drawing again! —Gary N.



Spinal Cord Injury

Maximizing Independence After an Injury

While no two spinal cord injuries are exactly alike, they all result in major life changes for those who suffer them. For that reason, RHI offers the most comprehensive, individualized care to every patient who comes through our doors.

Working with an Interdisciplinary Team

Our spinal cord injury team has specific training and experience with therapeutic interventions that help patients gain as much independence as possible. In addition to physical, occupational and speech therapy, patients might also have recreational therapy outings and wheelchair training, if necessary, to help with getting back out into the community.



What We Treat with Stroke Care

- Cerebrovascular Accidents
- Ischemic Embolic Stroke
- Ischemic Thrombotic Stroke
- Intracerebral Hemorrhage
- Subdural Hemorrhage
- Subarachnoid Hemorrhage

Transplant Rehab We Provide

- Liver
- Kidney
- Lung/Heart
- Stem Cell/Bone Marrow
- Pancreas
- Intestinal



MY SETBACK:

I had a stroke at age 45 and needed to relearn almost everything.

MY COMEBACK:

People at RHI were always encouraging. They pushed me in a positive way and gave me the confidence I could do it. Now I can pay attention better, I can walk better, I can smile again.—*Damon D.*



Stroke Care

Working Toward Patient Goals

One minute you're fine, and the next you're a different person. That's how someone can feel after a stroke, depending on the severity and the changes it causes.

Stroke victims can face an inability to speak or swallow, difficulty walking, vision issues and a variety of other setbacks. Employing evidence-based therapy and state-of-the-art equipment, our interdisciplinary stroke team focuses on long-term recovery so that a patient can regain as much ability as is possible.

Putting Research to Work

As with other types of injuries, we integrate proven research into the evaluation and treatment of our stroke patients. For example, our physical therapists collaborate with our Locomotor Lab for high-intensity gait training, which gives patients even more opportunities to regain their ability to walk.

Transplant Rehabilitation

Preparing Patients for the Next Stage

As the recipient of a donated organ, a patient truly receives the gift of life. But it's not an instant recovery after such a major procedure, especially if the patient had grown weak prior to the transplant.

RHI provides the rehabilitation needed for patients to be able to return to functional independence after receiving an organ transplant. Our specialized rehabilitation focuses on mobility, endurance and activities of daily living, giving patients and their caregivers the confidence to return home after a transplant. We also focus on nutrition, which is an important factor in a successful transplant.

Comprehensive Acute Rehabilitation

A Game Changer
for All Kinds of Conditions

As you’ve read, RHI provides specialized care for brain injuries, spinal cord injuries, strokes and transplants. But those aren’t the only traumas that require inpatient therapies. RHI also provides intensive inpatient rehabilitation services for a variety of other complex medical, surgical and neurological illnesses and injuries.

Often these conditions affect a number of systems—including cardiac, pulmonary and renal—so it takes a multidisciplinary team to achieve the best outcomes.

Addressing Whatever Patients Face

At RHI, patients are treated by a staff that has specialized training in multiple areas, so we can tailor treatment to specific needs. As with all of our areas of care, we involve a patient’s family in the recovery and therapy process for the best results.

Therapy carries over into every aspect of a patient’s day, including meal and recreation times, so that patients are continuously working toward their goals.

What We Treat

- Parkinson’s Disease
- Multiple Sclerosis
- Encephalitis
- Amputation
- Multi-Limb + Body Burns
- Post-Orthopedic Surgery/Trauma
- Debility
- Pulmonary Disease + Dysfunction
- Dialysis Support
- Spasticity



Recreational therapy can help both mental and physical health.

Family and Caregiver Involvement

At RHI, it’s all about teamwork, from our own staff to a patient’s family.

We encourage family involvement at every step so that when the patient goes back home, the family will be knowledgeable about safety measures and will also know how to help if needed.

In addition to observing therapy sessions, families are encouraged to attend classes such as Brain Injury Coping Skills or Couples CARE during the inpatient stay. We also provide support groups, as noted below, so that patients and families can learn from others who have been through similar experiences.

- Brain Injury Support Group
- RHI Stroke Support Group
- Amputee Support Group



OUR SETBACK:

Shortly after our first anniversary, my husband had a brain injury due to bleeding on the brain. After a craniectomy and long hospital stay, he was at RHI for 40 days.

OUR COMEBACK:

His parents and sister were here every day, and I was able to stay in his room with him and learned all the therapies. When it was time to go home, I felt comfortable and confident in being able to care for him. While he still has aphasia, he has since become a painter, and we are so thankful at this second chance at life. —Megan M.



What to Expect at RHI

At RHI, patients can expect to receive the highest level of care 24/7 from a staff that is as passionate as they are knowledgeable. Helping patients meet their goals is what drives us, and that's why we push them to reach their full potential.

Our internationally recognized physicians work on-site, and patients are visited by their doctor every one or two days. Patients get very personal attention, with a 4:6 patient-to-nurse ratio.

Patients also receive the many benefits of our physical location:

- 12,000-square-foot therapy gym
- Practice areas such as kitchen, bathroom, bed and car
- Spacious, wheelchair-accessible rooms
- Large bathrooms with customized showers and sinks
- A Transitional Living Unit
- On-site radiology
- On-site inpatient and retail pharmacy, allowing you to have all your prescriptions to take with you at discharge



You're ready to
make a comeback.



How to Become an Inpatient

Most patients come to us when they are discharged from a hospital. If you or your loved one wishes to receive treatment at RHI, you can contact your hospital's discharge coordinator, who will contact RHI Admissions. At that point, our Clinical Liaison will connect with you to discuss your needs and help you determine if RHI is right for you.