

Hope.



Healing.



Progress.



Kessler
INSTITUTE FOR REHABILITATION
a Select Medical company

Profile 2010

For more than 60 years, Kessler Institute has pioneered the course of medical rehabilitation. Today, as the nation's largest single rehabilitation hospital, we continue to define this field, helping individuals with spinal cord injury, brain injury, stroke, amputation, neurological disorders, and orthopedic and musculoskeletal conditions rebuild their lives.

Here, a team of dedicated 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 – deliver highly integrated and individualized programs of care. We leverage our collective knowledge, embrace best practices, explore new avenues of treatment and adopt the most innovative technologies to support patient recovery.

Kessler is one of only six centers in the country to receive designation from the National Institute on Disability Rehabilitation and Research (NIDRR) as a **Model System** for both spinal cord injury and brain injury treatment and research. That same level of expertise and experience distinguishes each of our specialized rehabilitation programs. Perhaps that's one reason why *U.S. News & World Report* consistently ranks Kessler as one of "America's Best Hospitals." And why each year, thousands of individuals from throughout the region, across the country and around the world choose Kessler for their rehabilitation.

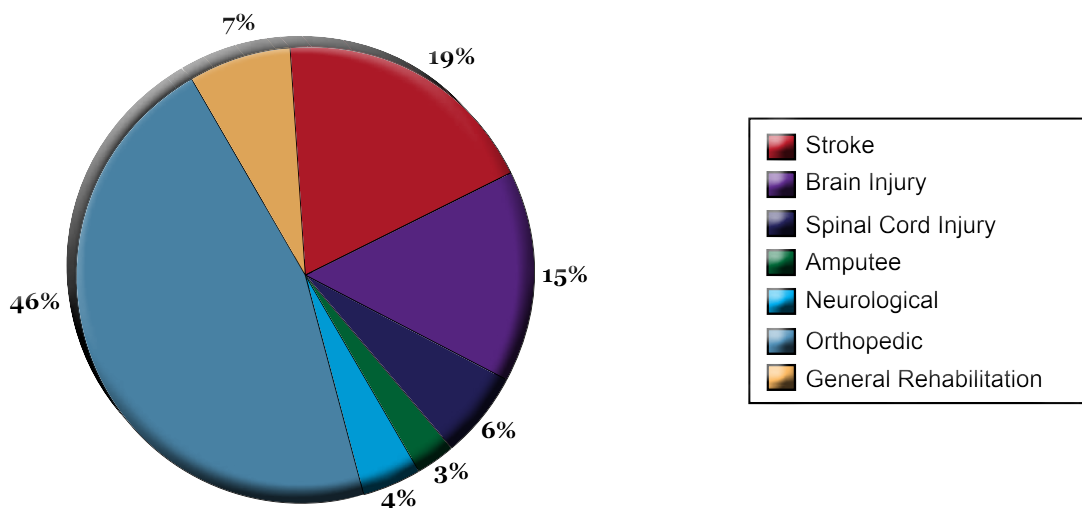
Inpatient Rehabilitation

In 2009, 6,898 individuals and their families turned to Kessler for their inpatient rehabilitation. While the majority of these patients came from New Jersey and throughout the greater New York metropolitan area, our diverse patient population included individuals from as far away as Washington, New Mexico, Texas, Florida and Virginia, as well as Europe, South America and the Caribbean.

These patients ranged in age from 18 to 100 years, with an average age of 68. In addition, six individuals ages 16 and 17 were treated in our spinal cord injury and brain injury programs. Of our patients, 45% were male and 55% were female.

Overall, Kessler patients represented a wide range of diagnostic groups as shown below.

Inpatients treated at Kessler Institute for Rehabilitation by Diagnosis



Meeting Patients Needs

Because Kessler is a specialized hospital, we are able to admit patients more quickly, typically about 11 days post injury, which is sooner than national averages. This has been shown to help optimize recovery. The **Case Mix Index (CMI)**, a standard measure of the medical complexity of patients upon admission, is higher at Kessler than at other centers across the nation. However, despite being more medically complex due to the extent of their injury or illness, other medical conditions or complications, and/or age-related factors, individuals treated at Kessler:

- experience greater functional outcomes
- are less likely to be discharged to a nursing facility

Defining Patient Care

To best address the complex medical needs of our patients, Kessler's medical staff includes physiatrists, internists, neurologists and urologists, as well as consulting pulmonologists, cardiologists, orthopedic surgeons and other specialists. In some cases, patients may require more extensive testing or medical services than we normally provide, which results in about 14% of patients being transferred to an acute care hospital. Most return to Kessler and successfully continue their rehabilitation.

At Kessler, all patients are scheduled for and receive at least three (3) hours of therapy per day at a minimum of five days per week. Based on needs and rehabilitation goals, each patient's individualized treatment program includes physical, occupational and/or speech therapy, as well as recreation therapy. In addition, psychology/neuropsychology and other specialized services are also provided as indicated. Depending on individual diagnosis, treatment plan and progress, our patients' have an average **length of stay** of about 16 days, and nearly 80% were discharged to home and the community.

Measuring Patient Outcomes

Patients' outcomes are measured using several indicators, including the standard **Functional Improvement Measure (FIM)**, which reflects both overall and specific improvement in activities of daily living, such as bathing, dressing, feeding, ambulation and motor function; discharge disposition; and patient satisfaction. We are proud that our patients' scores generally exceed national benchmarks.

Given our commitment to service excellence **Patient Satisfaction** is another key benchmark. Kessler patients consistently expressed their high satisfaction with the care they received and the extent to which they were able to meet their rehabilitation goals. In fact, more than 88% of our patients achieved their predicted outcomes, based on both FIM change and an independent patient survey that measures the extent to which our services helped them meet their goals and, more than 96% indicated they would recommend Kessler to others in need of medical rehabilitation.

Exceeding Patient Expectations

Kessler's leading-edge programs in spinal cord injury, brain injury, stroke, amputation, neurologic and orthopedic rehabilitation, along with our highly specialized programs for individuals with severe disorders of consciousness and medically complex stroke, are distinguished not only by the advanced level of care provided, but by the individual achievements of our patients. We are proud of that, and the trust that they and their families share with us each day.

	<i>Spinal Cord Injury Rehabilitation</i>	<i>Brain Injury Rehabilitation</i>	<i>Stroke Rehabilitation</i>	<i>Amputee Rehabilitation</i>	<i>Neurological Rehabilitation</i>	<i>Orthopedic¹ Rehabilitation</i>	<i>General² Rehabilitation</i>
Number of patients discharged²	425	1001	1332	223	301	3372	467
Case mix index (CMI*)	1.79 compared to 1.59 nationally	1.63 compared to 1.51 nationally	1.71 compared to 1.58 nationally	1.39 compared to 1.33 nationally	1.37 compared to 1.34 nationally	1.02 compared to 1.05 nationally	1.24 compared to 1.18 nationally
Average age	58 years	60 years	71 years	63 years	62 years	70 years	73years
Average onset days	17 days	19.1 days	10.6 days	34.9 days	15 days	7.8 days	13.9 days
Average length of stay	27.7 days	21.6 days	19 days	16.8 days	16.4 days	12.3 days	14.2 days
Improvement in motor function-admission to discharge	65%	64%	54%	46%	50%	64%	53%
Patient Satisfaction	90%	84%	84%	95%	84%	90%	86%
Percentage of Patients Recommend Kessler	97%	94%	94%	98%	97%	96%	94%

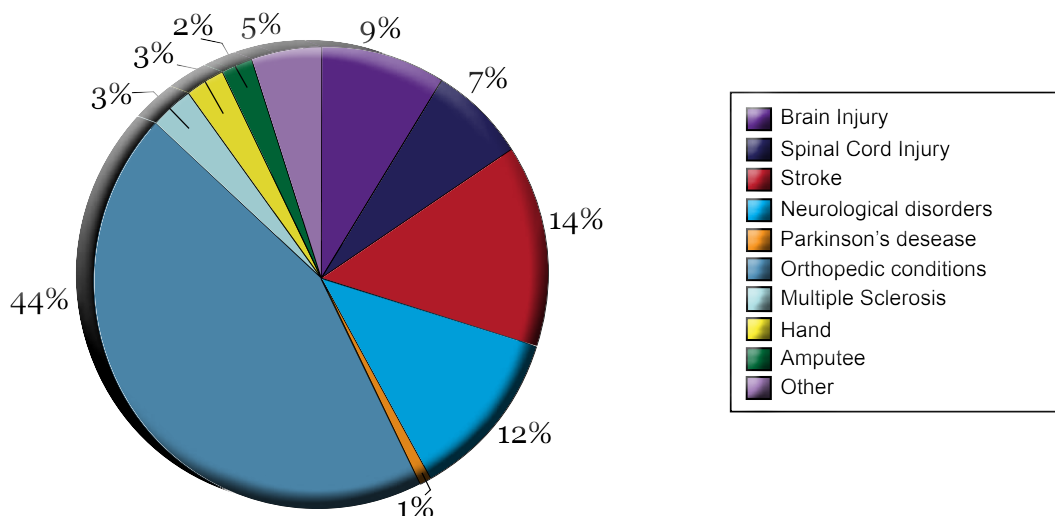
¹Includes amputee rehabilitation data

²Includes patients with cardiac, pulmonary and other medical conditions, as well as general debility.

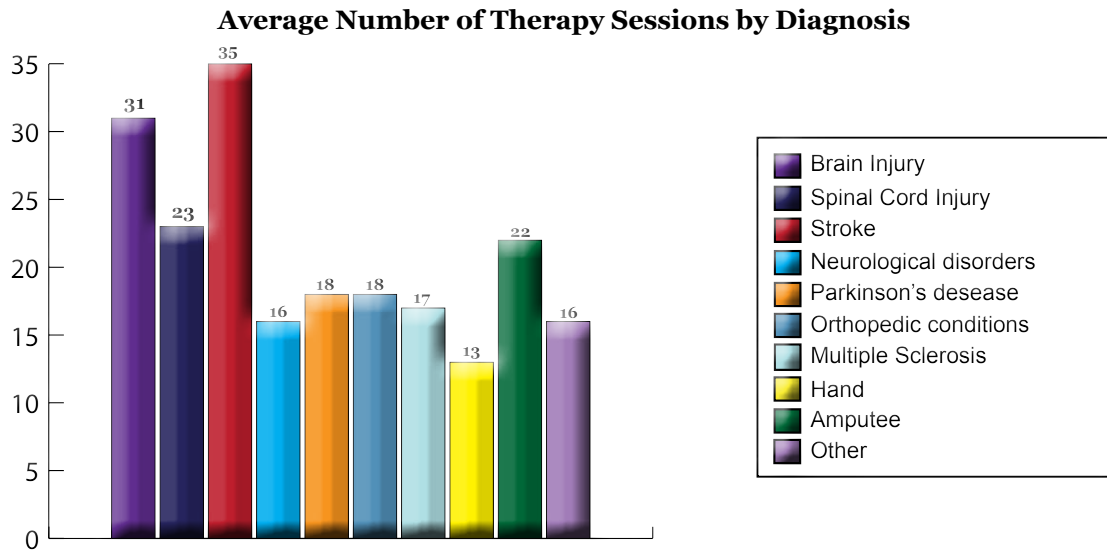
Outpatient Rehabilitation

Kessler offers an unparalleled continuum and continuity of care for individuals with spinal cord injury, brain injury, stroke, amputation, orthopedic conditions and neurological disorders, including Multiple Sclerosis, Parkinson's disease and Amyotrophic Lateral Sclerosis (ALS). In 2009, more than 5,300 people received outpatient rehabilitation services at Kessler's three hospital campuses. Of these individuals, 53% were male and 47% were female, with an average age of 55 years. Interestingly, our outpatient clients ranged from infants to individuals over 100 years of age.

Outpatients Treated at Kessler Institute for Rehabilitation by Diagnosis

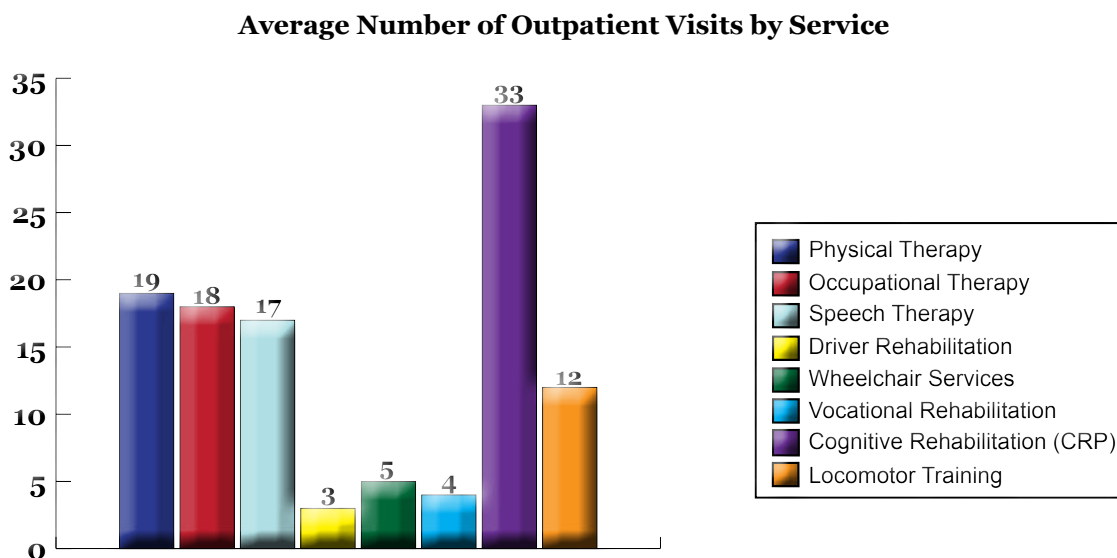


The number of therapy sessions a client requires varies by diagnosis as well as individual needs, goals and progress. Here are the average number of patient sessions in 2009.



Therapy sessions typically include physical, occupational and/or speech therapy; cognitive rehabilitation; driver rehabilitation; vocational rehabilitation; or wheelchair services. In addition, Kessler offers the following specialized outpatient services:

- Balance & Vestibular Rehabilitation
- Hand Therapy
- Locomotor Training
- Lymphedema Management
- Orthotic & Prosthetic Services
- Osteoporosis Management
- Pain Management
- Physicians' Services
- Psychology/Neuropsychology
- Spina Bifida Management
- Swallowing Dysfunction Therapy
- Vision Therapy
- Women's Health Services
- Work Strategies



It is significant, too, that 90% of our outpatients were satisfied with their progress towards achieving their rehabilitation goals and more than 96% expressed their **overall satisfaction** with Kessler. In fact, nearly 99% of individuals participating in our outpatient programs indicated that they would highly recommend Kessler to others!



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