

What to Expect



Your decision to come to Shirley Ryan AbilityLab is one of the most important choices you'll make during your recovery. Our approach — partnering you with the world's best physicians, therapists and research scientists — means that you will take a leading role in guiding and improving your outcome. This integration enables us to identify and create treatments that help patients like you recover faster.

INITIAL EVALUATIONS & PATIENT SCHEDULE

The day you arrive, you will meet with a nurse and doctor who will conduct your first assessments. Therapy will begin the second day of your stay and your therapy team will conduct your initial evaluations. A care manager will also meet with you within the first three days of your stay.

Each evening, you will receive your schedule for the next day. You will get the most out of being here by doing the best you can in each therapy session.

YOUR CARE & INTERDISCIPLINARY TEAM

You will participate in a minimum of 3 hours of therapy each day, based on your injury or condition. Our goal is to increase your activity level, restoring your function and independence. All therapy is patient-centered, with a slow and steady pace to optimize results while keeping you safe.

The hospital is staffed 24 hours a day by an interdisciplinary medical team, including:

- Psychiatrist (doctor)
- Nurse
- Patient care technician
- Physical therapist
- Occupational therapist
- Speech-language pathologist
- Respiratory therapist
- Care manager
- Pharmacist

CARE ROUNDS

Our staff will make care visits every day so that you get the best care and assistance — and to keep your family informed and involved. You will be visited by one of your caregivers:

- Every hour during the day, from 6 am to 10 pm
- Every two hours overnight, from 10 pm to 6 am

WHAT TO BRING

We recommend the following:

- Comfortable, breathable exercise clothing that allows full mobility and maximum flexibility
- Loose fitting or elastic pants (preferred to shorts)
- Comfortable gym shoes that fit appropriately
- Toiletries
- Photo ID and insurance card

If you were not able to bring appropriate clothing, please ask a family member or friend to bring some to you.

VISITOR POLICY

We encourage visitors and want to make families and friends feel welcome and at home. Visiting hours are every day from 8 am to 8 pm.

In certain situations, and based on health and safety considerations, our visitor policy may change.

To review our current visitor policy and download our Welcome Book with more information, visit sralab.org/welcome.



Garden



Chapel



Vista