

Rehab - What to Bring

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



Patients are invited to decorate their rooms with items from home.

- 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.

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