

UCLA Health and Cedars-Sinai form the largest inpatient medical rehab hospital on the West Coast



The newly opened California Rehabilitation Institute is a 138-bed physical medicine and rehabilitation hospital located in Century City. A partnership among UCLA Health, Cedars-Sinai and Select Medical has created the largest inpatient facility of its kind on the West Coast. Both UCLA and Cedars-Sinai have transitioned their inpatient rehabilitation services to the new hospital.

This is the first time UCLA Health and Cedars-Sinai have worked together on a patient-care facility of any type. The new hospital serves the growing needs of the extended Los Angeles community for inpatient rehabilitation and is also expected to serve as a center for treating complex rehabilitation cases nationwide.

A rehabilitation hospital helps patients regain independence and restore functional ability and quality of life following a life-changing illness, injury or disability. California Rehabilitation Institute, known as Cal Rehab, merges the expertise and resources of UCLA and Cedars-Sinai to provide dedicated care and leading-edge technology for individuals with spinal-cord and brain injury, stroke, cancer, amputation, neurological disorders and musculoskeletal and orthopaedic conditions.

Employing a goal-directed approach

“California Rehabilitation Institute’s physician-led team of therapists and specialized nursing staff is committed to patients recovering from stroke, brain or spinal-cord injury, neuromuscular illness, cancer and other complex medical conditions,” says David Alexander, MD, medical director of California Rehabilitation Institute.

“UCLA is delighted to have joined forces with Cedars-Sinai and to share our extensive scope of expertise and services, which, along with compassionate care, enables us to help our patients recover the physical, social, emotional and vocational skills needed to return home and to rebuild their lives.

“We understand that patients are going through more than just recovery from a debilitating injury or illness; they are learning a new way of life,” says Dr. Alexander. “It is a privilege both to be of service to this community of patients and to see them get back on their feet. Patients at Cal Rehab get more than just medical rehabilitation expertise, they get an experience that brings healing and hope.”

An interdisciplinary focus

Cal Rehab's team of rehabilitation specialists customizes a program to each patient's needs, goals and expectations. A rehabilitation specialist, either a physiatrist (a physician trained in physical medicine and rehabilitation) or a neurologist with special training and experience in rehabilitation leads an interdisciplinary team that includes rehabilitation nurses; physical, occupational, speech and recreational therapists; psychologists; social workers; case manager and other clinical professionals. The team also includes hospitalists (physicians who are solely hospital-based) and other sub-specialists who are involved in patient care, as needed.

Patients and their families have around-the-clock access to the highly trained rehabilitation nurses who assist with self-care and help to reinforce the techniques learned in therapy sessions.

Advancing individual recovery

To advance individual recovery, Cal Rehab offers highly focused programs that incorporate state-of-the-art evidence-based therapies, technologies and research.

Key goals include rebuilding strength and endurance, restoring physical function and learning adaptive strategies and equipment.

A patient's length of stay is determined by his or her individual needs and progress. At California Rehabilitation Institute, a case manager works closely with the treatment team, the patient and his or her family or caregiver to coordinate a safe, timely and successful discharge. The average length of stay is about two weeks. The goal is to ensure the fullest possible recovery to return to home, family, work and community.

Family members are encouraged to be involved in treatment planning, goal-setting meetings, education and training sessions. California Rehabilitation Institute accepts most insurance plans.

Shared resources and expertise

UCLA Health has for more than a half-century provided the best in healthcare and the latest in medical technology and is ranked among the top five hospitals nationwide by *U.S. News and World Report*. Cedars-Sinai is renowned in Los Angeles and beyond for its diagnostic and treatment capabilities and its broad spectrum of programs, services and advances in biomedical research.

The hospital is operated by Select Medical, a leading provider of post-care services. Select Medical has hospital and outpatient locations in 44 states, including the Kessler Institute for Rehabilitation in New Jersey, recognized as one of the three best rehabilitation hospitals in the United States.

California Rehabilitation Institute

Executive and Clinical Leadership

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