MISSION STATEMENT
Craigh advocates for and provides exceptional patient- and family-centered care for those affected by spinal cord and brain injury. Together we bravely strive for optimal health, independence, and life quality with unyielding determination.

OUR ADDRESS
Craig Hospital
3425 S. Clarkson St.
Englewood, CO 80113
(303) 789-8000
Each year hundreds of people come from nearly every state to Craig Hospital for rehabilitation after a spinal cord or brain injury. Their decision to leave home is often difficult and yet extremely rewarding.

Craig’s experience as a leader in the field of neurorehabilitation, paired with our staff’s passion for providing the best opportunity for people with catastrophic injuries make it a one-of-a-kind place for rehabilitation. Because no two injuries are the same, Craig team members create robust and individualized plans for each patient and their family to help them reach their goals.

When patients leave Craig after their inpatient stay they are called “graduates.” Each Craig grad is a lifelong team member of people striving to lead fulfilling lives after spinal cord and brain injury. Oftentimes our grads stay in touch with us and come back for Interdisciplinary Outpatient Evaluations (IOE).
How Is Craig Different From Other Rehab Centers?

Comprehensive Interdisciplinary Team

At Craig, the patient and his or her family are a vital part of the team approach to care. Patients, their families, and the team meet to discuss how to reach rehab goals.

“You almost feel like you’re part of the family,” says Physical Therapist Wes Thornton, PT, DPT. “You share in those successes, you share in those days when things are tough.”

“These people work with broken bodies all day long, every day. They just loved him enough to get him to do what he could do, and just one step more,” adds Tracey Quitmeyer, mother of Craig grad Quinton “Q” Quitmeyer.

Each patient has his or her own interdisciplinary team, made up of experts in various rehabilitation fields. Each patient team is individualized to the patient’s needs. The team members are all Craig employees who meet routinely to discuss the patient’s progress, next steps, goals, and discharge plan.

We help build the blueprint for understanding a very challenging and difficult road. We help build the blueprint for navigating through this journey, if you will, to rebuild your life physically, mentally, and emotionally, and reintegrate you back into the world so you can be all you can be.

- Alan Weintraub, M.D.
Medical Director of Craig’s Brain Injury Program
Benefits of Choosing Craig

- High-quality staff with focused experience
- Peer support from patients with similar injuries
- Specialized patient and family education and resources
- Options to participate in research studies
- Access to services and advanced technology not found in most rehabilitation centers
- Specialized long-term support

What This Means for People With Spinal Cord Injury and Brain Injury

- Improved functional independence
- Reduced medical complications
- Relevant education and resources
- Improved productivity
- Lower long-term costs
- Better preparation and support for a successful future
- A custom team of physicians, therapists, and caregivers design each patient’s plan to fit his or her needs

Team Members
• Spinal Cord Injury (SCI) Rehabilitation
• Traumatic Brain Injury (TBI) Rehabilitation
• Teen Rehab at Craig (TRAC)
• Combination SCI/TBI Rehabilitation
• Ventilator-Dependent and Weaning Programs

Patients at Craig have access to extraordinary expertise, resources, and therapy programs that aren’t often available at general rehabilitation centers.
Breadth of Experience, Services, Programs, and Technology

Craig offers state-of-the-art, unparalleled neurorehabilitation. Recognized as a top 10 rehab hospital for the past 27 years, Craig is one of the most established rehabilitation hospitals in the world. Our patient outcomes are some of the best in the field of rehabilitative medicine.

Our nursing care is the top in the country. Craig nurses are highly trained in caring for people with spinal cord and brain injury. Our outcomes have been recognized nationally. Craig is a three-time designated Magnet® facility for excellence in nursing. Craig has received the NDNQI award in 2009, 2012, 2013, 2014 and 2015 for the highest quality outcomes in nursing care in a rehabilitation facility.
ADVANCED TECHNOLOGY
Craig is at the forefront of innovation and technology supporting recovery in individuals with spinal cord and brain injury from early mobilization through late recovery to provide a greater degree of improvement and recovery of function.

Some of the equipment utilized includes:
• **Exoskeleton**: robotic orthosis enabling standing and overground walking
• **Lokomat**: treadmill system with robotic assistance
• **Wave Pro Elite Vibration Plate**: mechanical vibration stimulus increases the number of muscle fibers involved in exercise; may improve function and decrease muscle tone/spasticity
• **RT300 Series FES**: functional electrical stimulation bike for the arms and legs
• **RTG00 Elliptical FES**: functional electrical stimulation with an upright standing and stepping ergometer
• **Bioness® L300 and L300+**: lower extremity functional electrical stimulation systems designed to improve overground walking
• **Erigo® FES**: stepping tilt table that utilizes functional electrical stimulation to improve strength and cardiovascular function
• **Vector**: overhead support system that assists with improving overground walking and unweighting for challenging activities
• **AlterG**: body weight-supported treadmill that provides a safe way to improve mobility, strength, and endurance

The PEAK Center features two therapy pools—a standard pool for swimming and pool therapy and a new state-of-the-art HydroWorx® pool with a treadmill for locomotor training.

*I knew Craig was where I wanted to go after my injury. Mostly because of the reputation, but also the facilities are just incredible and the whole support network that would be available there.*

- George Watson, Craig grad '14

The PEAK Center at Craig Hospital is an adaptive health and wellness center serving patients at Craig Hospital and individuals from across the country with neurologic disabilities, in order to optimize their recovery and create a lifelong plan for their health and wellness.
EDUCATIONAL PROGRAMS AND SPECIALTY SERVICES

We believe education is imperative to rehabilitation and independence. We have several dozen sub-specialty clinics and educational programs, such as airline travel training, a rehab engineering workshop, sexuality and fertility resources, and adaptive equipment. We have an in-house TV production studio, training films that can be seen via closed-circuit televisions in every patient room, family education and support groups, a patient and family education resource room, and care management manuals written by Craig staff.

Additional Specialty Services and Programs Offered at Craig

Adventure Program
Airline Travel Training
Aquatic (Pool) Therapy
Assistive Technology
Attendant Care Training
Brain Injury Activity Room
Ceramics (Klin)
Chaplain and Worship Services
Closed-Circuit TV Education in Room
Community Reintegration Services
Daily Living Skills and Personal Care
Dental Services On-site
Dietary and Nutrition
Driving and Adaptive Transportation
Family Education Classes and Training
Hand Evaluations, Bracing, Surgery
Health/Wellness Center
Horticulture Therapy
Interpreter Services
Music Therapy
Neurosurgical Consultations and Surgery
Orthotics Program
Outpatient and Follow-up Services
PEAK Center
Personalized Equipment Coordination
Pet Therapy
Pharmacy and Pharmacologic Consultations
Podiatry Clinic
Prevention Programs
Radiology and Neuroradiology
Rehab Engineering Workshop
School Teacher
Seating and Positioning Clinic
Sexuality, Intimacy, and Fertility Resources
Spasticity Clinic Stress Management Classes
Technology Laboratory
Teen Rehab at Craig (TRAC)
Terrain Park Wheelchair Obstacle Course
Upper Extremity Lab
Urology/Urodynamics Clinic
Wheelchair Demo Fleet
Wheelchair Positioning Clinic
Van Clinic
Vision Clinic

Programs of Excellence

Craig Hospital offers a number of programs to help our patients meet their rehabilitation goals and return home more independent. Here are some of our unique programs and services that help our patients make the most of their time here:

Assistive Technology: Our Assistive Technology Lab team is made up of specially trained occupational and speech therapists who provide hands-on education and training about technological resources for patients, their families, and others in the community. The goal is to equip our patients to communicate with family and friends, increase their independence to control their environment, and achieve their work/school goals.

Community Reintegration: The goal of the Community Reintegration at Craig is to provide transitional services for patients returning to productive community-based activities such as work or school. We focus our services on the patient’s goals of being financially and socially independent. There is a distinct benefit to the early intervention for the promotion of returning patients back to productive roles in their community.
**Driving and Adaptive Transportation:** The Driving and Adaptive Transportation Program includes driver evaluation and training, and education on vehicle modifications and adaptive equipment for passenger transportation when driving is not an option. Our Driving and Adaptive Transportation Team is made up of designated occupational therapists who are specialists in the field. Craig owns three vehicles with high and low-tech adaptations for use in the program as well as a driving simulator. Craig also works closely with community vendors in our transportation clinics.

**Pool Therapy:** Craig Hospital has two state-of-the-art therapy pools for aquatic therapy—physical therapy that takes place in a pool with certified specialists. At Craig, Aquatic PT Therapy is for medically stable patients and uses water as a medium for strengthening, endurance, and range of motion.

**Therapeutic Recreation:** The Therapeutic Recreation Program at Craig Hospital promotes overall fitness and well being, with the goal of improving, maintaining, or restoring physical strength, cognition, and mobility through recreational activity. Craig Hospital’s Therapeutic Recreation Department has a large number of events and outings each week. We incorporate key therapeutic elements acquired from other disciplines (such as sip and puff technology) for some of our recreational activities. Individual interests are always taken into consideration for outings and activities, with program and equipment adaptations tailored for individual needs to help patients learn what they can do again at home.

**Ventilator-Dependent and Weaning Programs:** Craig’s Respiratory Care Department has been working with ventilator-dependent patients with spinal cord injury during rehabilitation for more than three decades. Our ventilator weaning program is extremely successful, with an excellent reputation for comfortably weaning patients off mechanical ventilation while they are undergoing rehabilitation.
Our Campus

Craig is a 350,000-square-foot, 93-bed rehabilitation campus located in Englewood, Colorado, a suburb of Denver. Craig’s newly built and renovated patient rooms feature accessible bathrooms, state-of-the-art integrated control systems, and a retractable patient lift system.

Our large therapy gyms give physical and occupational therapists dedicated space to work with patients on a variety of rehabilitation goals. A transfer training room teaches patients the skills necessary to move from wheelchairs into cars, beds, or airline seats.

The upper extremity lab has specialty rehabilitation equipment to help patients regain arm movement and grip function by exercising and strengthening shoulder, elbow, and hand muscles.

Our assistive technology lab houses the latest software and technology on the market so we can better assist our patients to be safe and independent through different devices.

Craig’s newly built PEAK Center is an adaptive health and wellness center serving individuals with neurologic diseases and disabilities. Craig inpatients and outpatients also use the gym for various therapies and classes.
Patient Family Housing

“They don’t just care about the patient, they care about the families too.” - Tracey Quitmeyer, mother of Craig grad Quinton “Q” Quitmeyer

Craig has a wide variety of programs specifically designed to support families, including housing for outpatients and families of inpatients, either in our on-site family housing facility or in a nearby hotel.

Family housing is available for families of newly injured rehabilitation inpatients who live more than 60 miles from Denver, we offer up to 30 days at no charge. If an on-site unit is not available, we will provide housing in a nearby hotel. After 30 days, housing is available at a discounted rate on-site or at a nearby hotel depending on availability.

Laundry
Coin-operated washers and dryers are available for families in Patient Family Housing. Dispensing machines have detergent and fabric softner available.

Mail Delivery
Incoming mail for family members staying in Patient Family Housing may be picked up at the Information Desk on the first floor of the West Building.

Digby Friendship Center
Craig’s Patient Family Housing building has a hospitality center with an adjoining barbecue area and conference room. Reserve time slots (up to three hours) for the Digby Friendship Center in Therapeutic Recreation.

The neurologic music therapy program at Craig Hospital aims to provide live-music experiences in order to facilitate recovery of nonmusical functions.

Craig’s Upper Extremity Lab provides range of motion technology in the hands and helps people be more independent with activities of daily living.

IMPORTANT
Contact Guest Services Before Arrival
Before you arrive at Craig Hospital please coordinate your stay with Guest Services to make reservations. It is the family’s responsibility to call for reservations.

Guest Services
1-800-835-7052 or 303-789-8365
email: guestservicesmg@craighospital.org

Hours of Operation
Monday–Friday 8:00 a.m. – 3:30 p.m. MT

UNYIELDING DETERMINATION. EMPOWERING LIVES. | 13
OUR PEER NETWORK

One of the most important benefits of Craig is the opportunity for patients of similar ages, backgrounds, and injuries to teach, encourage, and support one another. At any given time, Craig has approximately 45 inpatients with varying levels of spinal cord injuries and 40 inpatients with brain injuries. Families learn from each other and form supportive relationships.

This interactive education among peer groups significantly supplements what patients and families learn from their treatment staff, and is an extremely valuable benefit of specialized rehabilitation.
Many inpatients and outpatients will have an opportunity to participate in one or more research studies while at Craig. Research studies can help improve the rehabilitation process and may involve improving daily function, reducing long-term complications, or increasing quality of life. Some studies evaluate new treatments, some test new educational approaches, and some collect data for years after patients leave Craig to learn about lifetime issues and adjustment. Some patients are eligible for several studies at the same time. A member of the Research Department meets with each inpatient during the first few weeks at Craig to explain any studies he or she is eligible for, and to help with his or her decision to participate in Craig’s research.

Craig is a worldwide leader in spinal cord injury (SCI) and traumatic brain injury (TBI) research. Craig has been federally recognized as a leader in SCI research for more than four decades and a leader in brain injury research for over two, being designated as one of 14 SCI and TBI Model Systems that are national leaders in SCI and brain injury-related care and research. In addition, Craig manages the TBI Model System National Database for all other TBIMS centers across the country, and has done so since 2006.

With more than 20 staff members in the Research Department, Craig receives nearly $4 million annually in research funding from federal and state government agencies, foundations, and industry.

Learn more about the Research Department: craighospital.org/research
Pre-Admission Information

Goals and Expectations
The goal of rehabilitation is to maximize neurological recovery, functional abilities, and psychological adjustment, so that patients can return home as independent and productive as possible, prepared to resume their lives. In order for patients to get the most out of their rehabilitation program, it is necessary for them to work hard. At Craig Hospital, we set high expectations for patient and family participation. Rehabilitation is an empowerment process to teach patients and families to care for themselves.

The Clinical Liaison Evaluation
Craig Hospital sends out a clinical liaison to meet with each prospective patient and family. Learn more about the admissions process and criteria: craighospital.org/admissions

Next Steps After the Clinical Liaison Evaluation

APPROVAL PROCESS
After meeting with the clinical liaison, a Craig Hospital admission coordinator will contact your current case manager about admission to Craig.

TRANSFER PROCESS
Once Craig Hospital and the insurance provider have approved the admission, our admissions coordinators will work with the referring hospital to help arrange the admission date and transportation.

Visiting Hours
Families are critical to the rehabilitation process, and Craig Hospital highly values family inclusion at all levels. We have high expectations for family involvement. Families are welcome and are strongly encouraged to participate in therapy sessions, educational classes, conferences, and community outings with their loved ones.

We do not have strict visiting hours and request only that visitation does not disrupt therapy. Hospital policy requires that children be accompanied by an adult, and visitors are asked to leave the hospital by 9:00 p.m. so patients and families can get their needed rest.
What to Expect

In order for patients to get the most out of their rehabilitation program, it is necessary to work hard. At Craig Hospital, we set high expectations for patient and family participation. Rehabilitation is an empowerment process to teach patients and families to care for themselves.

What Will Your Day Be Like?

Rehabilitation at Craig Hospital is individualized to each patient. Most patients will get up each morning, Monday through Friday, to have breakfast in the bistro and be ready to begin daily activities. Unless patients are sick, they are expected to take meals outside of their rooms. If medically reasonable, patients are encouraged to stay up throughout the day to interact with and learn from other patients and families.

Each day you can expect...
- Customized therapy sessions
- Visits from a physician
- A new schedule for the following day
- Meals in the bistro

Preparing for Rehabilitation:
Placing List and Helpful Tips

Items Needed During Rehabilitation

- 5-7 sets of personal clothing:
  Make sure to bring loose athletic or jogging pants or shorts and swim wear (no jeans). Shirts should be stretchy and/or with v-neck so they fit over cervical collars, braces, etc.

- A jacket or sweater

- Shoes:
  Choose shoes that are 1-2 sizes larger and wider than your pre-injury shoe size to allow for swelling of feet.

- Slippers:
  Bring a pair of loose-fitting slippers with a solid bottom to be worn if shoes are found to be leaving pressure on your feet. Choose those that cover the back of the heel completely and not with the low back.

- Socks:
  Avoid thick socks or elastic that is too tight as you may have swelling in your feet.

- Hat and sunglasses

- Light-weight throw or blanket

- Personal toiletries including sunblock

- Personal mementos for your room

Helpful Tips

- Save your receipts for clothing items. You may have to try a few items until you find the ones that will work for you specifically.

- Patients will want to have their own clothing for therapy in order to adjust to what they will wear at home.

- Bring clothes that can be layered, because our weather in Colorado changes often.

- We have basic hospital toiletries, but if you have favorite brands, you may bring those as well as makeup and shaving gear.

- Bring pictures of family, pets, and friends to make your room feel more like home.

- Label all your belongings before arriving so you can keep track of your personal items.
Dustin Hickok’s goal after rehab was to graduate with his class. While at Craig he kept up his school work with Craig’s teacher.
Admissions

How to Make a Referral

Contact Our Admissions Department: The first step for an inpatient referral to Craig is for the acute care hospital to contact our admissions team. We accept patients from anywhere in the United States, and many international countries as well.

Clinical Liaison Visit: One of our admissions liaisons may travel to meet with patients, families, and the referring facility to conduct a clinical evaluation, discuss rehabilitation expectations, and answer questions.

Questions: Families often have questions regarding Craig’s programs and transportation, and we encourage patients and families to talk with us about how we can help with individual circumstances and needs.

Learn More: Learn more about our programs and services, watch patient testimonials, and look through our photos on our website at craighospital.org/stories.

Our Patients

Craig patients come from all over the country. Craig accepts patients 16 to 69 years of age. Craig physicians will determine if any patients over 70 qualify for admission.

Spinal Cord Injury
All levels of spinal cord injury, including patients on ventilators.

Brain Injury
Traumatic brain injury, stroke, and aneurysm.

Dual Diagnosis
Spinal cord injury and brain injury.

Neuromuscular Disorders
Transverse Myelitis, Guillain-Barre Syndrome, or related neurologic conditions resulting in paralysis.

When you’re at your lowest point, you don’t think anything is possible. All you think about is the negativity, what I can’t do. The staff does a really good job of redefining that and showing you what’s possible.

- Doug Murphy, Craig grad ’15

CRAIG FOUNDATION

The Craig Foundation gives more than $1 million each year in direct assistance to patients in financial need. These funds help patients with minimal income or inadequate insurance purchase adaptive equipment, remodel homes for accessibility, train caregivers, pay mortgages and college tuition, and meet other urgent needs. Each year, on average, the Foundation helps 150 patients through its Patient Assistance Fund.

craighospital.org/foundation

CONTACT CRAIG ADMISSIONS

Phone: 303.789.8344

Phone for Physicians: 303.789.8220
(Craig Hospital Physicians - CNS Medical Group, PC)

Email: admissions@craighospital.org

Admissions Fax: 720.599.3990