

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



**Russell Lewis and Hillcrest
Commons' Linda Dowd, COTA/L**



**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

72-year-old Russell Lewis, of Cheshire, is used to being mobile and on the go. After all, he was a truck driver for most of his professional life driving everything from big-rigs to armored cars throughout every corner of the country. However, earlier this year, his health began to put a damper on his freedom. Osteoarthritis was progressing in his knee and had become simply debilitating. After consultations with Kevin Mitts, MD, of Berkshire Orthopaedic Associates, he knew surgery was the best option for him. On July 28, Dr. Mitts performed a successful surgery. Russell would go to Hillcrest Commons for rehab and quickly get back on his feet and back home. However, a few weeks later Russell came down with an infection in the new knee, and he would again need surgery and would also need rehab with the additional specialization of IV-therapy to ensure the infection would not return. Hillcrest Commons provides the full measure of services needed to regain his strength and independence to return home.

Interdisciplinary Team Treatment Plan

After being admitted on Oct. 14, Russell began a daily regimen of physical and occupational therapy and the administering of antibiotics intravenously.

Physical Therapy & Occupational Therapy

- The surgery to address the infection was significantly more invasive than the knee replacement, which meant more pain in the rehabilitative process.
- Therapists worked to help Russell regain flexibility with light stretching early on, and later, the use of resistance and weights to regain strength.
- Standing, and then walking for greater distances to increase endurance.
- Upper body strength improved his capabilities using the walker, transfers, ADLs and other tasks needed for independent living.

IV Therapy

- A combination of intravenous antibiotics and oral medications ensured that the infection would not return as his knee healed and stitches were removed.
- Nurses administered IV-therapy three times per day for hour-long sessions.

Outcome: Russell continues his improvement and looks forward to returning home in early November.

In the Patient's Own Words: "The staff has been very good. They know just what to do and keep you going."

