

*Providing care with
promptness, sensitivity,
respect, compassion, and
integrity*



**John Gomes with Hathaway's
Maria Ines Amaral, CNA,
(below)**



Hathaway Manor
Extended Care Facility

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New England Baptist for Surgery Hathaway Manor for Rehabilitation

Case Study

80-year-old John Gomes, of Boston, stays busy and active, with his mind and body. That may be one of the reasons why he's as sharp as a tack and doesn't miss a beat. It may also be from the some 35 years as a representative of the federal government, traveling across the country and interviewing countless people, and his observational skills are still unmatched. But over the past several months, the pain in his left knee had become too much to take. Osteoarthritis had taken its toll and after consultations with orthopedic surgeon, James E. Phillips, MD, of Harvard Vanguard Medical Associates, he decided to undergo surgery. On October 21, Dr. Phillips performed a successful knee replacement at New England Baptist Hospital. But, Mr. Gomes still had a long way to go before getting back on his feet. He needed rehabilitation. After a few weeks at Braintree Rehabilitation Hospital, he chose to finish the final leg of inpatient rehab at Hathaway Manor.

Interdisciplinary Team Treatment Plan

After arriving at Hathaway Manor in early December, Mr. Gomes began a full regimen of daily physical and occupational therapy.

Physical Therapy

- The use of weights and stretching with goal-oriented exercises to increase his strength, balance and range of motion in the knee and leg.
- Therapists led him through walking up and down stairs, parallel bars, and for greater distances to improve his endurance and agility.
- Mr. Gomes was led through gait training, walking and work through a knee extensor lag and antalgic gait pattern, initially with a walker on even surfaces, advancing to a cane and finally with no assistive device and the ability to go up and down a flight of stairs.

Occupational Therapy

- Upper body strength work with weights and upper extremity bike work, to better perform activities of daily living, regaining independence.
- Work to improve hand-eye coordination, performing exercises while standing to improve balance and abilities to adapt to home living.

Outcome: Mr. Gomes progressed well and was discharged on December 18, eager to get back to his active life and reuniting with friends and spending quality time with his family.

In the Patient's Own Words

"I've been treated well here by the whole staff. The rehab staff is very competent and they are aggressive in helping you improve. Having a private room was also very important to me."