

# Fairmount Rehabilitation Programs

## at Kennedy Krieger Institute

### Who We Are

The Fairmount Rehabilitation Programs at Kennedy Krieger Institute offer an array of intensive, specialized and interdisciplinary therapy services for patients with injuries and disorders of the brain, spinal cord and musculoskeletal system. Our goal is to put our patients on the path to improving their functional skills and enhancing their health and fitness.

### Who We Serve

We serve patients 8 months old and up with a range of diagnoses, including:

- Cerebral palsy
- Acquired brain injury
- Spinal cord injury or dysfunction
- Musculoskeletal disorders
- Brain tumor
- Chronic pain
- Stroke
- Post-COVID-19 symptoms
- Postural orthostatic tachycardia syndrome (POTS)
- Sickle cell anemia

### Our Team

The professionals who make up our interdisciplinary team are experts in a variety of disciplines, including:

- Pediatric rehabilitation medicine
- Physical therapy
- Occupational therapy
- Speech-language pathology
- Neuropsychology
- Special education
- Social work
- Nursing
- Health psychology



Additional consultative services are available, as needed, in these areas:

- Orthopedics
- Neurology
- Adaptive equipment
- Assistive technology
- Psychiatry
- Nutrition

### Our Treatment Approach

In all of our programs, our team members work together to provide interdisciplinary treatment to meet each patient's needs. When a patient begins at one of our programs, our team members work closely with the patient and their family to develop an individualized treatment plan, with the overarching goal of increasing independence at home, school and/or work, and in the community.

## Our Programs

### Specialized Transition Program

This neurorehabilitation day hospital is designed for children and adolescents who no longer require round-the-clock medical observation and are able to live at home, but still require short-term intensive therapy in an outpatient setting to transition back to school and the community. This step in the rehabilitation continuum provides the highest level of services while still having the benefit of living at home. We provide a full range of cognitive and physical rehabilitation services for neurological and orthopedic conditions.



### Constraint-Induced Movement Therapy Program

Through this program, we provide intensive therapy for children and adolescents with hemiparesis. We use an evidence-based understanding of the brain's natural ability to form new connections to increase functioning and independence.



### Focused Interdisciplinary Therapy Program

This program offers intensive therapy to children and adolescents with persistent, disabling conditions. Treatments target specific therapeutic goals to help patients improve their physical abilities, daily activities, communication skills and cognitive skills.



### Functional Rehabilitation of Chronic Health Impairments Program

This program uses a collaborative, interdisciplinary and evidence-based approach to address the needs of young people with persistent pain and/or chronic health conditions that limit their functional abilities in day-to-day life. Working from a biopsychosocial and patient-centered perspective, we individualize treatments and focus on improvement in daily functioning, endurance, pain science education, self-management of symptoms, engagement in life roles and overall quality of life. In this intensive program, patients receive daily therapies that



restore physical stamina and build awareness about the mind-body connection. Caregivers will also be involved in treatment through regular weekly sessions to provide input and learn strategies that, we have found, best support the patient.

### Community Rehabilitation Program

This program provides rehabilitation in the patient's home and other important community settings. Our services range from intensive daily therapy for patients with acute needs, to helping individuals with less severe conditions return to community activities.



## CONTACT US

### Fairmount Rehabilitation Programs at Kennedy Krieger Institute

For more information or to schedule an appointment, please email [STPReferrals@KennedyKrieger.org](mailto:STPReferrals@KennedyKrieger.org) or call **443-923-4555**, or call toll-free at **888-554-2020**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

[KennedyKrieger.org/FairmountRehab](https://KennedyKrieger.org/FairmountRehab)

### Physicians and Healthcare Professionals

To make a referral, email us at [FindASpecialist@KennedyKrieger.org](mailto:FindASpecialist@KennedyKrieger.org) or call our Physician Referral Line at **443-923-9403**.

### Clinic Location

1750 East Fairmount Avenue  
Baltimore, MD 21231

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