

Commander's Welcome

Welcome and thank you for your interest in our Comprehensive Combat and Complex Casualty Care (C5) rehabilitation program at Naval Medical Center San Diego (NMCS D). It is Navy Medicine's deepest honor and privilege, as well as our primary responsibility, to care for our wounded warriors. Accordingly, C5 is the embodiment of our commitment to provide outstanding, holistic health care to our wounded, ill, or injured service members.

Our world-class facility is outfitted with the most modern medical technology and research equipment available for amputee rehabilitation and casualty care. Furthermore, our expert team of physicians, nurses, physical and occupational therapists, social workers, and other ancillary health care professionals is dedicated to the individual needs of each unique patient. Working in concert with other services at NMCS D and with community partners, C5's continuum of care addresses the physical, emotional, spiritual, and mental health well-being of our patients.

At C5, we believe in helping service members overcome the immediate challenges presented by their illness or injury, while concurrently maintaining a focus on equipping them with the skills and confidence needed to succeed beyond our walls. I encourage you to take time to learn more about our state-of-the-art program; as you do, I hope you are inspired by the courage of our patients and the compassionate care provided to them.

"The patriots who have volunteered to serve in our armed services have no equal in the world. I made a solemn commitment to the Congress, to the nation, and to you to keep the welfare of men and women in uniform uppermost in my mind at all times."

*Defense Secretary Robert M. Gates
5 December 2006*

Contact Information

C5 Information

(619) 532-6044

Operational Forces Medical Liaison

(619) 532-6430

Marine Wounded Warrior Platoon

(619) 532-6104

Army Warrior Transition Company

(619) 532-8040

VA Liaison Office

(619) 532-7994

Command Master Chief Office

(619) 532-6421

Balboa Career Transition Center (BCTC)

(619) 532-8671

Balboa Warrior Athlete Program (BWAP)

(619) 532-6080

Public Affairs Office

(619) 532-9380

NMCS D Patient Relations Department

(619) 532-6418

Fisher House

(619) 532-9055

Volunteer Opportunities (ASYMCA)

(619) 532-8156



Facility Information

Square Footage: 30,000 (includes 3500 SF courtyard)

Cost: \$4.4 million

NMCS D Representative: NAVFAC Engineering Command SW Div

Contractor: Stronghold Engineering

Architect: Ravatt, Albrecht & Associates

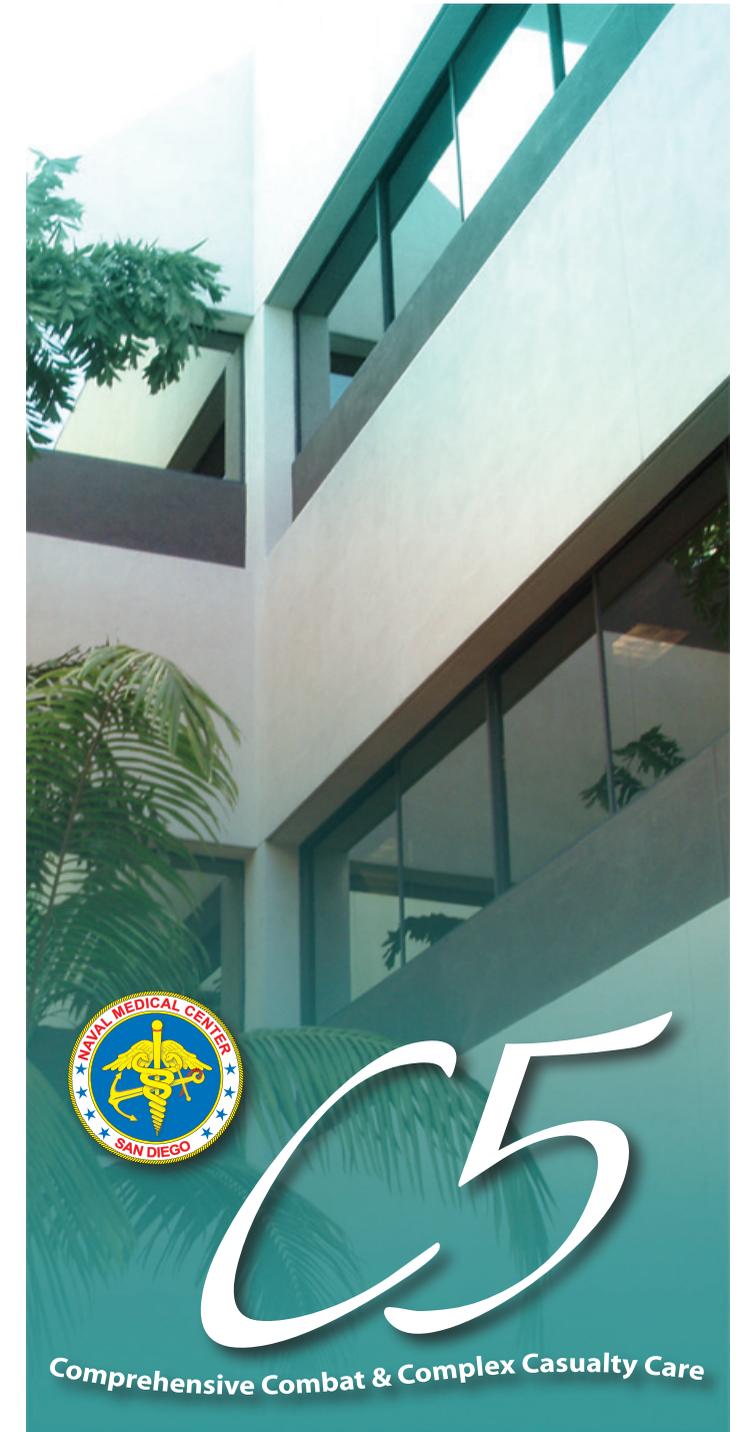
Mechanical and Plumbing Engineer: Ravatt, Albrecht & Associates

Electrical Engineer: Dittman & Associates

Interiors: Young & Company

Structural Engineer: Cannon Associates

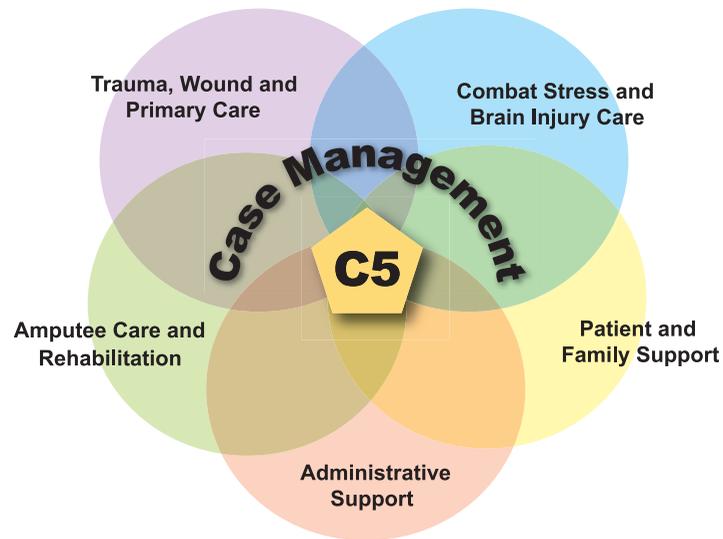
Landscape Architect: Howard Associates



Comprehensive Combat & Complex Casualty Care

Comprehensive Combat and Complex Casualty Care

C5 is a program of care that manages a severely injured or ill patient from medical evacuation through inpatient care, outpatient rehabilitation, and eventual return to active duty or transition from the military.



Program components:

- Trauma Service--coordinates overall inpatient clinical management of injured service member
- Orthopedic, reconstructive plastic surgery, and wound care
- Amputee care, prosthetics, and rehabilitation
- Physical, occupational, and recreational therapy
- Mental health assessments and care
- Traumatic Brain Injury (TBI) care
- Pastoral care and counseling
- Family support and career transition services

The C5 facility renovation began 22 November 2006 to provide an aesthetic and medically advanced setting for prosthetic and rehabilitation services. The project maximized available space, including the conversion of an outdoor courtyard to a multi-terrain obstacle course. The outdoor area now contains ramps, stairs, and beams that allow patients to work on ambulation and balance. Sand, gravel, rock



and brick terrains simulate surfaces encountered in everyday communities. A 30-foot climbing wall will enable work on agility, problem solving and muscle strengthening.

As part of the rehabilitation center, a training apartment gives patients the opportunity to practice tasks in an environment that they will encounter upon discharge. There is a full kitchen, complete with microwave, stove/oven, refrigerator and dishwasher, as well as a bedroom, living room and bathroom with a tub/shower combination. The living room offers a computer workstation with a wide variety of computer assistive devices such as one handed keyboards, print enlargers and voice activated technology.



Our state of the art gait lab includes a high resolution, accurate motion capture system to digitally acquire, analyze and display three dimensional motion data. It will provide quantitative documentation of walking or running ability as well as identification of any underlying cause for gait deviations.



Art work throughout the hallways feature talent from San Diego disabled artists, including our own patients.

Prosthetic services include:

- Casting, fitting, and alignment for amputees by Certified Prosthetists and prosthetic technician staff.
- Lamination station to fabricate carbon interfaces for both definitive and temporary prosthetic sockets
- Advanced bionic technology room to fit power knees, microprocessor knees, powered ankles, and upper extremity myoelectric arms.
- In house lab to facilitate everyday prosthetic adjustments.
- Advanced patient casting room with Computer Assisted Design and Manufacturing (CAD-CAM) system. CAD-CAM benefits include
 - Laser technology for scanning the anatomical residual limb (eliminates the need for plaster casting)
 - Hand held scanner for visual tracing and mobility
 - Modification of limb shapes with most advanced computer software technology



Rebuilding Lives

Renewing Hope

Revitalizing Spirits