

## Innovative Research and a Focus on Advocacy

Innovation is part of the mission of Courage Kenny Rehabilitation Institute. With the opening of the Sister Kenny Research Center at Abbott Northwestern Hospital in 2007, and the merger with Courage Center in 2013, the Institute's research activities are now together under one umbrella. By coordinating all investigative studies within the Research Center, the Institute is now able to speed up and focus rehabilitation research.

Advocacy on behalf of our clients and patients is a legacy brought to the Institute from both founding organizations. Today, the Institute continues its advocacy efforts by addressing public policy issues through community collaboration, public policy change, education and awareness.

The goal of these research and advocacy efforts is to improve the health and independence of our patients and clients and the communities in which they live, work and play.

The Courage Kenny Foundation raises funds to support patients and clients of Courage Kenny Rehabilitation Institute. The Foundation supports the Institute's most urgent needs, including funding innovative new programs such as Activity-Based Locomotor Exercise (ABLE) and the Advanced Primary Care Clinic to supporting our nationally renowned sports teams and athletes. To make a donation, visit [www.couragecenter.org/donate](http://www.couragecenter.org/donate).

*For more information on our services and locations, visit [allinahealth.org/couragekenny](http://allinahealth.org/couragekenny)*



COURAGE KENNY  
REHABILITATION INSTITUTE™

Comprehensive,  
integrated, person-  
centered rehabilitation



  
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## About Us

Courage Kenny Rehabilitation Institute, part of Allina Health, was created in 2013 by the merger of Courage Center and Sister Kenny Rehabilitation Institute.

Sister Kenny Rehabilitation Institute, which opened 1942 and Courage Center which started serving children in 1928, were both founded to bridge a gap in services for people with disabilities. Sister Kenny Rehabilitation Institute was founded by Sister Elizabeth Kenny, an Australian nurse, whose unconventional treatment for polio survivors led to today's innovative rehabilitation therapy methods and techniques. Courage Center's predecessor organization, the Minnesota Society for Crippled Children and Adults, had a legacy in advocating for the needs of children and adults in education, access and health care issues.

Today, the combined Courage Kenny Rehabilitation Institute serves clients of all ages who have a wide range of diagnoses. The Institute's care team provides physician, therapy, community and mental health services in more than 40 locations in Minnesota and western Wisconsin.

By delivering comprehensive, integrated and person-centered rehabilitation, Courage Kenny Rehabilitation Institute maximizes the quality of life for people with episodic and/or permanent disabling conditions through innovation, research and advocacy.

*The Institute offers a range of services unlike any other rehabilitation provider in the nation.*

## Making Lives Work

The Institute's expert physicians, therapists and other health care professionals work with clients and families to maximize the quality of life and health of the people we serve. Our innovative programs, across an unparalleled continuum of care, as well as our research and advocacy efforts help our clients and patients achieve their dreams and realize their full potential.

Courage Kenny Rehabilitation Institute specializes in treating

- sports and orthopedic injuries
- brain and spinal cord injuries
- cancer and stroke survivors
- neuromuscular conditions
- chronic pain
- children and young adults on the autism spectrum
- people who have been disabled since birth.

The Institute offers a range of services unlike any other rehabilitation provider in the nation. Our community services give patients and clients the opportunity to focus on improving their health and independence after they've completed the more traditional rehabilitation program. This wide range of community services bring a greater level of health, independence and wellness to clients, patients and their families. Some clients and patients have even gone on to become members of a national championship wheelchair basketball or softball team, to run marathons or become a downhill ski racer. Our community services and sports and recreation programs bring increased health, independence and quality to life to clients and patients.

## Services Include:

### *Inpatient care*

- acute inpatient rehabilitation at two Allina Health hospitals
- acute inpatient therapy at nine Allina Health hospitals
- short-term, inpatient rehabilitation through the Transitional Rehabilitation Program, a 40-bed skilled nursing facility

### *Physician services*

- specialists in physical medicine and rehabilitation
- comprehensive provider services in advanced primary care
- specialists in psychology, neuropsychology and psychiatry

### *Outpatient care*

- outpatient rehabilitation therapy including sports and physical therapy, aquatic and land-based physical therapy, occupational therapy and speech therapy
- cancer rehabilitation with STAR-certified clinicians™
- comprehensive inpatient and outpatient chronic pain services and chronic disease self-management
- family-focused therapy for children and teens through Courage Kenny Kids
- behavioral, psychological and family support services

### *Community services*

- coaching, skill building and assistive technology to assist individuals with disabilities to live full lives in the community
- adapted and competitive sports and recreation throughout the Twin Cities and the Duluth/Superior area



- athletic trainer services for high school sports programs in several regional communities
- vocational services including evaluation, pre- and placement services, and job retention services
- services which assess a person's ability to drive safely, as well as on-the-road training
- healthy lifestyle programs to empower people to reach optimal health

### *Health, wellness and recreation*

- accessible fitness centers
- recreational aquatics
- intensive fitness programs for people with paralysis and other neurological conditions.