



6/25/2026

To Whom It May Concern,

I am writing this letter in strong support of the reopening of a Long-Term Acute Care Hospital (LTACH) in Sycamore, Illinois. The reopening of this specialty hospital would address a critical healthcare need within our community and provide medically complex patients with access to specialized care close to home.

Prior to its closure in 2025, Kindred Hospital of Sycamore served an important role in the continuum of care for patients recovering from serious illnesses, injuries, surgeries, and other unexpected medical conditions. The hospital provided a much-needed level of care for patients who required ongoing medical management and rehabilitation services beyond what could be provided in a traditional acute care hospital or skilled nursing facility.

As healthcare providers, we recognized that the closure of Kindred Hospital would have a significant impact on future patients and their families. Without a local LTACH, many patients now must travel to Chicago, Illinois, or Madison, Wisconsin, to receive the specialized care they need. This creates substantial challenges for patients and their loved ones, particularly for older adults and families with limited resources.

Approximately 25% of Sycamore's population is between the ages of 45 and 64. Many family members within this age group are responsible for caring for aging parents, spouses, or loved ones. Long-distance travel can create financial, emotional, and logistical burdens that make it difficult for families to remain actively involved in a patient's recovery. Family support is often a critical component of successful rehabilitation and recovery outcomes.

As a Physical Medicine and Rehabilitation (PM&R) provider, I see hospitalized patients on a daily basis and understand the importance of having access to LTACH services. Throughout my practice, I frequently referred appropriate patients from UW Health SwedishAmerican Hospital and Encompass Health Rehabilitation Hospital (formerly Van Matre) to Kindred Hospital of Sycamore when they required a higher level of post-acute medical care. These patients often needed continued physician oversight, complex medical management, respiratory care, wound care, intravenous therapies, and intensive rehabilitation services that could not be safely provided in a lower level of care setting.

Since the closure of Kindred Hospital, I have witnessed firsthand the challenges associated with finding appropriate placement for medically complex patients. Delays in accessing specialized care can prolong recovery, increase caregiver burden, and contribute to unnecessary hospital readmissions. Reestablishing an LTACH in Sycamore would help fill this critical gap and improve access to care for patients throughout the region.



In addition to providing specialized medical services, an LTACH would greatly benefit from the integration of PM&R services. Physiatrists play a vital role in helping patients regain function, mobility, and independence following severe illness or injury. Many LTACH patients experience profound weakness, functional decline, deconditioning, cognitive impairments, pain, and mobility limitations resulting from prolonged hospitalizations or critical illnesses.

PM&R services can help LTACH patients by:

- Improving mobility, strength, endurance, and overall functional recovery.
- Developing individualized rehabilitation plans tailored to each patient's needs and goals.
- Managing pain, spasticity, contractures, and other complications that can interfere with recovery.
- Coordinating care among physical therapists, occupational therapists, speech-language pathologists, respiratory therapists, nursing staff, and physicians.
- Facilitating safe discharge planning and transitions to home, inpatient rehabilitation, or other appropriate settings.
- Reducing the risk of complications, functional decline, and hospital readmissions.
- Maximizing patient independence and quality of life.

The collaboration between PM&R providers and LTACH teams creates a comprehensive, patient-centered approach that promotes recovery and improves long-term outcomes. Many medically complex patients require both advanced medical management and specialized rehabilitation interventions, making the presence of both services essential to successful recovery.

The reopening of an LTACH in Sycamore would restore an essential healthcare resource that was lost with the closure of Kindred Hospital. It would provide patients with access to high-quality specialized care closer to home, support families during difficult times, reduce hospital readmissions, and strengthen the healthcare infrastructure of Sycamore and the surrounding communities.

For these reasons, I strongly support the approval and reopening of an LTACH facility in Sycamore, Illinois. I believe this project will have a meaningful and lasting impact on the health and well-being of patients and families throughout the region.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ricardo A. Knight', with a long horizontal line extending to the right.

Ricardo A. Knight MD, MBA
Physical Medicine and Rehabilitation Provider