

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



**Dolly Gray with Hillcrest
Commons' Gloria Wesley,
PTA**



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“They’re Right There for You” Hillcrest Commons for Rehab

Case Study

“Always on the go” is how **80-year-old Dolly Gray, of Pittsfield**, describes herself. That’s also how she made her living for 26 years as a waitress at the old Lenox House restaurant. She was also on the go when it came to helping friends or family, running errands, giving rides and more. Recently, it would be Dolly who would need a helping hand after falling in her living room this past summer. Unable to move to get up and call for help, she shouted out for help. Luckily, her next door neighbor at her condominium was just outside and could hear her calls. The ambulance came and brought her to **Berkshire Medical Center**, where it was discovered that she had broken her left hip and separated her shoulder. **James Harding, MD, of Berkshire Orthopaedic Associates** performed surgery soon after she was admitted, repairing the hip and inserting a steel rod in her leg. The shoulder was set to heal properly with no surgery needed. Clearly, Dolly would need a strong combination of goal-oriented rehabilitation and nursing care to help her regain her strength and independence. She chose **Hillcrest Commons**.

Interdisciplinary Team Treatment Plan

Upon her arrival at Hillcrest Commons on August 5, she began a full regimen of physical and occupational therapy.

Physical Therapy

- Therapists began by slowly and gradually increasing range of motion in Dolly’s feet and left leg with passive stretching.
- As her range of motion increased, and she regained movement in her left leg, therapists applied resistance and weights to increase the strength in both legs.
- Once she had become weight-bearing, therapists worked on standing and balance drills and then ambulation with the use of a walker.

Occupational Therapy

- Upper body strength work with weights and other exercises improved Dolly’s ability to use a walker, transfer, perform ADLs and other tasks with her upper body.
- Hand-eye coordination exercises while standing were helpful in regaining proficiency in balancing and maintaining her bearings.

Outcome: Dolly continues to progress and looks forward to getting back to her home on Pontoosuc Lake in Pittsfield and getting back out and about.

In the Patient’s Own Words: “The staff is so helpful. They also encouraged me to keep at it, keep at it. **They’re a wonderful group.** If you’re ever stuck, they’re right there to help you.”

