

Spinal Cord Injury Specialty Program



2023 Outcomes

ADULT

- 107 adult spinal cord injury patients seen.
- Ages range from 19-92, with an average age of 50 years. 40% were female and 60% male.
- 10% of all adult medical rehab patients seen at Ability KC experienced a spinal cord injury.
- On average, patients spent:
 - 17.6 days in the program
 - 23.7 hrs. in physical therapy; 16.9 hrs. in occupational therapy; 2.2 hrs. in speech therapy
- 31% of patients reported being involved in sports before their spinal cord injury.
- 6% of spinal cord injury patients reached for 90-day follow-up participated in adaptive sports.
- 37 patients were referred to our Return-To-Work program.
- 99% of patients reached returned to social activities and spending time with friends at 1-year follow-up.
- Spinal cord injury patients achieved 94% of their long-term goals during their program.
- 100% live at home after their program.
- Only 5% of patients had unplanned readmission to the hospital during their program (compared to the national average of 15%).
- 22% of patients reached for 90-day follow-up reported having fallen without injury. (goal is <25%). 3% reported having fallen with an injury (goal is <15%)
- 85% of patients reported being better able to care for their daily needs at 90-day follow-up. 98% were better able to care for their daily needs at one-year follow-up.
- 100% of patients reached at 90-day follow up make regular visits to their doctor; 99% visit their doctor regularly at one-year follow-up.
- 85% of patients reached for 90-day follow-up are adjusting to life since their spinal cord injury. 82% are adjusting to life at their one-year follow-up.
- No patients reported having any new skin ulcers at 90-day or 1-year follow-up.
- 100% of spinal cord injury patients who returned satisfaction surveys were satisfied with the outcomes they achieved.

PEDIATRIC & ADOLESCENT

- 36 pediatric & adolescent patients seen.
- Ages range from 1-18, with an average age of 12 years. 42% were female and 58% male.
- 100% reached played with children their age or spent time with friends at 1-year follow-up.
- 100% live at home after the program.
- 100% are better able to care for their daily needs, like bathing and dressing.
- 84% have adjusted to life after their injury.
- 9.5% had an unplanned rehospitalization.
- 95% of long-term goals achieved.
- 100% transitioned back to school after their program.
- 100% were satisfied with their outcomes achieved.
- On average, patients spent:
 - 25.1 days in the day program
 - 27.2 hrs. in physical therapy; 19.4 hrs. in occupational therapy; 9 hrs. in speech therapy