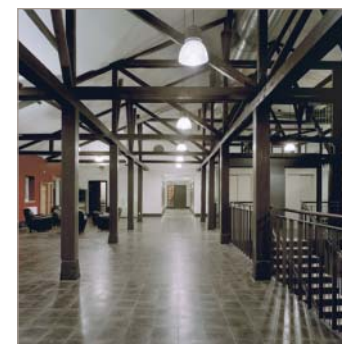
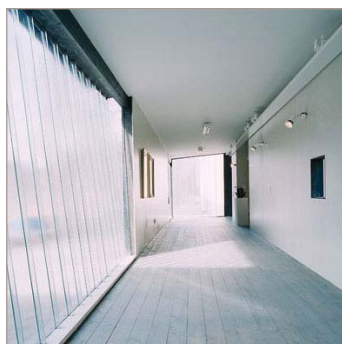


**Rehab Station  
Stockholm  
Sweden**

**A Presentation**



## A model for future rehabilitation



Rehab Station Stockholm is an affiliate to Praktikertjänst - the major private health care company in Sweden. We started the first rehabilitation programme in 1987 and we are continuously growing, even beyond Swedish borders.

Rehab Station Stockholm offers an individualized, comprehensive, and family/work-oriented approach to spinal cord injury rehabilitation.

Rehab Station Stockholm has a highly specialized and experienced staff, state-of-the-art facilities and equipment as well as modern treatment methods. We have a large group of patients with similar injuries. Together with a positive and caring attitude and atmosphere Rehab Station Stockholm offers a powerful community of hope and possibilities.



Our current capacity is 35 fully accommodated patients. All patients have their own room and we also have possibilities to host relatives in guestrooms at the centre.

We are located very close to downtown Stockholm and even closer to Karolinska University Hospital. Communications are good, with nearby hotels and easy access to public transportation.



English is one of the working languages at Rehab Station Stockholm. Interpreter services are available in most languages.



## Partners

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Rehab Station Stockholm, has treatment agreements with Stockholm County Council and close cooperation with Karolinska University Hospital. The Spinalis Clinic at the Karolinska University Hospital is located at Rehab Station Stockholm.

Together we have created a network of dedicated specialists in the Stockholm area to cover the need for highly-specialized medical attendance, for spinal cord injured patients. This network includes Neurosurgery, General Orthopaedic surgery, Spinal Orthopaedic surgery, Psychiatry, Plastic surgery, Respiratory medicine, Pediatrics, Neuro-urology, Pain specialists, Infection medicine, Hand surgery etc.

## Rehabilitation

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The purpose of the initial rehabilitation for spinal cord injury patients is:

- Identifying the lesion, impairment and disability and subsequently establishing relevant functional potentials and goals.
- Prevention and treatment of medical complications, e.g. thromboembolism, infections, surgical complications, pressure sores, heterotopic ossification, pain, hypoventilation.
- Establishing adequate bladder and bowel emptying regimes.
- Initiation of physical rehabilitation, e.g. mobilisation, transfer skills, activities of daily living and adaptation of basic technical aids, e.g. wheelchairs, orthopaedic devices.

The purpose of the later phase rehabilitation is:

- Intensified training of functions and skills in preparation for living at home
- Introduction of social, leisure and sports activities as means for further rehabilitation and work
- Refining and finalizing supportive equipment and technical aids depending on the level of disability
- Counselling and treatment of sexual and fertility dysfunction
- Introduction of role models, i.e. professional staff with spinal cord injury, who provide unique experience of living with this disability.

The purpose of the rehabilitation depends on where the patient is in his/her rehabilitation process, when arriving to Rehab Station Stockholm. To goals also have to be adapted to the patient's length of stay and medical condition.

## Functional expectations and prognosis

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Spinal cord injury is not yet a curable disorder. Still, minimization of mortality, morbidity and complication rates, as well as maximization of functional outcomes are highly dependent on expert care. Thus, what can be expected by treatment at Rehab Station Stockholm is not "repair" of the damaged spinal cord, but rather optimizing the medical condition and introduction of specific functional strategies.



## Contact

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Mats Pernhem

*CEO*

Telephone: + 46 8 555 44 022

[mats.pernhem@rehabstation.se](mailto:mats.pernhem@rehabstation.se)

Lars Holmstöm

*Coordinator*

Telephone: + 46 8 555 44 108

[lars.holmstrom@rehabstation.se](mailto:lars.holmstrom@rehabstation.se)

Rehab Station Stockholm

Frösundaviks allé 13

169 89 Solna, Sweden

Telephone +46 8 555 44 000

Facsimile +46 8 555 44 151

[www.rehabstation.se](http://www.rehabstation.se)