



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



Liesel Taylor with Fairview Commons' Alexis Stiffler, OT



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Doing Better Than Ever with Rehab at Fairview Commons

Case Study

The stories that 96-year-old Liesel Taylor, of Stockbridge, can tell are truly remarkable. A Jewish native of Hamburg, Germany, she avoided the Nazi Gestapo and escaped to Britain prior to World War II. She would then join the British Army in the Intelligence Department ascending to the rank of captain by the end of the war. She came to the United States in 1946 raising her family with her husband in the Berkshires, staying active in many ways, including playing tennis until the age of 83. It was in July that Liesel had an unfortunate incident, stepping on her little Scottish Terrier, causing her to slip and fall. Her daughter called emergency responders and they arrived quickly and transported Liesel to Berkshire Medical Center. She had broken her left hip. Jeffrey P. Cella, MD, of Berkshire Orthopaedic Associates performed a successful surgery to repair the hip. Liesel would need rehabilitation, but also additional monitoring the risk of developing blood clots in her legs. Fairview Commons provides an excellent combination of rehab and skilled nursing care to meet her needs.

Interdisciplinary Team Treatment Plan

Liesel began a full regimen of physical and occupational therapy after arriving at Fairview Commons all-private room Rehab & Recovery Wing.

Physical Therapy

- Therapists worked with Liesel to improve the strength and flexibility of her legs with weights and stretching to improve mobility.
- Standing, balance and posture improvement techniques were important, as Liesel suffers from scoliosis and osteoporosis.
- Walking with assistance for greater distances to improve her endurance.

Occupational Therapy

- Therapists worked with Liesel on upper body strength work with weights and other resistance, which was essential for using a walker effectively.
- Work to improve ADLs and other tasks of independent living helped Liesel regain her abilities to readapt to living with less assistance.

Outcome

Liesel has improved her physical abilities and now has progressed beyond the need for IV-medication for blood clots.

In the Patient's Own Words

"I'm doing better now than I was before I broke my hip. The therapy is really outstanding. You couldn't do much better. I'd recommend Fairview anytime."

To make a referral, call 413-528-4560

