

hope restored. lives rebuilt.

- Spinal Cord Injury
- Brain Injury
- Stroke
- Neurologic Diseases
- Orthopedic Trauma
- Amputation
- Cancer
- Cardiac Recovery



*advancing care.
sharing knowledge.
rebuilding lives.
and celebrating every breakthrough.*

Kessler Institute has pioneered the course of medical rehabilitation since 1948. Today, as the nation's largest single rehabilitation hospital, we continue to define this field, helping more individuals rebuild their lives following an injury or illness.

Kessler is one of only seven centers in the country to be designated by the National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR) as a Model System for the treatment and research of both spinal cord and traumatic brain injuries, an honor we share with Kessler Foundation. That same level of expertise and experience distinguishes each of our specialized programs for stroke, neurologic diseases, amputation, orthopedic trauma, cancer and cardiac recovery.

Our team of rehabilitation specialists – physicians; rehabilitation nurses; physical, occupational, respiratory and recreation therapists; speech-language pathologists; psychologists and neuropsychologists; case managers; and other clinical and support staff – is committed to providing patients and their families with an exceptional experience. We leverage our collective knowledge, embrace best practices, explore new avenues of treatment and adopt innovative technologies to support each patient's recovery. Our goal is to optimize the independence and quality of life for every individual in our care.

These are among the many reasons why Kessler has been ranked one of "America's Best Rehabilitation Hospitals" by *U.S. News & World Report* for 27 consecutive years. And why each year, thousands of individuals from throughout the region, across the country and around the world choose Kessler Institute for their rehabilitation.



"My Kessler doctors, nurses and therapists were amazing. They helped me understand that my injury didn't define me; rather it was up to me to make the life I wanted a reality."

CHRIS / SPINAL CORD INJURY

INPATIENT REHABILITATION



“Kessler helped me recover my mind, my body and my spirit. Their understanding and kindness eased my journey as I rebuilt my strength and abilities.”

STEFANIE / STROKE

A total of 5,749 patients and their families chose Kessler Institute’s campuses in West Orange, Saddle Brook and Chester, New Jersey, for their inpatient rehabilitation during 2019. While the majority came from New Jersey and the greater New York metropolitan region, our hospital attracted patients from across the nation as well as from international countries. Our patients ranged from 18 to 103 years old, with an average age of 69. Seven individuals ages 16 and 17 were also treated in our spinal cord and brain injury programs. Overall, 52% of our patients were male, 48% female.

Understanding Patient Needs

As an acute rehabilitation hospital, Kessler is able to admit patients more quickly than other post-acute care providers – about 15 days post-injury depending on diagnosis – which studies have shown helps to advance individual recovery.

The **Case Mix Index (CMI)**, a standard measure of the medical complexity of patients upon admission, is significantly higher at Kessler than at other hospitals across the nation. This means that the patients we treat have greater challenges due to the extent of their injuries or illnesses, other medical conditions or complications, and/or age-related factors.

PROFILE OF INPATIENTS TREATED AT KESSLER INSTITUTE IN 2019¹

	Spinal Cord Injury	Brain Injury	Stroke	Neurologic	Amputation	Orthopedic	Cardiac Recovery	General ²
Patients Discharged	396	926	1622	409	170	1412	248	566
Total Patients (%)	7%	16%	28%	7%	3%	25%	4%	10%
Case Mix Index (CMI) ³	2.12	1.63	1.73	1.51	1.36	1.27	1.21	1.29
CMI Nationally	1.72	1.47	1.63	1.41	1.44	1.26	1.19	1.25
Average Age (Years)	58	63	71	63	64	73	74	74
Average Onset (Days)	24	22	13	17	58	8	15	13
Average Length of Stay (Days)	31	20	18	16	14	13	12	13
Extent Goals Met (%) ⁴	87%	90%	91%	89%	97%	92%	87%	92%
Patient Satisfaction (%) ⁴	92%	92%	90%	92%	92%	91%	92%	91%
Patients Who Would Recommend Kessler (%) ⁵	96%	96%	97%	97%	98%	97%	97%	97%

¹ West Orange, Saddle Brook and Chester combined. ² Includes cancer, pulmonary and other medical conditions. ³ Higher CMI reflects more medically complex patients. ⁴ Patients who rated their Kessler experience as “excellent” or “very good.” ⁵ Patients who indicated they would likely or probably recommend Kessler.

Defining Patient Care

To best address our patients' complex medical, physical and functional needs, Kessler's medical staff – including physiatrists, internists and urologists, as well as consulting pulmonologists, cardiologists, orthopedic surgeons and other specialists – provide 24/7 oversight. In some cases, patients required more extensive testing or medical services than we normally provide, which resulted in less than 14% being transferred to an acute care hospital. Most returned to Kessler and successfully continued their rehabilitation.

Patients across all programs participate in an average of three hours of therapy per day at least five days per week. Treatment is tailored to individual needs and rehabilitation goals, and includes physical, occupational and/or speech therapy, as well as recreation therapy. Psychology, neuropsychology and other specialized services are provided as needed.

Depending on their diagnosis, plan of care and progress, patients had an **average length of stay** of about 17 days and were discharged successfully to home and the community, or transitioned to the next appropriate level of care. Kessler patients have greater functional improvement and are more likely to go home than to a nursing or sub-acute facility compared with similar patients nationally.



“I came to Kessler on Christmas Eve and it was the best gift I ever could have gotten.”

DAVANTE / BRAIN INJURY



“I relied on my Kessler team for their positivity and guidance to help me to live life ahead with far more clarity and independence than I ever thought possible.”

JANINE /
ORTHOPEDIC TRAUMA

Measuring Patient Outcomes

Outcomes are assessed using several indicators, including standardized **industry measures** that gauge improvement in self-care (bathing, dressing, eating, etc.) and mobility from the time of admission to discharge. We are proud that our patients' scores exceed national benchmarks.

Patient satisfaction is another key indicator and Kessler patients consistently expressed a high level of satisfaction with the care they received and the degree to which they met their rehabilitation goals. Across all programs, more than 91% of our patients achieved their predicted outcomes, based on individual progress measures and an independent patient survey that identifies the extent to which our services helped them meet their goals. Nearly 97% of our patients noted they would recommend Kessler to others, which again surpassed national benchmarks.

Exceeding Patient Expectations

We understand that people choose Kessler for many reasons: the quality of our care; the expertise and experience of our staff; the integration of advanced treatment, technologies and research; and the gains our patients make.

We are proud of our patients' accomplishments and respectful of the trust they and their families place in us. □

OUTPATIENT REHABILITATION

Kessler offers an unparalleled continuum and continuity of care for individuals with spinal cord injury, brain injury, stroke, amputation, orthopedic and musculoskeletal conditions, and neurologic diseases, such as Multiple Sclerosis (MS), Amyotrophic Lateral Sclerosis (ALS) and Parkinson’s disease.

In 2019, a total of 6,568 people received outpatient rehabilitation services at Kessler’s hospital campuses in West Orange, Saddle Brook and Chester, New Jersey. These clients – 53% of whom were male and 47% female – ranged from infants to adults over 100 years old, with the average age of 60.

The nature and extent of therapies received varied by diagnosis and by individual needs, goals and progress. Sessions generally included physical, occupational and/or speech therapy, cognitive rehabilitation, and/or driver rehabilitation.



“Everyone at Kessler was so caring and supportive. They made me understand that although I lost my leg, I’m still the same person.”

WEIMAR / AMPUTATION

Overall, nearly 85% of these patients expressed satisfaction with their care and treatment and would recommend Kessler to others.

Delivering Care in Our Local Communities

Physical therapy and other outpatient services are also provided at our more than 95 Kessler Rehabilitation Center locations throughout New Jersey.

These community-based centers treated more than 49,625 individuals in 2019, of whom 59% were female and 41% male, with an average age of 56 years. More than 87% would recommend Kessler’s outpatient services.

While the majority of these patients were treated for orthopedic and musculoskeletal conditions, including sports and work-related injuries and joint replacement, others received hand therapy and specialized treatment for stroke, neurologic diseases (including MS and Parkinson’s disease), balance and vestibular disorders, cancer, lymphedema and other issues. □

PROFILE OF OUTPATIENTS TREATED AT KESSLER INSTITUTE IN 2019¹

	Spinal Cord Injury	Brain Injury	Stroke	Multiple Sclerosis	Amputation	Orthopedic
Individuals Treated ²	553	388	1463	78	122	1117
Total Patients (%)	9%	6%	29%	1%	2%	21%
Average Age (Years)	52	52	65	54	59	60
Average Visits by Service:						
Cognitive Rehabilitation	0	10	11	8	0	1
Driver Rehabilitation	1	1	1	1	1	2
Occupational Rehabilitation	11	12	11	8	6	11
Physical Therapy	12	12	12	8	10	10
Speech Therapy	14	12	9	2	0	1
Wheelchair Services	2	0	1	1	1	2
Patients Who Would Recommend Kessler (Net Promoter %)	98%	89%	90%	99%	100%	91%

¹ West Orange, Saddle Brook and Chester combined. ² An additional 2,748 patients participated in other Kessler Institute outpatient programs, including those with Parkinson’s and other neurologic diseases (14%), cancer (5%), balance/vestibular issues (3%), hand conditions (2%), as well as concussion, dementia, lymphedema, vision deficits and other diagnoses (<1%).

Kessler®

INSTITUTE FOR REHABILITATION

Select Medical



Restoring hope. Rebuilding lives.



1199 Pleasant Valley Way
West Orange, NJ 07052
973.731.3600



300 Market Street
Saddle Brook, NJ 07663
201.368.6000



201 Pleasant Hill Road
Chester, NJ 07930
973.252.6300

For more information, to schedule a tour or to discuss admission, please call 877.322.2580 or visit kessler-rehab.com.

For Kessler Institute's campus in Marlton, NJ, call 856.988.8778 or visit kessler-rehab.com.

Kessler Institute complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak a language other than English, interpreter services are available to you free of charge. Call 888.735.6332.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888.735.6332.

 kessler-rehab.com

 888-KESSLER

  Connect with us

SPECIALIZED OUTPATIENT SERVICES
Available at our West Orange, Saddle Brook and Chester hospital campuses and our more than 95 Kessler Rehabilitation Center locations.*

Cancer Rehabilitation
Cognitive Rehabilitation
Concussion Clinic
Dance Performance
Dementia Program
Driver Rehabilitation
Fall Prevention Program
Hand & Upper Extremity Therapy
Locomotor Training
Lymphedema Management
MS Wellness
Neuropsychology Testing
Occupational Therapy
Orthotic & Prosthetic Services
Osteoporosis Management
Pain Management
Pediatric Rehabilitation
Physical Therapy
Physician Services
Speech Therapy
Spina Bifida Management
Spine Rehabilitation
Sports Performance & Injury Prevention
Swallowing Dysfunction
Vision Therapy
Wheelchair Seating & Mobility Clinic
Women's Health Services

For the Kessler Rehabilitation Center location nearest you, call or visit our website.

*Not all services provided at all sites

 kessler-pt.com

 866.33.REHAB

     Connect with us

Kessler
REHABILITATION CENTER

Select Medical