



3425 S. Clarkson Street  
Englewood, CO 80113  
[craighospital.org](http://craighospital.org)



**UNYIELDING DETERMINATION. EMPOWERING LIVES.**

# CRAIG'S MISSION STATEMENT

Craig 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



# UNYIELDING DETERMINATION. EMPOWERING LIVES.



**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, yet is 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" or "grads." Each Craig grad is a lifelong team member 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).

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# 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 their team meet to discuss how to reach rehabilitation goals.

“You almost feel like you’re part of the family,” says Physical Therapist Wes Thornton, PT, DPT. “You share in those successes, and 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 Quinten “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 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 and 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, MD  
Medical Director of Craig’s  
Brain Injury Program



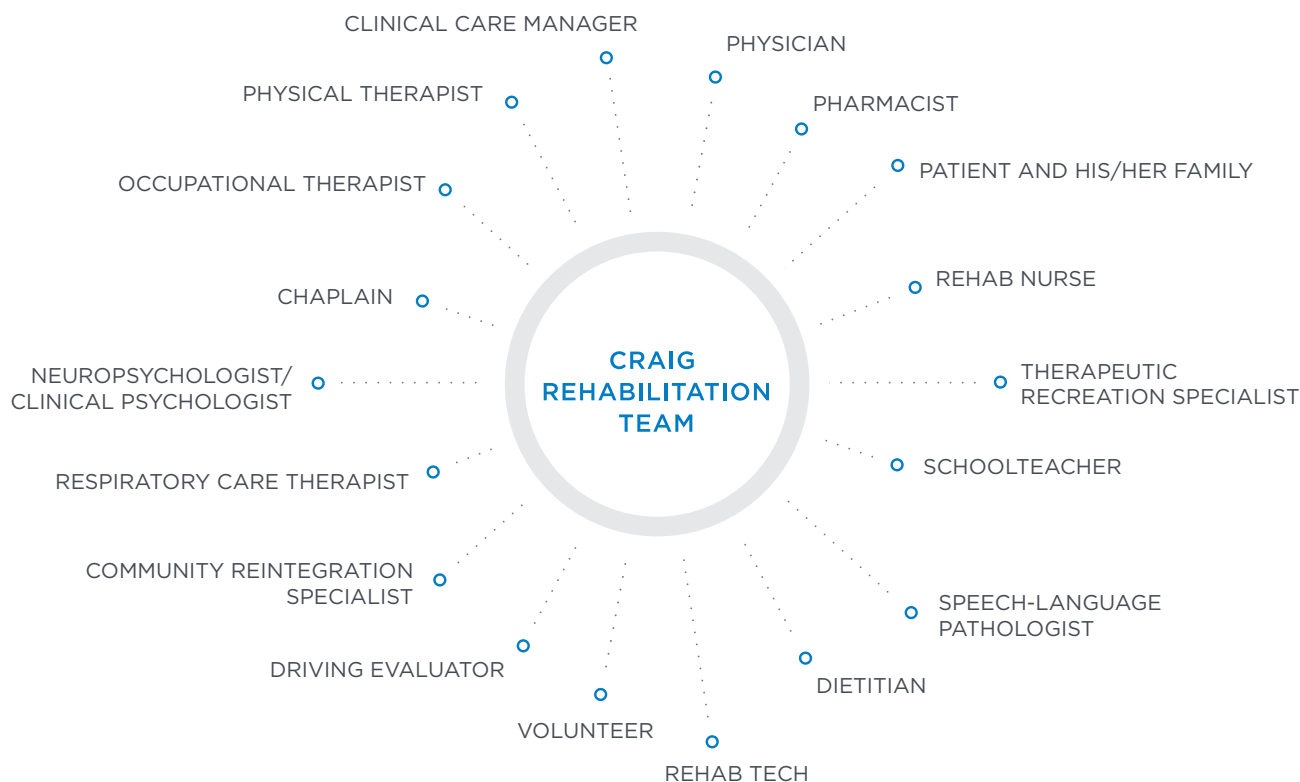
## Benefits of Choosing Craig

- Specialized, tenured staff with focused experience
- Peer support from patients with similar injuries and their families
- Specialized patient and family education and resources
- Opportunities to participate in research studies
- Access to services and advanced technology not found in most rehabilitation centers
- Specialized long-term support
- Superior outcomes and return to work/school rates

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

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

## Team Members







## PROGRAMS

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- Spinal Cord Injury (SCI) Rehabilitation
- Brain Injury (BI) Rehabilitation
- Combination SCI/BI Rehabilitation
- Teen Rehab at Craig (TRAC)
- Ventilator-Dependent and Weaning Programs
- Outpatient Services
- Research

Patients at Craig have access to extraordinary expertise, resources and therapy programs that aren't 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 30 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 top-rated 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 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.

### 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
- **RTGOO 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
- **C-Mill:** treadmill that uses visual and acoustic cues for training and evaluation of impaired gait and balance



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, to optimize their recovery and create a lifelong plan for their health and wellness.



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

## EDUCATIONAL PROGRAMS AND SPECIALTY SERVICES

We believe education is imperative to rehabilitation and independence. We have several dozen subspecialty 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 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

|                                       |                                          |                                             |
|---------------------------------------|------------------------------------------|---------------------------------------------|
| Adaptive driving                      | Health/Wellness Center                   | Rehabilitation Engineering                  |
| Adventure Program                     | Horticulture therapy                     | Schoolteacher on staff                      |
| Airline travel training               | Interpreter services                     | Seating and Positioning Clinic              |
| Aquatic (pool) therapy                | Music therapy                            | Sexuality, intimacy and fertility resources |
| Assistive Technology Lab              | Neurosurgical consultations and surgery  | Skin/wound prevention program               |
| Attendant care training               | Orthotics Program                        | Spasticity Clinic                           |
| Brain Injury Activity Room            | Outpatient and follow-up services        | Stress management classes                   |
| Ceramics (kiln)                       | Peer mentor and support groups           | Teen Rehab at Craig (TRAC)                  |
| Chaplain and worship services         | PEAK Center                              | Upper Extremity Lab                         |
| Closed-circuit TV education in room   | Personalized equipment coordination      | Urology/Urodynamics Clinic                  |
| Community Reintegration Program       | Pet therapy                              | Wheelchair demo fleet                       |
| Daily living skills and personal care | Pharmacy and pharmacologic consultations | Wheelchair Positioning Clinic               |
| Dental services on-site               | Podiatry Clinic                          | Wheelchair terrain park                     |
| Dietary and nutrition                 | Prevention programs                      | Van Clinic                                  |
| Driving and adaptive transportation   | Radiology and neuroradiology             | Vision Clinic                               |
| Family education classes and training |                                          |                                             |
| Hand evaluations, bracing and surgery |                                          |                                             |

### 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 at Craig:

**Assistive Technology:** Our Assistive Technology Lab team is made up of specially trained occupational and speech-language pathologists who provide hands-on education and training on 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 Program 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.



*The Assistive Technology Lab, Therapeutic Recreation Department and Rehabilitation Engineering Program offer patients many opportunities to use technology for work and play.*

**Driving and Adaptive Transportation:** The Driving and Adaptive Transportation Program includes driver evaluation and training as well as 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 several 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.



*Craig owns several vehicles with high- and low-tech adaptations for use in the program as well as a driving simulator.*



*Craig offers pool therapy for many patients who have been cleared by their physician.*

**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 therapy is for medically stable patients and uses water as a medium for increasing strength, 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 many of our recreational activities. Individual interests are always taken into consideration for outings and activities, with program and equipment adaptations tailored to 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.



*Respiratory therapists at Craig work with SCI patients on ventilators.*



*Each Craig patient has a therapeutic recreation specialist on their team.*



## 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, airline seats and more, and our Activities of Daily Living (ADL) Suite provides a home-like environment in which to learn and practice doing everyday tasks like getting in and out of bed, performing everyday chores, caring for a child, using bathroom equipment, and other common activities.

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 help our patients be safe and independent through a wide variety of devices.

Craig's 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 Quinten "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 nearby off-site accommodations.

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



### ⓘ IMPORTANT

#### Contact the Housing Office Before Arrival

Before you arrive at Craig Hospital, please coordinate your stay with the Housing Office to make reservations. It is the family's responsibility to call for reservations.

#### Housing Office

Phone: 1-800-835-7052 or 303-789-8365

Email: [guestservicesmg@craighospital.org](mailto:guestservicesmg@craighospital.org)

#### Hours of Operation

M-F 8 a.m.-3:30 p.m. MT



*Digby Friendship Center*

#### Laundry

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

#### Mail Delivery

Incoming mail and packages for inpatients may be picked up at the hospital nurses stations or at the Housing Office for family members or outpatients staying in Patient/Family Housing or off-site accommodations.

#### 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 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.*



*The Speech-Language Pathology Department at Craig Hospital provides inpatient and outpatient rehabilitation services for people with brain and spinal cord injuries. Our specialized speech-language pathologists treat many conditions, including aphasia, apraxia, cognitive-communication disorders, cognitive impairment, dysarthria and dysphagia, and supports assistive technology and communication and environmental access augmentative and alternative communication (AAC) training.*

## 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 45 inpatients with brain injuries. Patients and 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.



## Research

Many inpatients and outpatients may 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 help with his or her decision to participate in Craig's research.

Craig is a worldwide leader in spinal cord injury (SCI) and brain injury (BI) 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 16 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 more than \$6 million annually in research funding from federal and state government agencies, foundations, and industry.

Learn more about the Research Department:  
[craighospital.org/research](http://craighospital.org/research)



## RESEARCH FUNDING

Craig currently receives research funding from Craig Foundation donors; the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR); the Centers for Disease Control and Prevention (CDC); the Colorado TBI Trust Fund; the Congressionally Directed Medical Research Program (CDMRP), which is part of the Department of Defense; the Craig H. Neilsen Foundation; other researchers via subcontracts; and medical equipment and pharmaceutical companies.

# Pre-Admission Guide

## Goals and Expectations

The goal of rehabilitation is to maximize neurological recovery, functional abilities and psychological adjustment so patients can return home as independent and productive as possible, prepared to resume their lives. 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](http://craighospital.org/admissions)

## Next Steps After the Clinical Liaison Evaluation

### APPROVAL PROCESS

After your 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.

## Patient & Family Commitment

Patients are encouraged to be involved in determining their programs and schedules, but it is expected that patients will follow physician and treatment orders, adhere to treatment schedules, comply with educational goals, participate in outings, and take the fullest advantage of all the resources Craig has to offer.



## 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 p.m. so patients and families can get their needed rest.

## What to Expect

For patients to get the most out of their rehabilitation program, it's 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 it is 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: Packing 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 swimwear (no jeans). Shirts should be stretchy and/or with a 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 do not have a low back.

#### Socks:

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

#### Hat and sunglasses

#### Lightweight 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.
- You will want to have your own clothing for therapy to adjust to what you 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.



*After Sam Summers sustained an SCI in a bicycle accident, her goals following rehabilitation at Craig were to return to her graduate program and begin biking again on a hand cycle. Within just four months of her injury, she rode 30 kilometers in the Craig Foundation's annual Pedal 4 Possible road race and returned to the University of Colorado Boulder to work toward her Ph.D. in chemical and biological engineering.*

Craig Hospital was monumental in preparing me for returning to a fulfilling life after injury. I didn't realize it while an inpatient, but the skills I learned to maximize my independence were exceptional and beyond typical rehab. Because of Craig, I was able to get back to my graduate program only four months after my injury. Craig also gave me the confidence to advocate for myself in the workspace, and we've greatly improved the accessibility of our building for myself and others.

**- Sam Summers, Craig grad '18**

# 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, read case studies, and look through our photos on our website at [craighospital.org](http://craighospital.org).

## 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 or under 16 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. The Foundation also funds Craig Culture of Care programs, research, capital needs and a program for Veterans with brain injuries

[craighospital.org/foundation](http://craighospital.org/foundation)



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**Admissions Fax:**

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