Rehabilitation
Where You
Recover

Inpatient Rehabilitation Services at
Albany Medical Center
As the region’s only academic medical center, Albany Medical Center offers a number of rehabilitation services not available anywhere else in the area. At Albany Med, patients will find a dedicated team of physicians, nurses and therapists whose priority is helping them recover from trauma, stroke, neurological disorders, orthopedic and cardiac surgery, and chronic disease restore maximum function and improve quality of life.

Our patients are afforded the benefit of state-of-the-art rehabilitation services using the latest technology and an exceptionally trained staff, combined with access to all of the resources of Albany Med, including the ability to be seen, if necessary, by the physicians they have become familiar with throughout their hospitalization.
Your Recovery

Our dedicated team of physicians and clinicians make it a priority to help patients recovering from various illnesses and injuries restore maximum function and improve quality of life.

Neurological Disorders
For patients with multiple sclerosis, Parkinson’s disease, neuropathy and myopathy, the rehabilitation program provides rehabilitation after an exacerbation. Armed with extensive training and experience in the care of patients with problems of the central or peripheral nervous system, our team focuses on regaining mobility and improving important functions, such as walking and speaking.

Orthopedic Injury
Our patients benefit from continually being seen by the same orthopedic team that performed their surgery. Working in collaboration with the surgeons, the rehabilitation team works to provide those with orthopedic injuries with optimum wound care and pain control, and to promote walking, endurance and self-care skills.

Spinal Cord Injury
The unit is uniquely designed to meet the needs of its patients, and rehabilitation specialists with advanced training in spinal cord injuries work closely with the patients’ trauma and spine surgeons to provide the best plan of care.

The Inpatient Rehabilitation program is the only program in the region funded by the New York State Department of Health for spinal cord injury research, allowing the team to participate in research to find new methods to help restore function in patients with spinal cord injuries.

Stroke
We offer a comfortable, caring environment where patients who have had a stroke can regain mobility and improve their motor skills while having 24/7 access to an acute stroke team for immediate intervention should the need arise.

Among the tools used by our highly skilled staff to aid in the stroke rehabilitation process is the NESS L300 foot drop system—designed to help people with certain neurological conditions walk more naturally, with increased speed and improved balance. We are also the only rehabilitation center in the region that uses a robot designed at MIT to restore function of the upper extremity.

Polytrauma
Motor vehicle accidents and falls may cause complex injuries that require all of the expertise available at the region’s only Level I trauma center. The inpatient rehabilitation unit is designed to continue the treatments that began on the trauma unit with added emphasis on improving strength, endurance, ambulation and self-care skills.

Wound care, nutrition, pain control, and emotional support are emphasized. At Albany Med, trauma patients can work with the region’s most accomplished rehabilitation team without leaving the doctors they know and trust.
On the day a patient first arrives at Albany Med’s rehabilitation unit, our team performs a thorough evaluation to determine individual needs. This care team consists of nurses, physical therapists, occupational therapists, speech and language pathologists, and physicians, all working together to provide the best possible care.

To make the most of their time with us, we expect that all patients are committed to working hard during their rehabilitation. We give our best and we anticipate the same thing in return. Patients typically spend three hours a day in physical, occupational and speech and language therapy (or a combination of two out of three).

A typical day in our rehabilitation unit looks like this:

- Breakfast served at 7:15am
- Morning therapy session: 8:30am (90 minutes)
- Lunch served at noon
- Afternoon therapy session: 1:00pm (90 minutes)
- Dinner served between 4:30-5:00pm

For our patients’ comfort, we suggest that they bring comfortable clothes and a good pair of shoes (typically sneakers) from home. Family members are also encouraged to join in on the therapy sessions, so they can see and help keep track of the progress our patients make.
Albany Medical Center’s physicians in physical medicine and rehabilitation are leaders in the field, recognized in Best Doctors in America and Best Doctors in the Capital District. They bring an unparalleled level of expertise when it comes to diagnosing and treating patients. Our highly knowledgeable team of board certified physicians is supported by specially trained nurses, physical therapists, occupational therapists, speech and language therapists, psychologists, and case managers. The team’s work in reducing falls on the unit has been recognized in the journal Rehabilitation Nursing.

Albany Med’s rehabilitation unit is fully accredited by Medicare and the New York State Department of Health and the Joint Commission.

Communication is a key component to ensuring the best possible recovery for our patients. Daily communication occurs between doctors, nurses and therapists on the unit, as well as communication between the rehabilitation team, the patient, and the patient’s family.

Rehabilitation is not easy. But with hard work, a dedicated team, and a supportive healing environment, results can be achieved.
Let Us Help
With Your Recovery

Inpatient Rehabilitation Unit
(518) 262-4058