



Santa Barbara Community Physical Rehabilitation

Mission Statement

SBCPR is dedicated to providing free physical rehabilitation services for underserved people in Santa Barbara, California. We also offer education opportunities for student volunteers pursuing careers in physical rehabilitation.

Services

- Physical therapy evaluations and assessments
- Corrective exercise treatment plans
- Exercise education and assistance / personal training
- Progress tracking and physical therapy follow up assessments
- Provide assistive devices
- Patient advocacy

Current Volunteer Staff and Partner Organizations (September, 2014)

- 2 Physical Therapists
- 6 Student Physical Therapy Aides
Over 100 volunteer hours dedicated monthly – primarily inpatient rehabilitation
- Casa Esperanza Homeless Center
- Research Institute of Human Movement
- Doctors Without Walls – Santa Barbara Street Medicine
- Visiting Nurses Loan Closet

Patient Demographics (May, 2014 – September, 2014)

- Total Patients: 10 (8 men, 2 women) (8 homeless, 2 low income)
- Mean Age: 47 years (range 28 – 70)
- Medical History: Muscular dystrophy, vertebral fusion, cervical fracture, diabetes, hypertension, congestive heart failure, osteoarthritis, joint dislocation, leg fracture, fractured ribs, stroke, seizure disorder, renal failure, alcoholism and drug dependence

Therapeutic Outcomes (May, 2014 – September, 2014)

- Significant range of motion gains (2 patients)
- Transition from wheelchair to independent walking with a cane (2 patients)
- Improved motor function post stroke (1 patient)
- Return to work post sciatica (1 patient)
- Return to work post ankle sprain (1 patient)
- Improved cardiovascular fitness and independent ambulation (2 patients)



Santa Barbara Community Physical Rehabilitation

Program Goals

- Improve clinical progress tracking and therapeutic outcome measurement methods
- Create physical wellness area / clinical space at the Casa Esperanza Homeless Center
- Improve coordination with local medical organizations and increase referrals
- Recruit additional physical therapists

Contact Information

Luke Barrett
SBCPR Program Director
(805) 450-1273
Luke@sbcpr.org

