Spinal Cord Injury Rehabilitation
at The Children’s Institute of Pittsburgh

When it comes to pediatric rehabilitation, there is no place like The Hospital at The Children’s Institute. Our Spinal Cord Injury Rehabilitation Program is one of the only programs of its kind in Pennsylvania.

We are dedicated to providing comprehensive treatment to help children with spinal cord injuries be as independent as possible and reach their full potential. We offer family-focused and child-centered care that covers the continuum of needs from birth to young adulthood.

At The Children’s Institute, we offer both inpatient and outpatient rehabilitation in order to accommodate the individual needs of our patients and their families. We treat children and adolescents who have suffered paralysis or impairment as a result of a spinal cord complication, including:

- Injury
- Tumor
- Infection
- Developmental Disorders
- Congenital Disorders

The goals of the spinal cord injury rehabilitation program are to:

- Enable each patient to reach his or her fullest potential
- Restore quality of life for patients and their families
- Maximize patients’ neurological recovery, function and independence
- Create a smooth transition for patients to home, school and into the community

Specially designed state-of-the-art facilities and technology:

- Pediatric treatment rooms
- Two therapeutic pools
- Tailor-made adaptive equipment
- Locomotor training
- Functional Electrical Stimulation
- Playrooms and playgrounds
- Therapeutic garden

To learn more about the Spinal Cord Injury Rehabilitation Program at The Children’s Institute, please contact Pat Quirk at 412.420.2115 or pqu@the-institute.org.
Inpatient Rehabilitation
Inpatient rehabilitation is an intensive therapy program that provides treatment to help children and youth regain skills that have been lost as a result of spinal cord dysfunction. Treatments include at least three hours of therapy a day:
- physical therapy
- occupational therapy
- speech/language therapy
- nutritional therapy
- behavioral therapy
- recreational therapy
- music therapy

Our Experienced Treatment Team
Our doctors and staff have helped thousands of children and youth recover from traumatic spinal cord injuries and nontraumatic spinal disorders.
- Physicians
- Pediatric physiatrist
- Psychologist
- Case manager
- Nurse
- Registered dietitian
- Physical therapist
- Occupational therapist
- Speech/language pathologist
- Recreational therapist
- Social worker
- Respiratory therapist

In addition, family members provide essential emotional support and are encouraged to take a hands-on role in the recovery process. Upon discharge, the patient can continue his or her treatment program on an outpatient basis at one of our convenient community locations.

Outpatient Rehabilitation
Outpatient rehabilitation is intended for individuals who are able to stay or return home, and treatment may include:
- Physical therapy
- Occupational therapy
- Speech/Language therapy
- Physiatrist consultation and follow-up

Wellness Program
This exercise program is designed to meet the needs of individuals who are unable to exercise in a typical gym setting. Patients and former patients can use our in-house gym after obtaining a doctor's approval and a completed evaluation from an occupational or physical therapist.

Locomotor Training
Locomotor Training represents the forefront of physical therapy, allowing patients to practice standing and stepping with the assistance of body weight support, a specialized treadmill, and hands-on input from physical therapists and technicians. Locomotor training focuses on repeated simulation of the correct muscles and pathways to improve functional outcomes.

Referral and Admission for Inpatient Rehabilitation
With the help of a patient care liaison, we ensure that each patient’s admission and transition to The Children’s Institute is an easy one. Once at The Children’s Institute, the attending physician and case manager coordinate each patient’s rehabilitation and recovery plan, ensuring that every child’s individual needs are met.

The Children’s Institute considers referring physicians part of the treatment team. Our case managers share updated information about patient progress and discharge plans with our partners on a regular basis.

Going Home
Most treatment plans include therapeutic outings outside of The Hospital as soon as the patient is able. We also provide the patient and family with the training necessary for the transition back home. Our team will work with you and the child’s family to coordinate local resources and obtain needed equipment and/or home care services.

We are Here for You
The Children’s Institute’s spinal cord injury rehabilitation team encourages referring physicians to contact the attending physician, their patient care liaison, or the team directly, with any questions or concerns during the patient’s stay or once he or she returns home. The staff at The Children’s Institute works to make the transition from hospital to home and school as smooth and productive as possible.