

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

Baystate for Knee Replacement Charlene Manor for Rehab

Case Study

81-year-old Mary Lou Wallace, of Northfield, takes advantage of all her beautiful community has to offer. Nestled in an area with a range of recreational opportunities, Mary Lou has stayed active in her retirement with a healthy lifestyle that includes regular biking and hiking on the various trails in the Northfield area. Rounded out by keeping up with a large vegetable garden and the occasional square dancing session, she needs a healthy body to keep going. That's why she needed to do something when she began feeling the painful and debilitating effects of osteoarthritis in her left knee. After consultations with Robert Krushell, MD, of New England Orthopedic Surgeons, she knew that she needed a knee replacement. On October 6th, Dr. Krushell performed a successful full-knee replacement at Baystate Medical Center. While the surgery was successful, Mary Lou would need a specialized combination of skilled nursing and rehabilitation services. After researching several options, she chose **Charlene Manor**.

Interdisciplinary Team Treatment Plan

After her arrival at **Charlene Manor**, Mary Lou began a daily regimen of physical and occupational therapy to help her regain her strength and independence.

Physical Therapy

- Therapists helped Mary Lou increase her range of motion with the use of the CPM (continuous passive motion) Machine early in her stay.
- As she progressed, therapists increased movement in her legs with stretching and light resistance to begin strengthening the left leg and knee.
- Work with weights and the use of the OmniCycle helped further strengthen her left knee and leg.
- Walking with assistance for greater distances improved her endurance, and she progressed to needing no assistance, as she regained her independence.

Occupational Therapy

- Work on ADLs and hand-eye coordination exercises allowed her to readapt to independent living.
- Upper body strength with the use of weights and other resistance further enhanced her abilities.

Outcome: Mary Lou progressed quickly and was discharged on October 22, eager to get active again with her new knee, and taking part in her favorite activities.

In the Patient's Own Words: "Everyone's very nice and helpful. They keep you motivated."



Mary Lou Wallace and
the rehab staff at
Charlene Manor



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