

Rehabilitation Services

Acute Care Inpatient Rehabilitation

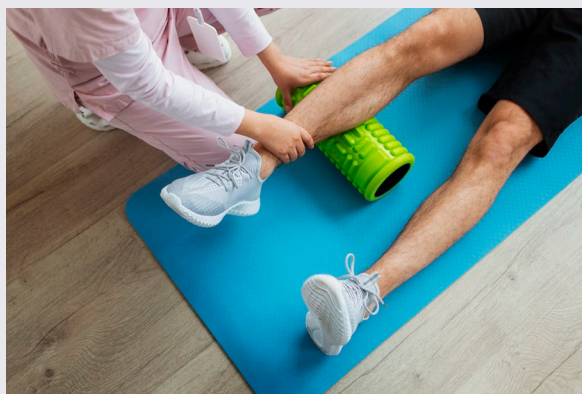
Rehabilitation Services

Since 1977, San Diego has trusted the expert staff of Sharp Grossmont's Rehabilitation Services to provide comprehensive care for patients recovering from traumatic injury and major illness.

At our Linda and Frank Riolo Neuroscience Rehabilitation Gym, housed in our Sharp Grossmont Hospital for Neuroscience, we're here to help our patients get stronger, regain abilities they may have lost, and maintain function. We also offer education and tools to support their physical and emotional recovery. We are committed to providing support each step of the way with an effective rehabilitation program that enables a return to home as soon as possible.

What is Acute Rehabilitation?

Acute rehabilitation is needed when a patient is recovering from a serious illness or injury and needs to remain within a specialized medical setting. Our team will provide physician oversight, nursing care, and therapies intended to prevent health complications and help patients regain as much function, mobility, and independence as possible. This includes learning how to perform daily living activities, such as moving without assistance, using the restroom, getting dressed and eating meals.



The goal is to help our patients return home as safely and quickly as possible. Once at home, they may continue rehabilitation through a home health agency or an outpatient rehabilitation program. Their doctor, nurses, and treatment team can offer guidance on whether this is necessary, as well as referrals to appropriate providers.

Conditions we treat include:

- Stroke or cerebrovascular accident (CVA)
- Spine disorders
- Traumatic brain injury
- Complex orthopedic rehabilitation
- Multiple traumas
- Neurological conditions
- Complex cardiac conditions
- Cancer-related conditions

What Makes Sharp Special?

- When our patients return home, their ability to perform daily tasks exceeds national averages, an indicator of the quality of care we provide.
- The American Nurses Credential Center (ANCC) recognizes us as a Magnet-designated facility for our nursing excellence.
- We've earned Gold recognition for our patient-centered care from Planetree International.
- We offer specialized rehabilitation for swallowing disorders.
- Our specialized neuropsychology team designs behavioral interventions that help improve quality of life for patients with a neurological trauma or condition.
- We offer therapeutic recreation and integrative therapies, such as Healing Touch, alongside state-of-the-art treatment and technology.

Care Throughout the Healing Process

Our caregivers craft individualized rehabilitation plans to help patients navigate from arrival through their home. Additionally, we offer outpatient programs and support groups that provide ongoing assistance outside of the hospital.

Modern Environment, Homelike Setting

Sharp Grossmont's Linda and Frank Riolo Neuroscience Rehabilitation Gym is a modern inpatient facility with bathrooms specially designed to accommodate people using wheelchairs, walkers and other assistive devices.

We offer:

- Large, fully equipped therapy gym
- Simulated daily living areas
- A therapeutic healing garden
- Indoor and outdoor areas for socializing, therapy, crafts and other activities
- Classes and support groups

Sharp accepts almost all health insurance.