

When Do You Begin the Rehab Process?

Source: Ask The Expert – Produced by Victoria Tilney McDonough and Brian King

Video Link: <http://www.brainline.org/content/multimedia.php?id=2906>

Question

My cousin was in a car accident a few days ago. She's still in the hospital though she is now conscious. The doctors have started to schedule several rehabilitation treatments for her. That seems awfully early to me. Shouldn't she concentrate on resting her battered body and brain?

Answer

Dr. Brian Greenwald: Certainly, it's never too early, honestly, after a brain injury to start looking at what the person needs and what their treatment would be. Certainly, after mild brain injuries or concussions, early on there's certainly a much higher rate of people getting better and an important role early on is more on the education factor and symptom treatment after moderate to severe traumatic brain injury – maybe someone who is hospitalized after their brain injury, those people should be transferred to beginning acute inpatient rehabilitation or outpatient rehabilitation, depending on the severity of their problems. Really as soon as they are medically stabilized. Getting people out of the hospitalized setting and into the rehabilitation setting has been shown to improve outcomes and to speed up recovery in general.