Welcome to the Centra Acute Rehabilitation Center

Centra Acute Rehab is a program designed especially for patients needing a hospital-based, physiatrist-directed, rehabilitation program. Patients being considered for the Acute Rehab program are evaluated prior to admission to determine if this hospital level of rehabilitation is the most appropriate level of care to meet the patient's needs. Patients approved for admission have been determined to be medically able to participate and benefit from a comprehensive interdisciplinary rehabilitation program.

The Acute Rehabilitation level of care is considered "hospital" level of care which means that hospital insurance benefits are utilized. For Medicare patients, this saves their Medicare skilled care days. Patients receive care from an interdisciplinary team of specialists including physicians, nurse practitioners, rehabilitation nurses, physical, occupational and speech therapists, social workers, rehabilitation aides, dieticians, chaplains, mental health specialists and certified nursing assistants.

About Acute Rehab

The Acute Rehabilitation Center is located at Centra's Virginia Baptist Hospital on the ground floor of the English Building. The Center has been providing comprehensive rehabilitation services since 1985 and is the only program licensed as an inpatient rehabilitation facility (IRF) in Lynchburg and surrounding counties. The program's medical director is a board certified physiatrist, a specialist that focuses on rehabilitation.

Visitor Information

Family and friends are encouraged to visit between 3 pm and 8:30 pm, Monday through Friday and expanded times over the weekend. Adequate rest is necessary to maximize recovery, so we ask family and friends to support the rehabilitation process by respecting rest times and limiting attendance in therapy sessions to weekly prearranged visits.
Benefits of Centra’s Acute Rehabilitation

- Individualized therapy with consistent therapy team
- Intensive daily physical, occupational and/or speech therapy
- Therapy goals established by you and your therapy team
- Education for you and your family on energy conservation, work simplification techniques and proper body mechanics during home management tasks
- Expert rehabilitation and medical care by physiatrists, medical and surgical specialists
- Nurse Practitioner involved in your care and working closely with your physician
- Rehab nurses who promote independence and assist you in practicing your therapy skills
- Social Worker to work closely with you and your family throughout your stay to keep you informed about your progress, insurance status, discharge plans, community resources and counseling as needed
- Medicare patients – use of Medicare hospital acute care days not Medicare skilled care days
- Opportunity for home visits to prepare and practice for returning home

Frequently Asked Questions

How long do patients stay on Acute Rehab?
Several factors influence how long patients stay on Acute Rehab, such as diagnosis, medical conditions, ability to participate in the program, motivation, rate of progress and insurance coverage. The rehabilitation team makes recommendations based on the patient’s individual needs and goals.

What is a typical day like for a patient on acute rehab?
A typical day begins with a morning visit from the rehab physician. Rehab specialists assist patients with dressing and getting to breakfast in the dining room followed by a morning focused on therapy.

Rest times are worked into the day as the patient needs. Therapy is provided before and after lunch. To be comfortable participating in physical and occupational therapy, it is suggested that patients wear loose fitting clothing and supportive shoes with a rubber bottom sole or sneakers. Patients receive a minimum of two types of therapy, usually physical and occupational therapy. Patients needing speech and language therapy may receive all three types of therapy.

All three meals are served in the dining area. For patients needing special assistance with eating, a smaller more private dining space is available. Sleep is very important to recovery. Patients are encouraged to take advantage of quiet time and get plenty of rest.

Will insurance cover my stay on Acute Rehab?
Medicare, Medicaid and most commercial insurance companies pay for Acute Rehabilitation when the patient meets rehab criteria. Our admission specialists evaluate the patient prior to admission and determine eligibility for admission, taking into consideration what insurance will cover. Acceptance by your insurance carrier does not guarantee payment. Rehabilitation specialists communicate as needed with the insurance company. The social worker keeps the patient and family informed about insurance coverage.

Will my rehabilitation be completed by discharge?
The goal of Acute Rehab is to prepare you and your caregivers for your return home. To maximize recovery, it is often recommended that you continue to receive therapy after discharge. Therapy may continue at home or at a rehabilitation clinic. The social worker will work with you and your family to coordinate the care that is recommended by the rehabilitation team.