

Program	Program Descriptions
ALS Clinic	University of Maryland Amyotrophic Lateral Sclerosis (ALS) Clinic is a recognized national center of excellence which offers a comprehensive approach to care of patients with ALS, also known as Lou Gehrig's disease.
Amputee Rehab	Intensive rehabilitation for patients who have suffered limb loss due to trauma or vascular disease
Amputee Support Group	This group meets monthly for ongoing education, as well as socialization and networking.
Aphasia Conversation Group	This group is designed for individuals who have had a stroke or brain injury and want to practice their speech, reading and writing skills after traditional therapy has ended.
Aquatic Therapy	Aquatic or hydrotherapy is the use of water and its properties to perform therapeutic exercise and treatment. Aquatic Therapy is an excellent form of treatment to aid patients with increasing mobility, strength, and flexibility due to the buoyant properties of the water. Many different aquatic exercise programs can be designed, from programs for post physical therapy patients to chronic pain sufferers, as well as for those looking to lose weight and gain fitness. Therapy is directly supervised by therapists trained in aquatic exercises.
Balance Center	The Balance Center at Shore Regional Health assists physicians and other health care providers in the treatment of patients with balance problems associated with dizziness, vertigo, musculoskeletal disorders and neurologic conditions. The Center uses research based world class technology to provide comprehensive and highly individualized physical therapy treatment plans to address balance problems.
Better Breathers Club	A support group for people with chronic lung disease and their loved ones.
Brain Injury Program	An interdisciplinary rehabilitation program that focuses on the physical, behavioral, emotional, cognitive, and psychosocial aspects of brain injury.
Brain Injury Support Group	This group meets monthly for ongoing education, as well as socialization and networking.
Cam/Integrative Medicine	"Integrative medicine" combines treatments involving conventional medicine with alternative medicine approaches such as but not limited to mind and body medicine, acupuncture, manipulation, massage, yoga, tai chi and psychotherapy.
Cardiac Rehab II	OUTPATIENT CARDIAC REHAB: PHASE TWO cardiac rehabilitation usually lasts from 3-6 weeks and involves continued monitoring of your cardiac responses to exercise and activity
Cardiac Rehab III	OUTPATIENT CARDIAC REHAB: PHASE THREE cardiac rehabilitation involves more independent and group exercise. Therapist will be present during this phase to help you increase your exercise tolerance, and to monitor changes.
Cardiac Rehab IV	OUTPATIENT CARDIAC REHAB: PHASE FOUR involves independent and ongoing conditioning to maintain optimal health.
CARF – Inpatient Adult Rehab	CARF- The Commission on Accreditation of Rehabilitation Facilities is the international organization that develops and oversees standards of best practice for medical rehabilitation programs. Accreditation is the "gold standard" for both inpatient and outpatient rehabilitation providers worldwide.
CARF – Inpatient Brain Injury	CARF- The Commission on Accreditation of Rehabilitation Facilities is the

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CARF – Inpatient PEDS/Adolescents	CARF- The Commission on Accreditation of Rehabilitation Facilities is the international organization that develops and oversees standards of best practice for medical rehabilitation programs. Accreditation is the "gold standard" for both inpatient and outpatient rehabilitation providers worldwide.
CARF – Inpatient Spinal Cord	CARF- The Commission on Accreditation of Rehabilitation Facilities is the international organization that develops and oversees standards of best practice for medical rehabilitation programs. Accreditation is the "gold standard" for both inpatient and outpatient rehabilitation providers worldwide.
CARF – Stroke Specialty Program	CARF- The Commission on Accreditation of Rehabilitation Facilities is the international organization that develops and oversees standards of best practice for medical rehabilitation programs. Accreditation is the "gold standard" for both inpatient and outpatient rehabilitation providers worldwide.
CARF – System of Care Brain Injury	CARF- The Commission on Accreditation of Rehabilitation Facilities is the international organization that develops and oversees standards of best practice for medical rehabilitation programs. Accreditation is the "gold standard" for both inpatient and outpatient rehabilitation providers worldwide.
CARF – System of Care Spinal Cord	CARF- The Commission on Accreditation of Rehabilitation Facilities is the international organization that develops and oversees standards of best practice for medical rehabilitation programs. Accreditation is the "gold standard" for both inpatient and outpatient rehabilitation providers worldwide.
Certified Cancer Center	Commission on Cancer (CoC)-accredited cancer programs provides the highest quality clinical services in state-of-the-art pretreatment evaluation, staging, treatment, and clinical follow-up for cancer patients. The quality improvement program is the mechanism for evaluating and improving patient outcomes. The cancer registry and database is the basis for monitoring the quality of care.
Chronic Disease Self MGT Class/Pain	Self-Management of Chronic Disease: The self-management of chronic pain class is offered quarterly and is a 6 session, weekly class that will teach and coach participants in strategies for the self-management of chronic pain. This class is offered at no cost on Thursdays from 1:00 to 3:30pm. Participants must register in advance.
Coma Stimulation	A comprehensive and specialized program that uses multi-sensory stimulation to improve arousal and responsiveness.
Community Stroke Exercise Class	Community Based Exercise Program for Stroke Survivors is an evidenced based class designed to improve overall wellness of stroke survivors and can help to reduce the chance of secondary complications due to stroke. The program meets 3 times per week for 1 hour at Noon in the Shore Rehabilitation Center in Cambridge. Participants will need an individualized assessment and medical release prior to participation.
Concussion Program	Concussion Program is a post injury evaluation and follow up for school age athletes who may have sustained a mild head injury during sports activities. Evaluations and services are oriented to support the person returning to school/sport or to refer the athlete to appropriate specialty services if needed. Specialized programs exist at UM Rehabilitation and Orthopedic Institute, Towson Sports Medicine and the Mount Washington Pediatric Hospital.
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Feeding Disorders Day Program	The Mount Washington Pediatric Hospital has developed a comprehensive and unique program to address problems related to the management of feeding dysfunction in children. The program is committed to high quality interdisciplinary care delivered in a cost-effective manner. Services are offered through The Feeding Clinic, Feeding Day Treatment, inpatient evaluations and outpatient services.
Functional Capacity Evaluation (FCE)	A functional capacity evaluation (FCE) is a set of tests, practices and observations that are combined to objectively determine the ability of a person to function in a variety of circumstances, most often employment or fitness to return to work after an extended medical leave.
Hand Therapy	Certified Hand Therapists provide customized treatment programs aimed at improving an individual's ability to participate in daily activities following injury or illness involving the hand or upper extremity. Certified Hand Therapists are occupational therapists or physical therapists who have passed national examinations as well as have a required amount of clinical experience. Therapists are able to evaluate, treat, and splint complex hand, wrist, elbow, and occasional shoulder injuries/issues. Whether the problem is carpal tunnel syndrome or a complex elbow surgery, the therapist will provide the patient with an individualized program to enable them to achieve independence in all facets of their life.
Healthier Hearts Club	A support group for people with heart disease and their loved ones.
Intensive Rehab Day Program	The patients admitted to Rehab Day program need daily physician and nursing care, physical therapy, occupational therapy, speech/language therapy, nutrition, social work, and behavioral therapy (where applicable), but are medically stable and do not require an overnight stay in the hospital. The intensity and frequency of rehab services would be greater than that provided typically in a outpatient setting.
JC Comprehensive Stroke Center	A higher level of Joint Commission certification recognizes additional significant resources in staff and training that comprehensive stroke centers must have to treat complex stroke.
JC Ventricular Assistive Device Program	A ventricular assist device is a pump that assists the heart by pumping blood to the body. PT and OT work with patients to improve their strength, endurance, and balance, as well as tolerance for activities of daily living.
JC/MIEMSS Primary Stroke Center	The Joint Commission's Primary Stroke Center was developed in collaboration with the American Heart Association/American Stroke Association (AHA/ASA), and recognizes centers that follow the best practices for stroke care and is additionally Certified Maryland Institute for Emergency Medical Services Systems
Joint Center	Joint Replacement Centers provide comprehensive inpatient services for total knee and hip replacement. Patients receive an extensive range of surgical, medical, educational and rehabilitative care. Physicians are typically board-certified orthopaedic surgeons who have received specialized training in total joint replacement.
Joint Commission	Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects a healthcare organization's commitment to meeting high quality performance standards in clinical care, safety and value.
Just for Kids Program	The Just for Kids Program at University of Maryland Medical Center Midtown Campus (UMMC Midtown Campus) provides early intervention, rehabilitation, occupational and speech language therapy for children from ages 2 to 18.
Knee Injury Risk Reduction Program	<p>A training program proven to decrease knee injuries in athletes, particularly female athletes.</p> <p>It has been proven to:</p> <ul style="list-style-type: none"> • Reduce the risk of serious knee injury

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	<ul style="list-style-type: none"> • Increase vertical jump height • Improve hamstrings to quadriceps strength • Improve landing mechanics and reduce side-to-side movements at the knee
Lymphedema Program	Lymphedema Therapy is provided by specially trained occupational or physical therapists. Treatment consists of a combination of lymphatic drainage, compression bandaging, skin care and Patient-specific lymphedema therapy exercises. The objective is to reduce swelling associated with a person's injured or inadequate lymphatic system.
Magnet Designation/Nursing	Magnet is the "gold standard" for nursing excellence. Focus supports a culture of ongoing professional nursing growth and development that catalyzes best patient outcomes and best work environment
Manual Therapy	Manual therapy is a form of specialized physical therapy utilizing skilled, specific hands-on techniques including but not limited to manipulation and mobilization of muscles for the purpose of reducing pain and inflammation; increasing range of motion (ROM) and facilitating movement; and improving function.
Medically Complex	An array of rehabilitative services for those who have experienced a functional decline in the presence of complex medical problems.
Movement Disorders Clinic	<p>Movement Disorders Clinics offer comprehensive and expert diagnostic, medical, surgical and rehabilitative services for persons having difficulties in moving arms, legs or any other part of the body. They are typically seen with cerebral palsy, acquired brain injuries, and neurological problems such as Parkinson's Disease.</p> <p>The University of Maryland Parkinson's Disease and Movement Disorders Center, a division of the Department of Neurology, is a full service Diagnostic Center for Parkinson's disease.</p> <p>The Mount Washington Pediatric Hospital provides a specialized Movement Disorders program for Children and Youth.</p>
Multi Trauma Rehab	Rehabilitation for multiple trauma involves a multidisciplinary team approach to improving and speeding recovery from traumatic multi system injuries that may require orthopedic, cardiac, pulmonary, neurologic and other medical or surgical care.
Multiple Sclerosis Day Program	This program enables individuals with MS to achieve and maintain the highest possible level of independence and quality of life
Neurological Rehab	Neurorehabilitation is an intensive multidisciplinary therapy program which focuses on aiding a person's recovery, or help that individual to live a more normal, active, and independent life following or in the course of neurological illness or injury such as Stroke, Parkinson's Disease, Brain Injury, Spinal Cord Injury, Multiple Sclerosis and other conditions affecting the nervous system. The goal of neurorehabilitation is to combat those changes, improve a person's ability to function and participate better in their daily activities and improve overall quality of life.
Occupational Therapy (OT)	Is a rehabilitation service for patients recovering from injury or illness which results in physical or psychological disabilities. Goals focus on regaining the ability to participate in the things they want and need to do in everyday activities (occupations) such as dressing, bathing, socialization, work skills, school skills and other activities of daily living. Services are aimed to maximize independence, prevent further disability, and maintain health.
Oncology/Cancer Rehab	A person-centered cancer rehabilitation specialty program utilizes a holistic interdisciplinary team approach to address the unique rehabilitation needs of persons who have been diagnosed with cancer. A cancer rehabilitation specialty program uses evidence-based practices to deliver services that address the preventive, restorative, supportive, and palliative rehabilitation needs of persons served by the program.
Orthopaedic Rehab	Orthopaedic rehabilitation is a form of physical and occupational therapy

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	that treats a large variety of conditions that affect the skeletal system and the muscular system.
Pain Management	Physical therapy and occupational therapy service addressing pain management associated with inflammation, stiffness, and soreness. Services include therapeutic exercise, manipulation, and massage. It also works to help the body heal itself by encouraging more normal function and the body's natural pain-relieving abilities. These services are often combined with services provided by pain management physicians, pain management psychologists and integrative medicine providers.
Parkinson's Big and Loud	BIG and LOUD® is an effective speech and movement treatment for individuals with Parkinson disease (PD) and other neurological conditions. LOUD provided by speech pathologists improves vocal loudness by improving respiratory, laryngeal and articulatory function to improve speech intelligibility. BIG provided by physical and occupational therapists focuses on improving the amplitude of limb and body movement (Bigness) in people with Parkinson disease. Combined results include improved ability to communicate, for movement and balance and in overall quality of life.
Pediatric Rehab	Comprehensive rehabilitation for patients who are below 18 years of age in improving and speeding recovery from both acquired illness and injuries as well as conditions from birth. Conditions treated may range from relatively simple orthopedic injuries to more involved special health care conditions such as autism, cerebral palsy, or musculo-skeletal deformities.
Pelvic Floor Support Group	Program serves women experiencing chronic pelvic pain by allowing an environment for participants to feel understood, share their concerns and issues regarding their pain, learn and share strategies to manage these problems, act as a role model to others with similar concerns, and reduce anxiety and stress associated with their condition. The group meets quarterly in the Outpatient Rehabilitation Department of Physicians Pavilion II, Suite 514 in the waiting area.
Physical Therapy	Physical Therapy (PT) is a rehabilitation service focused on physical dysfunction or pain, with an emphasis on movement with aims to maximize functional independence, prevent further disability, and maintain health.
Pre-op Joint Group	The goal of the Pre -Op Joint Group is to provide a learning environment for the patient and their designated support person to learn what to expect before, during and after joint replacement surgery
Pre-op Spine Group	The goal of the Pre -Op Spine Group is to provide a learning environment for the patient and their designated support person to learn what to expect before, during and after spine/back surgery
Psych-Partial Hospital Program	Partial hospitalization, also known as PHP is a type of program used to treat mental illness and substance abuse. In partial hospitalization, the patient continues to reside at home, but commutes to a treatment center up to seven days a week. Partial hospitalization focuses on the overall treatment of the individual, and is intended to avert or reduce in-patient hospitalization.
Pulmonary Rehab	A program that integrates exercise training, nutritional counseling, energy-conserving techniques, breathing strategies, and disease specific education to improve the well-being of those with breathing difficulties.
Rapid Vent Weaning Program	This program uses therapy as an integral part of the vent weaning process.
Speech Language Pathology	Speech Language Pathology/Speech Therapy is a rehabilitation service for patients recovering from injury or illness who have suffered communication or swallowing disorders. Communications rehabilitation may include speech, writing, reading, language, cognition, memory or hearing. Swallowing rehabilitation is focused first on safety by preventing choking or aspiration of food into the lungs. This is followed by therapy to advance ability swallow safely again. Services are aimed to maximize independence, prevent further disability, and maintain health.
Spinal Cord Injury Program	Spinal Cord Injury rehabilitation serves to address education needs and emotional support while focusing on improvement of physical and mental functioning and helping the patient to successfully re-enter the community.

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	The rehabilitation team treats people with spinal cord injuries (SCI) and nontraumatic spinal disorders, including spinal cord tumors, transverse myelitis, Guillain-Barre syndrome, multiple sclerosis, myelopathies, spinal cord infarctions and aneurysms.
Spinal Cord Injury Support Group	This group meets monthly for ongoing education, as well as socialization and networking.
Spine Program	Spine Rehabilitation Program focuses on providing manual therapy, therapeutic exercise, postural correction exercises and functional training to help reduce pain and restore function. Patient education is a key component of this program and emphasizes proper posture and body mechanics to prevent re-injury. Experienced staff utilizing a wide variety of techniques to treat spinal injuries which may include soft tissue mobilization (including myofascial release, visceral release, and nerve tissue release), Muscle Energy Technique, Cranio Sacral Therapy, McKenzie, Traction, Aquatics, Electrical Stimulation
Sports Injury Medicine	Rehabilitation for sports related injuries involves specialized evaluation and treatment of a wide variety of orthopaedic and musculoskeletal disorders and injuries. Patients typically treated have received medical or surgical services for ACL (anterior cruciate ligament) reconstruction, knee meniscus repair, hip and knee arthroscopy, foot and ankle surgery, rotator cuff repair, shoulder stabilization, shoulder arthroscopy, fracture repair, total joint replacement, and spine surgery
Stroke Rehab	A coordinated interdisciplinary approach to improving motor, sensory, communication, and or swallowing deficits that might occur following a stroke. Services are provided by physician, nursing, and therapy specialists complemented by other healthcare professionals based on the unique needs of each patient/family.
Stroke Support Group	This group meets monthly for ongoing education, as well as socialization and networking.
Swallowing Disorders	Swallowing disorders rehabilitation addresses needs of patients experiencing difficult or unsafe swallowing from multiple medical diagnoses. Rehabilitation may focus on oral pharyngeal or tracheal dysfunction. Swallowing disorders may also occur in the presence of other neurological, musculoskeletal or pulmonary conditions. Swallowing rehabilitation is focused first on safety by preventing choking or aspiration of food into the lungs. This is followed by therapy to advance ability swallow safely again. Services are aimed to maximize independence, prevent further disability, and maintain health.
TBI Rehab	Brain Injury Rehabilitation involves a comprehensive multidisciplinary series of evaluations to determine the presence of physical, movement, sensory, communication, cognitive or behavioral impairments. Focus is on optimizing use of lesser or non-impaired function, while aiming to support brain recovery and learning alternative ways to compensate for dysfunction. Rehabilitation also helps the survivor and the family to cope successfully with any remaining disabilities.
TMJ Therapy	Physical Therapist will perform a comprehensive exam of your head, jaw, neck, thoracic spine and shoulders and determine the biomechanical factors affecting your TMJ disorder. Then the Physical Therapist will develop a treatment plan including the use of physical modalities to reduce joint inflammation, manual therapy techniques designed to reduce joint compression and improve joint mobility, and teach stress reduction activities to decrease muscle tension throughout your neck and jaw to improve your posture.
Trauma Survivors Support Group	This group offers trauma survivors the chance to gain the experience, confidence, and support necessary to move forward in the recovery process.
Urinary Incontinence	The Continence Rehabilitation program provides individualized, evidence-supported treatment therapies to retrain and strengthen muscles so that they

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	are better able to support the pelvic organs and control function. Increased muscle support makes it easier for patients to manage conditions like urinary incontinence, pelvic prolapse and pelvic pain.
Vestibular Rehab (Balance/Dizziness)	Balance Rehabilitation involves highly trained physical therapists who work collaboratively with physicians and other health care providers in the treatment of patients with balance problems associated with dizziness, vertigo, musculoskeletal disorders and neurologic conditions. Our programs use state of the art technology to provide comprehensive and targeted treatment plans to address balance problems.
Voice	Voice rehabilitation is appropriate for people who have illnesses or injuries affecting their vocal cords, body systems that support adequate quality or loudness, people who have overused their voice in professional singing or through vocal abuse. A professional speech-language pathologist performs the non-medical evaluation of a voice disorder and, when indicated executes a plan to improve voice. Services include comprehensive evaluation, direct therapeutic techniques, education, behavior modification and counseling.
Wheelchair Seating Services	An individualized service where therapists and seating specialists evaluate patients to determine the proper seating system for them.
Wound Center	The Wound Center uses the newest clinical tools in wound healing along with proven clinical practices in treating non-healing or chronic wounds. Patients or their caregivers are provided education and detailed instructions on home care, dressing changes, and how to protect the wound to support healing and prevent further injury or recurrence. With a focus on the whole person, the plan of care may also include a nutritional assessment, diabetes education, patient counseling and pain management. Services are provided by wound care certified nurses and physicians
Yoga For Stroke	Yoga has been shown to increase strength and flexibility, improve core strength, balance, coordination, and posture, improve breathing and the cardiovascular system, increase bone strength, improve brain function, decrease stress, and lower blood pressure, all beneficial to continued recovery for stroke survivors. The session is recommended for any stroke survivor who has completed rehabilitation, regardless of level of ability. Physician consent is required