

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



Williamstown Commons' Janelle Cassant, PT, works with Dianne Gaspardi to improve walking



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Berkshire Orthopaedics for Surgery; Williamstown Commons for Rehab

Case Study

While 46-year-old Dianne Gaspardi, of Adams, is much younger than many who suffer from severe rheumatoid arthritis, she still felt the debilitating pain just as intensely. Her knees had worsened to the point that Dianne was unable to even stand for long without her knees swelling up and upon standing or sitting, her knees would quite audibly “crunch and pop.” After exhausting all other possibilities for addressing her serious pain, it was clear that surgery was the only way to regain her mobility. Following consultations with Jeffrey Cella, MD, of Berkshire Orthopaedic Associates, Dianne elected for an operation on her left knee. On August 20, Dr. Cella performed a successful full knee replacement at Berkshire Medical Center. Still, Dianne had a long way to go before her knee was 100 percent. She needed top-notch rehabilitation. She chose Williamstown Commons.

Interdisciplinary Team Treatment Plan

Physical Therapy

- The use of a CPM (Continuous Passive Motion) Machine to begin to readapt to movement in her left leg/knee.
- The use of weights and stretching with goal-oriented exercises to increase her strength and range of motion in the knee and leg.
- Therapists led her through walking up and down stairs, parallel bars, and for greater distances to improve her endurance and agility.

Occupational Therapy

- Upper body strengthening drills to improve her ability to perform activities of daily living and regain her independence.
- Work to improve hand-eye coordination while standing to improve balance and abilities to adapt to home living.

Outcome

Dianne was discharged on September 10, proficient in walking up and down stairs. This was important because she lives on the third floor of her apartment building. She said she will return to Williamstown Commons following a second planned surgery to replace her right knee.

In the Patient's Own Words

“I was on the fence about coming here, since my friends kept saying that it was a nursing home. I said, ‘No, it’s also a rehab center.’ Everyone was so nice as soon as I walked in the door. They’re wonderful, absolutely wonderful. I’d absolutely recommend it.”