

BROOKS[®]
Rehabilitation



BROOKS REHABILITATION
NEURO RECOVERY CENTERS



A New Approach to Recovery

As a regional leader in rehabilitation for more than 45 years, Brooks Rehabilitation is focused on the latest in innovation and research-based practices to guide our expertly trained clinicians. We're committed to providing the best possible care for our patients so they can achieve their best recovery.

Traditionally, rehabilitation has focused on compensatory skills to make patients safe and functional in their home environment. Research shows that neuroplasticity (the brain and spinal cord's ability to change, adapt and learn) requires intense, task specific, repetitive activities to maximize movement and thinking skills. The highest potential for recovery is during the first one-two years after an injury or illness, however, most patients usually receive only five-six months of therapy.

The Neuro Recovery Centers (NRCs) utilize the principles of neuroplasticity to allow individuals to continue their recovery during and after traditional therapies so patients achieve their greatest potential.

Brooks NRCs:

- Are the only centers of their kind in Northeast Florida
- Have specially trained neurological experts
- Utilize state-of-the-art equipment and technology
- Provide services in spaces designed for neurological patients
- Offer continued recovery options after traditional rehabilitation
- Focus on research-based treatment approaches
- Accept a combination of insurance and out-of-pocket fees that make the program affordable for any income level

Diagnoses may include, but are not limited to:

- Spinal Cord Injury
- Stroke
- Brain Injury
- Guillain-Barre Syndrome
- Transverse Myelitis
- Parkinson's Disease
- Multiple Sclerosis
- Acquired Pediatric
- Neurological Disorders
- Degenerative Conditions
- Other Neuro

When are the NRCs the Right Choice?

The NRCs offer specialized equipment for customized rehabilitation during formal therapy and after traditional therapy has been completed.

During or Immediately After Inpatient Rehabilitation:

The unique equipment offered at the NRCs is ideal for current hospital or skilled nursing patients, as well as upon discharge, to continue building strength, endurance and functional skills.

During Outpatient Therapy:

In order to maximize the amount of therapy patients can receive, patients may have scheduled outpatient therapy three days a week and utilize the NRCs as well to facilitate recovery and work on functional deficits.

Independent Program:

For a nominal monthly fee, Independent NRC members can have access to wheelchair accessible equipment, programs designed for the neurological population and neurological clinical specialists. These unique gyms allow individuals with disabilities to continue ongoing exercise and conditioning to maintain and improve functional movement and abilities.

A Customized Program for Every Individual

All members will receive an evaluation performed by a Neurological Physical Therapist to determine their level of motor recovery, strength, conditioning and neuroplasticity. The clinical experts at the NRCs will then develop a customized rehabilitation program to meet the member's specific needs. Activities range from one-on-one interventions to supervised exercise and group activities with members who are at varying stages of recovery.



Services Include:

- Physical Therapy
- Aquatic Therapy
- Custom Wheelchair Fittings and Training
- Personal Training
- Group Classes: Cardio, Stretching and Strengthening
- Muscular Dystrophy Clinic
- LSVT Loud and Big Program for those with Parkinson's Disease
- Elite Athlete Training Center: Coming Soon

State-of-the-Art Equipment Includes:

- RT 200 and RT 300 FES Cycles and RT 600 Ellipticals
- Armeo Springs
- Therastride Body Weight Supported Treadmill
- ICare Body Weight Supported Elliptical
- Zero G/Harnessing System
- Bioness H200s and L300 Go
- Standing Frames
- SAEBO Center
- Tyromotion Amadeo and Diego
- Kickstart
- Balance Master
- Paramill



About Brooks Rehabilitation

Brooks Rehabilitation has been serving Northeast and Central Florida for more than 45 years. As a non-profit organization, Brooks Rehabilitation, based in Jacksonville, FL, operates one of the nation's largest inpatient rehabilitation hospitals in the US with 160 beds, one of the region's largest home healthcare agencies, 30 outpatient rehabilitation clinics, a skilled nursing unit dedicated to orthopedic rehabilitation, a rehabilitation medicine physician practice, two skilled nursing facilities, assisted living and memory care. In addition, Brooks operates the Brooks Rehabilitation Clinical Research Center, which specializes in research for stroke, brain injury, spinal cord injury and more to advance the science of rehabilitation. Brooks also provides many low or no cost community programs and services such as the Clubhouse and Adaptive Sports and Recreation to improve the quality of life for people living with physical disabilities.

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BrookRehab.org

Brooks Rehabilitation Neuro Recovery Centers

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