



*Thanks to Comprehensive Care from the University of Maryland Rehabilitation Network, a Brain Injury Patient Makes a Full Recovery*

In fall 2012, Jennie Cao was participating in a charity bike ride to support breast cancer when she lost control of her bike and suffered a serious head injury. In a whirlwind of events, she was flown to the R Adams Cowley Shock Trauma Center at the University of Maryland Medical Center for stabilization; then, three days later, she went to the University of Maryland Rehabilitation & Orthopaedic Institute (*formerly Kernan Hospital*) for focused inpatient rehabilitation.

“I had lost the ability to use my left leg, had terrible dizziness due to vertigo and a few cognitive differences that were really improved upon during my 10 days [at the UM Rehabilitation & Orthopaedic Institute],” Jennie says.



**CONTINUUM OF CARE**

From the UM Rehabilitation & Orthopaedic Institute, Jennie moved her rehabilitation closer to home when she continued her outpatient rehabilitation at Upper Chesapeake Medical Center in Bel Air, part of the **University of Maryland Rehabilitation Network**.

The network consists of rehabilitation professionals across the University of Maryland Medical System. This collaboration allows patients like Jennie to receive the highest level of care throughout their recovery.

For three months, she worked with physical therapist Maria Minichiello, speech pathologist Amy Bland and occupational therapist Vasilia Kouloumbre on upper body strength, getting her legs back in full motion and addressing the continued dizziness she felt, especially when she stared straight ahead.

“I was really impressed with my incredibly specialized outpatient rehabilitation team at Upper Chesapeake,” Jennie remembers fondly. “They genuinely cared about my progress. They followed up with me in a way I wasn’t expecting and it gave me confidence.”



**HELPING PATIENTS ACHIEVE BEST OUTCOMES**

More than a year later, Jennie is fully recovered and back to her job as practice manager for a busy plastic surgery office in Bel Air. “I am so grateful for everyone who helped me along the way. They were all so wonderfully supportive and it made a big difference to my recovery.”

The University of Maryland Rehabilitation Network consists of nearly two dozen locations convenient across the state.

For more information, go to [www.umms.org/rehabnetwork](http://www.umms.org/rehabnetwork)