Kessler Institute has pioneered the course of medical rehabilitation since 1948. Today, as the nation’s largest single rehabilitation hospital, we continue to define this field, helping individuals with spinal cord injury, brain injury, stroke, neurological diseases, amputation, orthopedic and musculoskeletal conditions, and cardiac events rebuild their lives.

Our interdisciplinary team of rehabilitation specialists – physicians; rehabilitation nurses; physical, occupational, respiratory and recreation therapists; speech-language pathologists; psychologists and neuropsychologists; case managers; and other clinical and support staff – delivers highly integrated and individualized programs of care. We leverage our collective knowledge, embrace best practices, explore new avenues of treatment and adopt the most innovative technologies to support patient recovery.

Kessler is one of only eight centers in the country to be designated by the National Institute on Disability and Rehabilitation Research (NIDRR) as a Model System for the treatment and research of both traumatic brain and spinal cord injuries, a distinction we share with the Kessler Foundation. That same level of expertise and experience distinguishes each of our specialized rehabilitation programs.

These are among the reasons why *U.S. News & World Report* consistently ranks Kessler as one of “America’s Best Hospitals.” And why each year, thousands of individuals from throughout the region, across the country and around the world choose Kessler for their rehabilitation.
In 2012, a total of 6,896 individuals and their families chose Kessler for their inpatient rehabilitation. While the majority came from New Jersey and the greater New York metropolitan area, our diverse patient population included individuals from as far away as Washington, New Mexico, Texas, Florida and Virginia, as well as Europe, Asia, South America and the Caribbean.

Our patients ranged in age from 18 to 109 years, with an average age of 69. In addition, four individuals ages 16 and 17 were treated in our spinal cord injury and brain injury programs. Of our patients, 45% were male and 55% were female.

Meeting Patient Needs
As an acute rehabilitation hospital, Kessler Institute is able to admit patients more quickly than the national average -- typically about 11 days post-injury -- which has been shown to help optimize individual recovery.

The Case Mix Index (CMI), a standard measure of the medical complexity of patients upon admission, is higher at Kessler than at other centers across the nation. However, despite being more medically complex due to the extent of their injury or illness, other medical conditions or complications, and/or age-related factors, individuals treated at Kessler:

- experience greater functional outcomes
- are less likely to be discharged to a nursing home
- or other sub-acute facility

Defining Patient Care
To best address the complex medical needs of our patients, Kessler’s medical staff includes physiatrists, internists and urologists, as well as consulting pulmonologists, cardiologists, orthopedic surgeons and other specialists. In some cases, patients required more extensive testing or medical services than we normally provide, which resulted in about 12% being transferred to an acute care hospital. Most returned to Kessler and successfully continued their rehabilitation. In fact, Kessler received the prestigious 2012 Excellence in Quality Improvement Award from the New Jersey Hospital Association for “reducing acute care transfers and increasing quality.”

Inpatients Treated at Kessler by Diagnosis

*Includes cardiac, pulmonary and other medical conditions

All data in this Profile is from 2012
At Kessler, patients participate in at least three hours of therapy per day for a minimum of five days per week. Each patient’s treatment program is tailored to individual needs and rehabilitation goals, and includes physical, occupational and/or speech therapy, as well as recreation therapy. Psychology/neuropsychology and other specialized services are also provided as indicated. Depending on the diagnosis, treatment plan and progress, our patients had an average length of stay of about 16 days, and after adjusting for transfers to an acute care facility, nearly 83% were discharged to home and the community. Our other patients were successfully transitioned to the next appropriate level of follow-up care.

**Measuring Patient Outcomes**

Outcomes are assessed using several indicators, including the standard **Functional Improvement Measure** (FIM), which quantifies both the overall and specific improvement in activities of daily living, such as bathing, dressing, feeding, walking and mobility, from the time of admission to discharge. We are proud that our patients’ scores generally exceed national benchmarks.

**Patient satisfaction** is another key indicator and Kessler patients consistently expressed a high level of satisfaction with the care they received and the extent to which they met their rehabilitation goals. More than 91% of our patients achieved their predicted outcomes, based on both FIM change and an independent patient survey that measures the extent to which our services helped them meet their goals. In addition, more than 96% indicated they would recommend Kessler to others.

**Exceeding Patient Expectations**

We understand that patients choose Kessler for many reasons – our quality of care, the expertise and experience of our staff, the leading-edge treatment, technologies and research we offer, and the functional outcomes our patients achieve. What this translates to is Kessler’s ability to provide an exceptional rehabilitation experience, one that enables our patients to restore their strength, regain their skills and rebuild their lives. We remain proud of the individual accomplishments of our patients and respectful of the trust that they and their families have placed in us.

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"Kessler helped me put my life back together. I’m only here because I was there." –JOHN F.
Kessler offers an unparalleled continuum and continuity of care for individuals with spinal cord injury, brain injury, stroke, amputation, orthopedic and musculoskeletal conditions and neurological diseases, including Multiple Sclerosis, Parkinson’s disease and Amyotrophic Lateral Sclerosis (ALS).

In 2012, 6003 people received outpatient rehabilitation at Kessler’s three hospital campuses. Of these individuals, 49% were male and 51% were female, with an average age of 57 years. Interestingly, our outpatient clients ranged from infants to individuals over 100 years of age.

The actual number of outpatient therapy sessions required varies by diagnosis, as well as by individual needs, goals and progress. Therapy sessions typically include physical, occupational and/or speech therapy, cognitive rehabilitation, driver rehabilitation and/or vocational guidance.

Achieving Rehabilitation Goals
Among our outpatient clients, 95% expressed overall satisfaction with Kessler. In fact, 96% of individuals who participated in our specialized outpatient programs indicated that they would highly recommend Kessler to others!

Kessler also offers these specialized outpatient services:
- Balance & Vestibular Rehabilitation
- Concussion Clinic
- Dance Performance
- Dementia Program
- Fall Prevention Program
- Hand & Upper Extremity Therapy
- Locomotor Training/ Locomat®
- Lymphedema Management
- MS Wellness
- Orthotic & Prosthetic Services
- Osteoporosis Management
- Pain Management
- Pediatric Rehabilitation
- Physician Services
- Neuropsychology & Psychology Services
- Spina Bifida Management
- Spine Rehabilitation
- Sports Performance & Injury Prevention
- Swallowing Dysfunction
- Vision Therapy
- Wheelchair Seating & Mobility Clinic
- Women’s Health Services
- Work Strategies

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*Services vary based on individual needs. Average patient visits for BI is 10; SCI, 11. Note: Orthopedic and neurological visits vary based on condition.
For more information, to schedule a tour or to discuss admission, please call 877.322.2580 or visit kessler-rehab.com.