



# Spinal Cord Injury PROGRAM



Earl R. Wilson, Founding Chairman

**METHODIST**  
REHABILITATION CENTER

Since 1975, Methodist Rehabilitation Center has helped thousands of spinal cord injury patients reach the highest possible level of independence. This experience gives us the **proven expertise** that no other Mississippi hospital can claim. As the state's premier provider of a comprehensive spinal cord injury rehabilitation program, we treat patients—from teenager to adult—with spinal cord injuries resulting from trauma or illness.



Dr. Samuel Grissom  
Spinal Cord Injury Program Director

## Our Team

**Dr. Samuel Grissom**, a physician board certified in physical medicine and rehabilitation and spinal cord injury medicine, leads our spinal cord injury team. He provides medical care for complications that may occur, prescribes medications, treats spasticity and contractures and recommends surgical consultation when necessary.

Other spinal cord injury team members include certified rehabilitation nurses, physical therapists, occupational therapists, speech therapists, respiratory therapists, therapeutic recreation specialists, vocational rehabilitation counselors, dietitians, pharmacists, case managers, social workers, neuropsychologists, biomedical engineers and orthotists.

We also encourage referring physicians to remain involved in the patient's care, and we consult other medical specialists as needed. Family members also are encouraged to be a part of therapy and educational sessions.

## What sets us apart?



- Spinal Cord Injury patients are hospitalized on a separate floor with staff and facilities dedicated to the treatment of spinal cord injury.
- Spinal Cord Injury patients have opportunities to participate in clinical trials and other research through the hospital's **Center for Neuroscience and Neurological Recovery**. They also can take advantage of our nationally recognized spasticity management program.
- Spinal Cord Injury patients are able to participate in therapeutic recreation programs and community reintegration activities.
- Spinal Cord Injury patients have priority access to our three handicap accessible apartment complexes and our long-term, residential care facility.
- Spinal Cord Injury patients have access to specialized clinics that offer evaluations and guidance for the selection of wheelchairs, environmental control units, adaptive computer equipment and other assistive technology.
- Spinal Cord Injury patients can be evaluated in the hospital's Motion Analysis Laboratory, one of only a few in the nation that tests patients who have suffered spinal cord injuries, brain injuries or stroke.
- Spinal Cord Injury patients have access to treadmill gait training, a therapy that has helped many patients make significant gains in their walking ability.
- Spinal Cord Injury patients benefit from the staff's knowledge of innovative rehab technologies, including electrical stimulation devices designed to address foot drop, hand weakness and swallowing disorders.
- Spinal Cord Injury patients have access to lifelong care through an extensive network of outpatient clinics and community services.



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# Our Program



After undergoing a comprehensive evaluation, patients receive individualized treatment plans designed to encourage maximum recovery. Our spinal cord injury team works with patients, family members and referring physicians to set goals for a successful return to home, work, school and community life. Family members also are encouraged to be a part of therapy and education sessions.

## Issues typically addressed during the recovery process include:

- **Activities of Daily Living.** Learning how to meet daily needs is an essential part of rehabilitation following a spinal cord injury. Through individual and group treatment programs, we help patients re-learn and accomplish daily tasks related to self-care (i.e. dressing, eating, bathing, and bladder and bowel retraining), home management and driving.
- **Mobility.** Spinal cord injury patients participate in exercise programs designed to strengthen intact muscles, maintain or gain mobility and build endurance and confidence to perform everyday activities. They may also learn how to use a wheelchair on a variety of surfaces, how to transfer from a wheelchair to a bed, toilet, tub or car, and how to walk with assistive devices such as braces, crutches, walkers or canes.
- **Adjustment Issues.** Adjustment and education sessions help both patient and family understand the consequences of spinal cord injury and how roles, relationships and responsibilities are affected. Through adjustment counseling, the team helps both patient and family deal with these changes and make plans for the future. We also offer sexual counseling and encourage participation in spinal cord injury support groups.
- **Respiratory Function.** Our respiratory therapists evaluate, treat and care for spinal cord injury patients with breathing problems or other cardiopulmonary disorders. They offer a unique respiratory rehabilitation program to help improve a patient's overall pulmonary function and provide a skilled program for ventilator-dependent patients.
- **Skin Health.** To avoid the common threat of skin complications, we implement an individual skin care program for each patient that includes turning and positioning, bridging, pressure relief raises, skin checks and teaching patient and family how to prevent pressure ulcers.
- **Spasticity Management.** Our nationally recognized spasticity management program helps patients overcome disabling muscle spasms and stiffness through a variety of advanced treatments. These include Botox injections, intrathecal Baclofen therapy (also known as Baclofen pump, an implantable device that delivers anti-spasmodic medication directly to the spine), and chemodenervation (a technique that uses chemical substances to interrupt messages sent from the nerves to the muscles).

- **Assistive Technology / Adaptive Equipment.** Our staff provides expert guidance for the selection and customization of wheelchairs and other mobility devices, environmental control units and adaptive computer equipment. We also can assess home and work sites and recommend modifications and assistive equipment.
- **Community Reintegration.** Since our goal is to return spinal cord injury patients to their home, work, school and community, we develop a comprehensive discharge plan that prepares the patient for life after rehabilitation. To ensure continuity of care, we also provide follow-up services through an extensive network of outpatient medical and therapy clinics and an online wellness program for spinal cord injury patients.
- **Recreation.** Through a variety of planned leisure activities, we give patients an opportunity to explore their capabilities in social and community settings. Our therapeutic recreation program also sponsors frequent sports clinics and several sports teams, including quad rugby, wheelchair fencing, softball and power soccer.

## Contact Us

### Methodist Rehabilitation Center

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**Admissions and Referrals - 601-364-3477**

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