



A N O P E N L E T T E R *from* C A P E F E A R V A L L E Y H E A L T H :: *part 8 in a series*

this is YOUR HOSPITAL... *the region's* LARGEST *and most* COMPREHENSIVE REHABILITATION CENTER

Tucked behind Cape Fear Valley Medical Center is a hidden gem. It's southeastern North Carolina's largest inpatient rehabilitation center. And it's equipped to rehabilitate everything from stroke and brain injuries to spinal cord and orthopedic trauma.

Cape Fear Valley Rehabilitation Center opened in 1976 and has had a long and proud tradition of providing quality inpatient and outpatient rehabilitation services to area residents ever since.

It provides quality comprehensive adult and pediatric programs specializing in treatment for amputations, brain injuries, neurological disabilities, orthopedic injuries, spinal cord injuries and stroke. Our programs are designed by certified and licensed staff members and board-certified physicians to improve patient self-confidence and independence.

In the process, Cape Fear Valley Rehabilitation Center has earned The Joint Commission's prestigious Gold Seal of Approval, as well as national accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF).

Successful rehabilitation requires patients take an active role in preparing for their discharge by learning and practicing how to take care of themselves. Family members often attend therapy sessions to learn how they can assist in their loved one's self-care at home. More than 80 percent of our patients are discharged into the community, higher than the national average.

Cape Fear Valley Rehabilitation Center also offers services not found at other rehabilitation centers, such as aquatic therapy, community reintegration, hand therapy, neuropsychology, horticulture therapy, mobility groups, swallowing disorder treatment and transitional living training.

Our patients' injuries or illnesses affect what they do every day – from eating and dressing to meal preparation, home-making and recreational activity. Even getting into and out of a car requires training and practice. That's why we have a fully functioning automobile in our physical therapy gym.

Patients participate in three to six hours of intensive rehabilitation a day with us. The goal is to turn their disability into ability. And they often do. On average, our patients are ready to declare their independence in just 15 days – a short time to get back into life.

Mike Nagowski
CHIEF EXECUTIVE OFFICER

Chris Aul, M.D., Family Physician
CHIEF MEDICAL OFFICER



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CAPE FEAR VALLEY REHABILITATION CENTER *takes a multi-disciplinary approach toward treatment to assist patients with a wide range of illnesses and injuries including:*

- ▶ Brain Injury
- ▶ Stroke
- ▶ Multiple Sclerosis
- ▶ Pediatric Orthopedic and Neuromuscular Disorders
- ▶ Spinal Cord Injury
- ▶ Joint Replacement Rehabilitation
- ▶ Guillain Barré Syndrome
- ▶ Orthopedic Trauma



www.capefearvalley.com