



Rehab for the  
whole person—  
body, mind,  
and spirit

*“Faith consists in believing when it is beyond the power of  
reason to believe. —Voltaire*

For over 40 years, St. Mary's Rehabilitation Center has been helping patients deal with the far-reaching effects of injury or illness in order to achieve independence in their daily lives. Rehabilitation services provide intensive interdisciplinary treatment programs for spinal cord and head injuries, stroke, and other disabling illnesses.

The members of the Rehab staff at St. Mary's Rehab Center have many years of experience in the rehabilitation field and are skilled in a wide variety of therapeutic techniques. Several members of the team are able to offer peer interaction and advice on life experience gained from living with their own disabilities.

The Rehab team has extensive experience in the management of spinal cord injuries including ventilator-dependent quadriplegia. While medical advances have enabled patients with spinal cord injuries to live longer than ever before, the physical, psychological, social and vocational factors remain issues for the treatment team, patient, and family.

Specialized services such as peer support groups and patient education programs help patients learn to adapt to the physical and emotional challenges in their lives following discharge. Patients are trained to use specialized adaptive equipment to achieve the highest possible level of self-sufficiency in the home, workplace, and community.

The Ben Berman Outpatient Rehabilitation Center provides an interdisciplinary team to allow patients to complete their rehabilitation program outside the hospital setting. The team works to emphasize community mobility, independent living skills, emotional well-being and self-directed health care. Through inpatient and outpatient programs including specialized therapy programs and medical clinics, St. Mary's

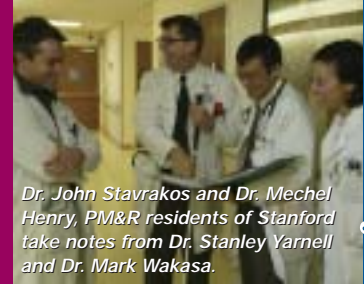
rehabilitation patients learn how to manage their condition, adapt their activities, and regain much of the function and independence they once enjoyed. ♦

## A matter of understanding

While delivering mail, a 53 year-old postal worker was run over. She suffered from multiple fractures, internal injuries, and severe head trauma. Interaction had been complicated not only because of her head injury, but because the woman, who was deaf since birth, required either her daughter or a translator to interpret for her through sign language, her only form of communication. After she was transferred to St. Mary's acute rehab, Dr. Stanley Yarnell walked into her room and began signing to her. The patient started crying and her visiting friends, all deaf, stood and applauded. Of course, Dr. Yarnell had an interpreter with him because he is blind and could not see her response. Her confidence grew as she was able to communicate with her doctor, and under his care, she progressed rapidly and was able to return home. She now continues her care through the outpatient clinic under the supervision of Dr. Yarnell and the therapy team. ♦



Our Rehab staff gives extra care to patient Michael J. Williams.



Dr. John Stavrakos and Dr. Mechel Henry, PM&R residents of Stanford take notes from Dr. Stanley Yarnell and Dr. Mark Wakasa.



Patient Shanshar Lawe takes happy steps with Dr. Mechel Henry and Dr. Mark Wakasa.



Dr. Mark Wakasa and Dr. Mechel Henry help patient Leona Todd with a stretching exercise.