Transitions Spinal Cord Injury (SCI) Day Treatment Program
Regain your Independence!

Program Snapshot

The “Transitions” Spinal Cord Injury/Disease Day Treatment Program for spinal cord injury and other conditions affecting the spinal cord is designed especially for people who are medically stable and able to live at home, but whose daily lives can be improved through organized, intensive outpatient therapy. The program uses a coordinated interdisciplinary team approach that offers opportunities to practice cognitive and physical skills in patients’ own communities with support from their therapists.

The program focuses on successfully reintegrating people into their homes, communities, and/or jobs through comprehensive skilled therapy. During the program, individualized treatment plans are developed to help facilitate patients’ wheelchair/mobility function and wellness. Psychology services are available and address adjustment and barriers to maximum participation in the community. The program features, when appropriate, the area’s only fully equipped driving training program for persons with disabling injuries or illness.

The Spinal Cord injury/Disease Day Treatment Program differs from other typical outpatient therapy programs by utilizing a collaboration of individual and group therapy sessions, as well as day trips, community outings, and other social activities to help patients gain confidence in “real world” environments. The program is designed as a bridge between inpatient and outpatient treatment, at a critical time of rehabilitation when patients can benefit from structure, intensity, and a safe and nurturing environment.

Your Care Team May Include:

Physical Therapists (PT)
Occupational Therapists (OT)
Speech and Language Pathologists (SLP)
Social Worker (SW)
Neuropsychologist (NP)
Other specialized rehabilitation professionals as appropriate

Length of Program:

Therapy sessions can last up to four hours a day, usually three days a week, as clinically appropriate. The average length of stay within the program was 25 weeks in 2015, and is determined by the Transitions interdisciplinary team, based on progress toward clinical goals.

Location:

The Transitions Spinal Cord Injury/Disease Day Treatment Program is only available at MedStar National Rehabilitation Hospital, located in Washington, DC.
How satisfied were patients with the SCI Day Treatment Program?

- Knowledge of limitations of his body as it is now and how to work with these limitations.
- More independent through PT and OT.
- Contact & connections with other SCI people who have been through the program.
- Getting stronger physically and emotionally.
- Learning how to walk and therapists continually encouraging me when I did not want to try.