

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



**Thomas Brotchie and  
Hunt's Janet Brennan, PTA**



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## Striving to Regain Independence at Hunt Nursing & Rehab

### Case Study

It's hard to say what's most remarkable about **88-year-old Thomas Brotchie**. The Danvers resident has been married for 61 years to his wonderful wife, and until very recently, his favorite pastime was downhill skiing at Cranmore Mountain in New Hampshire. And that was after two hip replacements. Retired from years working as an electrician at the Sylvania factory on the North Shore, Mr. Brotchie has enjoyed every bit of his recreational time. Recently, however, he experienced weakness and shortness of breath, which was serious enough to send him to **North Shore Medical Center Salem Hospital** where physicians treated him with medication and he was prescribed rehabilitation to allow him to regain his strength and endurance. Right in his hometown, **Hunt Nursing & Rehabilitation** provides an excellent mixture of nursing care and the rehabilitative services to help Mr. Brotchie return to healthy and safe home living.

### Interdisciplinary Team Treatment Plan

After arriving at Hunt on Mr. Brotchie began a daily regimen of physical and occupational therapy to help him regain his strength as quickly as possible.

### Physical Therapy

- Mr. Brotchie began to regain his strength and balance with exercises on the parallel bars. This also helped him re-acclimate to maneuvering on his feet.
- Leg flexing and strength training with weights combined with stretching further improved his ability to feel more comfortable and strong on his feet.
- Ambulating with progressively less assistance to gradually improve his independent walking abilities.

### Occupational Therapy

- Improving arm and upper body strength helped Mr. Brotchie to be mobile with parallel bar exercises, using a walker, transferring and more.
- Exercises with weights and hand-eye coordination drills helped Mr. Brotchie further improve.
- Work on ADLs and other independent tasks allowed him to regain skills he would need to return to home with his wife.

**Outcome:** As Mr. Brotchie progresses he looks forward to going back home, but wants to make sure his abilities are as strong as possible, so his wife (who has back problems) will not have to do too much for him. He loves walking in his neighborhood and doing yard work and looks forward to doing it again this spring.

**In the Patient's Own Words:** "Everybody's been so good here. I love to come down to therapy."

