

## On the Road to Independence with Rehab at Bourne Manor

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



Above: (From left) Bourne Manor's Jenny Dardia, OTR/L, Tammy Berio, PTA, Jennifer Blumke, PT, Jeffrey Wahnnon, RT with Judy Frasier. Below: therapists work with Judy on a transfer



### Bourne Manor Extended Care Facility

146 MacArthur Boulevard  
Bourne, MA 02532

T: 508-759-8880

F: 508-759-3123

www.bournemanor.org

### Case Study

It's been a harrowing year for **Judy Frazier**. The 68-year-old from Halifax suffers from Type 2 Diabetes and spent nearly six months in a nursing facility earlier this year for an ulcer that had developed on her right heel. The wound eventually improved and she was discharged for home this past summer. However, it seemed that she may not have been strong enough for home living, as she took a serious fall breaking both of her ankles. She was transported to **Jordan Hospital** where **Joseph F. Zabitski, MD, of Plymouth Bay Orthopedic Associates**, conducted surgery. The procedure included an open reduction internal fixation (ORIF) in the ankles, utilizing pins, screws and plates to repair the ankles. Ankle breaks, and the ensuing surgeries, take a significant amount of time and attention to rehab because of the significant amount of weight that the ankles must bear. Judy needed a top-notch facility that would provide a combination of excellent rehabilitation and skilled nursing to help her regain her strength and independence. She chose **Bourne Manor**.

### Interdisciplinary Team Treatment Plan

After arriving at Bourne Manor on July 7, Judy was completely dependent and would need significant care and daily rehabilitation to help her regain weight-bearing status and ultimately walk once again.

### Physical Therapy

- Completely dependent upon her arrival, therapists worked on limited passive movements for her upper legs.
- As the ankles began to heal and allow for more movement of her legs, therapists began more involved stretching, resistance and weights to strengthen her legs.
- The **E-Stim module** was used to provide stimulation in the legs and feet to increase flexibility and reduce pain during the rehabilitative process.
- As she approached weight-bearing status, the staff worked with Judy on standing.

### Occupational Therapy

- When she first arrived, Judy could only be transferred with a Hoyer Lift.
- Progressing with her strength and movement, she improved transferring with the use of a slide board and the help of a therapist.
- Therapists worked with Judy on ADLs to allow her to gradually become more independent with personal and household tasks.

**Outcome:** Judy still has a long way to go before achieving full independence, but she is on her way. Already with a consistent diet and more physical exercise, she has lost **100 pounds** since she arrived nearly four months ago.

**In the Patient's Own Words:** "The staff is excellent. I recommend it at **Bourne Manor** – very much so!"

