



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



From left: Fairview Commons' Becki Golden, OT, Joyce Angeli, and Peter Hogan, PTA



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## Private Rooms, Finest in Rehab Fairview Commons

### Case Study

A decade after her retirement, **73-year-old Joyce Angeli** is enjoying every bit of her free time. From her winters in Florida, traveling to spend time with grandchildren in Oregon, or as a self-described “perfectionist,” continuously revamping her Pittsfield home. However, over the past year, her right knee had been putting a damper on her active life. The arthroscopic surgery done by orthopedist **Herb Bote, MD**, three years ago had done the trick for as long as it was expected – about three years. Now, as anticipated, Dr. Bote, of **Berkshire Orthopaedic Associates**, and Joyce knew that it was time to go with a more permanent solution. Prior to the full knee replacement, Joyce had done her due diligence on how she would rehabilitate afterward. After seeing so many successful patient outcomes advertised in the local newspaper and throughout the community, she knew that it was worth the trip to see the all-private room **Rehab & Recovery Wing at Fairview Commons**. After visiting twice, she decided that it was the right fit for her. Following Dr. Bote’s successful procedure on September 28 at **Berkshire Medical Center**, Joyce came to **Fairview Commons**.

### Interdisciplinary Team Treatment Plan

After her arrival at **Fairview Commons** on October 1, Joyce began a daily regimen (six days per week) of goal-oriented physical and occupational therapy.

### Physical Therapy

- In the early days following surgery, the CPM (continuous passive motion) Machine was used to increase her knee’s range of motion.
- Joyce quickly progressed and with the help of strength training and stretching, she was on her feet standing in only a couple of days and ambulating with assistance.
- She quickly progressed from the use of a walker to ambulating without assistance.

### Occupational Therapy

- Therapists worked with Joyce on upper body strength work with weights and other resistance, which helped her with transfers, ADLs and use of a walker.
- Hand-eye coordination work allowed her to renew skills needed for home living.

**Outcome:** Joyce was discharged on October 18, ready to get back to her busy life. She was very pleased that she was able to remain active during her time at Fairview Commons, even going shopping often and apple picking at the height of the season. She realizes that the goal-oriented rehab at **Fairview Commons** would get her on her feet more quickly than if she had done rehab at home.

**In the Patient’s Own Words:** “I chose **Fairview Commons** because of the private rooms and the reputation of the therapy department. This is a home setting. I’d absolutely recommend it.”

