

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



**Richard Mierzejewski and
Hillcrest Commons'
Hannibal Butisba, PT**



**Hillcrest Commons Nursing &
Rehabilitation Center**

169 Valentine Road
Pittsfield, Mass. 01201

T: 413-445-2300

F: 413-445-2320

www.hillcrestcommons.org

Berkshire Orthopaedics for Surgery Hillcrest Commons for Rehab

Case Study

Just after launching an electric services company in 1960, he realized that he was missing business that should have been coming his way. That's when **Richard Mierzejewski**, decided to change *Mierzejewski Electric* to *Kent Electric* – named after his Kent Avenue address that stood as his home office in Pittsfield. Richard figured that anyone can remember and spell “Kent” or look it up in the phone book. From that point on, Richard, now 80, ran a successful business growing to several employees over 50 years. But, a business with so much bending, kneeling and maneuvering in cramped areas took a toll on Richard's arthritic knees. More than a decade ago Richard underwent his first knee replacement and had an excellent experience rehabbing at **Hillcrest Commons**. Then, earlier this year, after consultations with **Kevin Mitts, MD, of Berkshire Orthopaedic Associates**, he learned that his other knee was now in a bone-on-bone state. On October 6th, Dr. Mitts performed a successful left knee replacement at **Berkshire Medical Center**. And again, Richard chose Hillcrest Commons for the rehabilitation to help him regain his strength and independence to return home.

Interdisciplinary Team Treatment Plan

Upon his arrival at Hillcrest Commons on October 13, Richard began a daily regimen of physical and occupational therapy, a goal-oriented strategy to help him regain his strength and independence sooner than home therapy.

Physical Therapy

- The use of a CPM (continuous passive motion) machine helped Richard achieve a greater range of motion during the early days following surgery.
- Therapists worked to improve agility with hands-on stretching and resistance training to increase his strength.
- As his strength reemerged, he began standing and then ambulating with the use of a walker, increasing his distances for endurance.

Occupational Therapy

- Therapists guided Richard through upper body strength work with weights to improve his use of the walker, transfers and ADLs.
- Hand-eye coordination exercises further improved his ability to perform tasks that are important in his profession as an electrician.

Outcome: Richard's progression continues and he looks forward to returning home with his wife, Jane, and back to running key elements of his business.

In the Patient's Own Words: “They have great help here. They know when to push you and when to stop. If I had to do rehab at home on my own, I never would have pushed myself as hard. They push you just enough so you get the full benefit.”

