



*Welcome to Cobalt Houston Heights.
We are a hospital that changes lives with progressive care
and positive outcomes.*

If you or your loved one has suffered a life-changing illness or injury, we provide the outcomes you need to get your life back to normal. Our experienced and compassionate team is dedicated to your recovery. Each and every day, we come to work with one goal in mind - to do all we can to provide a comfortable stay while we help you reach your maximum levels of productivity, independence and mobility.

Hope, Encouragement, Making a Difference

Admission/Discharge

- Morning or early afternoon admission is ideal because it gives you time to meet the staff and become oriented to your new surroundings.
- If you need help packing on the morning of your discharge, a family or team member can assist you.

What to Expect

Rehabilitation requires a strong commitment from each patient to perform therapy exercises and to learn and practice the skills needed for a safe return home.

We encourage you to be up and dressed at the start of each day as part of your rehabilitation and to help you gradually resume normal routines and become more independent. Your therapy team will help you prepare for each therapy session according to your individualized schedule.

You'll participate in at least three hours of therapy throughout your day, five days a week. This may include relearning everyday skills, such as dressing, grooming and eating. Other sessions may take place in the positive environment of our state-of-the-art rehabilitation gym.

Your comfort is our priority. We work with you to make sure you get the rest you need between therapy sessions. When needed, we provide pain-relieving treatments to help you reach your goals.

What to bring

Since patients pursue a productive schedule out of their rooms all day long, regular clothing items are worn instead of hospital gowns. All clothes should be labeled with the patient's name and all valuables should be left at home.

Patients should bring the following items:

- Shirts/blouses with button fronts or pullovers that fit easily over the head
- Comfortable slacks, sweatpants or a sweatshirt
- Athletic shoes with good support
- Undergarments
- Robe and slippers in addition to pajamas or gown
- Toiletry articles such as toothpaste, toothbrush, comb, brush, deodorant, etc.
- Any corrective devices, such as dentures, eyeglasses, hearing aids, etc.
- Any custom devices, such as splints or braces

Patients should also bring the following items:

- Driver's license/photo identification
- Insurance cards
- Living will/advance directive
- Power of attorney

Our Mission Statement

Everything we do is infused by our enduring mission to:

- Inspire hope in the mind, heart and body
- Provide a welcoming and encouraging environment for our patients, employees and physicians
- Restore quality of life
- Make a difference in the lives we affect



Our Values

Trust - Embracing trust, we communicate and treat our patients with dignity and respect.

Quality - Striving for continuous improvement and responding vigorously to change, we deliver care and serve with excellence and experience.

Ethics - Adhering to the highest standards of ethical conduct, we act with integrity in all that we do.

Relationships - Building and sustaining strong relationships, we work with our patients, employees, physicians and our community to provide positive outcomes.

Experience

Cobalt's experience, combined with our passion for what we do, has enabled us to create a progressive and safe environment to support your recovery. Additionally, our interdisciplinary team concept and treatment allow us to offer you the highest quality and comprehensive range of care during your stay with us. Your care team includes a compassionate case manager, as well as an experienced and trustworthy rehabilitation staff of physicians, nurses and therapists - all whose main focus is their patients.

Patient Services

- Pre-Admission Assessment
- Daily Therapy Sessions
- Discharge Planning
- Medicare and Insurance Accepted
- Dialysis

Therapy Programs

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Respiratory Therapy
- Bioness
- Arthritis Program
- VitalStim™
- Neurological Treatment Program
- Spine Program
- Pain Management Program
- Stroke Program