Sunnyview Rehabilitation Hospital
Where you go for rehabilitation does make a difference
Welcome to Sunnyview.
Founded in 1928, Sunnyview Rehabilitation Hospital is a 115-bed hospital specializing in physical rehabilitation. Every year, more than 15,000 individuals come to Sunnyview from across the Northeast. Each one has a dedicated team of physicians, nurses, therapists and specialists all focused on one goal — taking back what was stolen by a stroke, traumatic injury or disabling illness.

What sets Sunnyview apart?
Sunnyview is the only nationally recognized specialty rehabilitation hospital in upstate New York. Patients travel to Sunnyview from 40 counties in New York State, as well as 10 other states, for our expertise, experience and technology ... and our reputation. Our outcomes show that we help patients attain their greatest level of independence and provide them with the best chance of going home. We’re proud that an overwhelming number of former patients say they would recommend us to family and friends.

Most importantly, Sunnyview is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF) for Comprehensive Integrated Inpatient Rehabilitation Programs, Specialty Accreditation for Brain Injury and Stroke Specialty. This indicates that the facility has met standards in providing quality rehabilitation care to our patients.

Our patients come to us when they need us most. And, our concerned and compassionate staff is there with up-to-the-minute treatment modalities and cutting-edge technology.

And, most of all ... hope.
The Interdisciplinary Team
A team of rehabilitation professionals works with the patient and family to plan and implement an individualized plan of rehabilitative care:

- **Physiatrist/Rehabilitation medicine:** All Sunnyview physiatrists are board-certified in physical medicine and rehabilitation. The physiatrist is responsible for the medical management of a patient’s condition, including prescribing medicines, diagnostic tests and therapies.

- **Rehabilitation nurse:** Sunnyview’s nursing staff, including certified rehabilitation registered nurses (CRRN), utilize their technical skills and knowledge to manage the needs of the medically complex rehabilitation patient.

- **Physical therapist:** Physical therapists evaluate mobility, balance, strength and endurance, and provide treatment to improve movement, walking, wheelchair management and physical skill.

- **Occupational therapist:** Occupational therapists address the patient’s self-care, home situation, functional mobility and community living skills to help the individual achieve the highest possible level of independence.

- **Speech/language pathologist:** Speech and language pathologists provide diagnostic and therapeutic interventions focused on listening/reading comprehension, verbal/written expression, reasoning/problem-solving and interpersonal skills, as well as voice and swallowing function.

- **Neuropsychologist:** Sunnyview’s neuropsychologists evaluate important cognitive skills (attention, memory and reasoning) and consult with the interdisciplinary team to establish goals. All neuropsychologists at Sunnyview have doctoral degrees and specialized training in brain/behavior relationships.

- **Social worker:** The social worker assists both the patient and family in adjusting to changes that may result from the patient’s illness, injury or surgery. The social worker also helps determine what community based services are needed after discharge.

- **Recreational therapist:** Sunnyview’s recreational therapists offer group and individual sessions to encourage and motivate patients to participate in enjoyable and constructive activities both while they are inpatients and at home.

- **Registered dietitian:** Sunnyview’s dietitian evaluates and develops nutritional plans to ensure the patient’s dietary needs are met, and provides education to patients on nutrition and diet.
The Neuro-Rehab Institute

*Life can change in an instant.*

Whether it’s an automobile accident, a stroke, or a life-threatening illness or injury, an individual and his or her family may never be the same.

Every year, many hundreds of medically and/or surgically complex patients are referred to The Neuro-Rehab Institute at Sunnyview from throughout the Northeast. They come for one reason — our integrated and individualized approach is supported by technologies at the forefront of science. Sunnyview’s expert staff is devoted to providing personalized, state-of-the-art treatment through coordinated care, education, research and outreach.

**Stroke Center of Excellence**

Each year, approximately 700,000 people in the United States suffer a new or recurrent stroke.

Sunnyview’s reputation as the only CARF-accredited Stroke Specialty Program in the region is based on more than 40 years of excellence and measurable success. Using state-of-the-art therapy, Sunnyview’s stroke center consistently returns people to their homes, coordinates post-discharge care and provides follow-up outpatient services as needed.

Services and programs include:
- Nutritional counseling
- Leisure skills evaluation
- On-site functional living apartment to practice skills
- Stroke risk reduction planning
- Supervised community outings
- Driver evaluation and training
- Patient, family and caregiver education and support groups
- Young Adult Stroke Program
- Post Stroke Club
- Studio Arts Program

**Brain Injury Center of Excellence**

A traumatic brain injury can result in problems with movement, communication, memory, the ability to perceive visually, and thinking and reasoning skills. Emotional and personality changes may interfere with the patient’s ability to successfully interact with others.

Sunnyview’s CARF-accredited Brain Injury Program provides comprehensive inpatient and outpatient services for individuals with traumatic brain injury.

The center includes a Coma Recovery and In-patient Acute Rehabilitation Program, Outpatient Neurological Center, Driving Center and Sports Concussion Program.
The Center for Spinal Cord Injury

Spinal cord injuries are a leading cause of disability in children and adults, and can involve all four extremities (quadriplegia) or in the legs only (paraplegia).

Sunnyview’s Center for Spinal Cord Injury provides each patient with an individualized treatment plan consisting of a vast array of rehabilitation services designed specifically for the patient with a spinal cord injury.

Specialty services include wheelchair assessments using a unique pressure-mapping system; strengthening and endurance training; swallowing/language evaluation; bowel/bladder management; and spinal cord injury support group.

Outpatient Neurological Center

The center provides specialized and coordinated treatment for patients with an acquired neurological injury/condition, such as brain injury, stroke, spinal cord injury and multiple sclerosis (MS).

The program helps patients to improve their cognition, communication, mobility, self-care and higher level activities of daily living. The program coordinator serves as a liaison with physician offices and insurance companies, as well as assisting patients and family members to access community services.

Family involvement is encouraged and family conferences help increase the caregiver’s understanding of the rehabilitation process and assist the patient in achieving the highest level of functional independence.
Cardiac Rehabilitation Center of Excellence
Cardiovascular disease is the leading cause of death in the United States ... cardiac rehabilitation increases the chance of survival and improves quality of life.

Sunnyview’s cardiac program provides therapy to patients who have had heart surgery, heart attack (MI), coronary bypass surgery, stents, valve replacements, heart transplant, congestive heart failure (CHF), left ventricular assist implants and other cardiac-related issues.

Services include specialized medical monitoring, an individualized exercise program to help patients regain strength, and education to reduce the risk of future problems.

Musculoskeletal Rehabilitation Center of Excellence
Whether you sustained an orthopedic injury or underwent an elective surgery, Sunnyview can help. We discharge more than 1,000 patients a year from the program, ensuring excellence in musculoskeletal/orthopedic care.

The program specializes in treating a variety of orthopedic conditions such as: total joint replacements, fractures, multiple trauma and many other orthopedic disorders.

Our interdisciplinary team is patient-centered and works with a collective goal of discharging our patients at the highest level of functional independence possible.

Pulmonary Rehabilitation Center of Excellence
Chronic obstructive pulmonary disease (COPD) affects more than 64 million people worldwide. Although not curable, with medical treatment, rehabilitation and education, patients with COPD can slow the disease process and improve their quality of life. Sunnyview offers both inpatient and outpatient pulmonary rehabilitation for patients with COPD, emphysema, asthma, chronic bronchitis, interstitial lung disease, cystic fibrosis and lung surgery. The program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Acute Ventilator Weaning Program - the program helps patients with a variety of pulmonary disorders, multiple sclerosis (MS), Guillain Barre Syndrome, ALS (Lou Gehrig's disease), neurological disorders, brain injury or trauma. The program has been successful in weaning 70 percent of patients off the ventilator.
Other Specialty Inpatient and Outpatient Programs

**Amputee Program** - comprehensive rehabilitation for upper and lower limb amputees, including physical and occupational therapy, prosthetic training, education for patients and families and amputee support group.

**Assistive Technology Program** - provides assessment and training in the use of technology options to improve communication and participation in daily living skills. These technologies assist people with disabilities to live more independent and productive lives.

**Concussion Management Program** - our neuropsychologists and physiatrists provide evaluation for individuals with concussive brain trauma and develop a treatment plan to return the patient to academics, work and/or sporting activities.

**Driver Rehabilitation** - driver assessment and rehabilitation, including clinical and on-the-road training for novice and experienced drivers.

**Electrodiagnostic Studies (EMG/NCV)** - our board-certified physiatrists perform tests to diagnose carpal tunnel syndrome and other nerve involvement, neuropathies and diseases of the muscle.

**Hand Rehabilitation** - a certified hand therapist specializes in the treatment of the hand and upper quadrant following trauma, post-surgery, repetitive motion syndrome and arthritis.

**Imaging Center** - state-of-the-art radiology services, including X-ray, DEXA scan (to detect osteoporosis), ultrasound and swallowing studies.

**Lifestyle Wellness Center** - certified personal trainers design individualized programs for clients of all ages and fitness levels. The center offers state-of-the-art weight training and aerobic conditioning equipment, and a heated pool designed for therapy and exercise for all physical abilities.

**Low Vision Program** - vision assessments in conjunction with patient’s ophthalmologist, training on optical and non-optical devices, individualized training and referral to community services.

**Lymphedema Management** - a comprehensive approach to the management of lymphatic congestion/swelling that may develop in the arms or legs, often the result of cancer treatment.

**Massage Therapies** - Swedish, therapeutic, deep tissue, sports, hot stone, pregnancy and craniosacral massage therapy services by NYS-licensed massage therapists.
Orthopedic Intensive Day Rehabilitation -
Advanced physical and occupational therapy for patients who require intensive therapy after joint replacement surgery, but not the care of a 24-hour inpatient program.

Pulmonary Rehabilitation - outpatient exercise and education program certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Recreation Therapy - therapeutic recreation, including adaptive sports clinics for people with disabilities, Post Stroke Club and Studio Arts Program.

Rheumatology Program - treatment of rheumatoid arthritis, osteoarthritis, lupus, osteoporosis and other degenerative joint diseases and disabling conditions.

Speech and Hearing Center - hearing tests and hearing aid fitting and dispensing for people of all ages by licensed audiologists; speech development assessments; language comprehension evaluation; and swallowing evaluation and treatment.

Wheelchair Evaluations - wheelchair fittings with the Vista Medical FSA pressure-mapping system.
Contacting Sunnyview

Main Number...........................................(518) 382-4500
Admission Hotline.................................(518) 382-4502
Admission Information....................(518) 382-4516
Driver Rehabilitation.......................(518) 386-3595
Imaging Center.................................(518) 382-4558
Lifestyle Wellness Center...............(518) 386-3656
Massage Therapies..............................(518) 386-3535
Orthopedic Intensive
Day Rehabilitation.................................(518) 831-4830
Outpatient Neurological
Center .....................................................(518) 382-4569
Outpatient Occupational
Therapy ..................................................(518) 386-3595
Outpatient Physical Therapy .......(518) 382-4530
Outpatient Therapy
at Carman Road ....................................(518) 356-3139
Speech and Hearing Center ..........(518) 382-4550
Wheelchair Evaluations....................(518) 382-4530
Driving Directions

From the North:
- Take I-87 to Exit 9
- Go west on Route 146 to Balltown Road
- Take a left onto Balltown Road
- Take a right onto Providence Avenue
- Providence Avenue turns into Rosa Road
- Take a left onto Belmont Avenue

From the South:
- Take NYS Thruway North to Exit 25
- Go west on I-890 to Exit 6
- Take a right off exit ramp onto Michigan Avenue
- Take a right onto State Street at second set of lights
- Take a left onto McClellan Street at the first set of lights
- Pass Schenectady High School on the left
- Go through two sets of lights and take a left onto Belmont Avenue

From the East:
- Take Route 7 West
- Bear right onto Union Street
- Take a right onto Balltown Road at the first set of lights
- Take a left onto Nott Street
- Take a right onto McClellan Street
- Take a left onto Belmont Avenue

From Albany and the Massachusetts Turnpike:
- Take I-90 to NYS Thruway
- Go west on NYS Thruway (towards Buffalo) to Exit 25
- Go west on I-890 to Exit 6
- Take a right off exit ramp onto Michigan Avenue
- Take a right onto State Street at second set of lights
- Take a left onto McClellan Street at the first set of lights
- Pass Schenectady High School on the left
- Go through two sets of lights and take a left onto Belmont Avenue

From the West:
- Take NYS Thruway East to Exit 25
- Go west on I-890 to Exit 6
- Take a right off exit ramp onto Michigan Avenue
- Take a right onto State Street at second set of lights
- Take a left onto McClellan Street at the first set of lights
- Pass Schenectady High School on the left
- Go through two sets of lights and take a left onto Belmont Avenue