Acute Inpatient Rehabilitation Services

Covenant Medical Center’s Acute Inpatient Rehabilitation Program uses a patient and family centered care approach to help individuals with physical and cognitive disabilities develop the skills they need to live as independently as possible.

Since 1974, our Acute Inpatient Rehabilitation Program has been providing high-quality, comprehensive care to individuals with various kinds of disabilities including impairments due to stroke, spinal cord injury, brain injury, multiple trauma accident, burns, and other disabling conditions. Our program helps those needing medical rehabilitation to develop and carry out individualized goals related to their diagnosis.

Using innovative medical rehabilitation techniques and state-of-the-art equipment and facilities, a team of skilled professionals works hand-in-hand with individuals and families to help them achieve their highest level of independence. Covenant’s Inpatient Rehabilitation Program has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) as a “Comprehensive Integrated Inpatient Rehabilitation Program.”

For more information, contact:
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Meet the Physicians

REHABILITATION MEDICINE
Physician’s who are specially trained in rehabilitation medicine (physiatrists), treat and oversee the medical care and treatment plan of all rehabilitation patients.

Barbara Malicka-Rozek, MD
• Residency in Physical Medicine and Rehabilitation, University of Illinois at Chicago Medical Center, Chicago, IL
• Internship in Internal Medicine, Domanski Community Hospital, Ostroda, Poland
• Residency in Pediatrics, The Institute of Mother and Child And Affiliated Hospitals, Olsztyn, Poland
• Doctor of Medicine, Pomeranian Academy of Medicine, Stettin, Poland

Joseph Nora, MD
• Combined Internship and Residency in Physical Medicine and Rehabilitation, Mayo Graduate School of Medicine, Rochester, Minnesota
• Doctor of Medicine, Georgetown University of Medicine, Washington, D.C.
• Masters of Science, Physiology, Georgetown University of Medicine, Washington, D.C.
• B.S. Business Administration, Georgetown University of Medicine, Washington, D.C.

Gaël Yonnet, MD
• Medical School, University of Utah School of Medicine
• Internship in Internal Medicine, University of Utah Hospital
• Residency in Physical Medicine and Rehabilitation, University of Utah Hospital
• Fellowship in Multiple Sclerosis, University of Utah Hospital
Program Overview

INDIVIDUAL TREATMENT PLANS
Individuals who are hospitalized at Covenant Medical Center for medical rehabilitation are involved in their own treatment plan.

Recognizing that life skills vary from person to person, a team of skilled professionals work with individuals to develop a plan focusing on each individual's unique strengths and needs. As rehabilitation continues, team members continually motivate and support individuals as they progress and reach new levels.

Emphasis is placed on relearning or adapting skills associated with:

CARE OF SELF:
Feeding, grooming, bathing, dressing, toileting

MOBILITY:
Moving from chair to bed, walking, using stairs

COMMUNICATION:
Understanding others, expressing oneself

SOCIAL AWARENESS:
Interacting with others, solving problems, memory

COMMUNITY REINTEGRATION:
Readjustment to family and community life and leisure activities

The involvement of a person’s family and friends is also very important to successful rehabilitation. Loved ones are encouraged to participate in therapy and the continuum of care and are invited to visit as often as they can.
Coordinated Education & Support Services
A foundation of the rehabilitation program is the active partnering of disciplines to meet the physical, emotional and spiritual needs of patients and their loved ones.

Home Medical Equipment
Providing patients with the best technology possible to help them cope with their medical conditions at home is our goal. Covenant Home Medical offers 24 hour services, patient instruction and training, consultation services, discharge planning, rental and sales services, special ordering of customized equipment, and repair services. Covenant Home Medical is conveniently located at San Maran Drive and Sartori Hospital near the physician clinics and is open Monday through Friday 9:00 a.m. to 5:00 p.m. For more information call Covenant Home Medical at 319.272.5626 or Sartori Home Medical at 319.268.3130.

CARE-A-VAN
Transportation is available, free of charge, to Covenant Medical Center patients who live in the metro area and are in need of transportation to and from Covenant for medical rehabilitation appointments. For more information or to arrange transportation please talk to Patient and Family Services staff or the front desk receptionist.

Early Developmental Intervention (EDI) Program
Provides specialized pediatric programming for children with developmental problems associated with speech, language, motor skills, daily living abilities, and other skills related to disabling conditions.

Covenant Home Health
Covenant Home Health program enables patients to remain in their own home and gain maximum independence and self support. Specially-trained nurses are available to provide continued care, therapies and other support services in the comfort of a patient’s home.

Support Groups and Group Activities
Monthly support groups and other group activities are available for patients, family members and friends who have concerns and questions about stroke and brain injuries. Physical and emotional needs, along with other opportunities are addressed in a group setting. Peer visits with former patients can also be arranged for additional information and support.

Wellness Programming
Medically based fitness classes through the Med-Fit Program and personal training sessions are available for individuals wanting to build strength, flexibility and muscle control following hospitalization. For more information about wellness classes please call 319-272-2255.

Covenant Orthotics
Dedicated to providing quality products and service to our customers, Covenant Orthotics & Prosthetics is conveniently located within the Covenant Professional Building on 2710 St. Francis Drive, Waterloo. We offer a full range of sports injury, braces, diabetic shoes, semi custom spinal orthoses and more. Call 319.272.5614 for more information.