

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



**Rita Streeter, with her
husband, Kenneth, and Mt.
Greylock's Traci Carrington,
OTR/L**



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"Miraculous" Recovery after Stroke and Rehab at Mt. Greylock ECF

Case Study

After 62 years of marriage, Kenneth Streeter, of Dalton, knows his wife better than anyone. In fact, it was just a couple of days before their anniversary in October, when **84-year-old Rita Streeter** began experiencing symptoms that caused great alarm and Ken immediately brought his wife to the emergency room. Losing feeling in her right leg and her right side, disorientation, and memory loss, were all the symptoms of stroke. Her symptoms worsened as Kenneth described, her right side became "completely blank," unable to move her right arm or leg in addition to disorientation and memory loss. The staff at **Berkshire Medical Center**, led by **Neurologist Laurence Ufford, MD**, provided care for Rita to stabilize her. However, acute rehabilitation would not be an option as it was determined that she was just too weak. However, therapy would be critical for Rita to have a chance at recovering her abilities. After comparing nearby facilities, Kenneth and Rita chose the one that has a "bright and cheery" atmosphere, ample parking, outstanding staff, and a deficiency free survey – **Mount Greylock Extended Care Facility**.

Interdisciplinary Team Treatment Plan

After arriving at **Mt. Greylock** on October 15th, Rita had no feeling or function in her right leg or arm. She began a daily regimen of physical, occupational and speech therapy in order to start on the path to recovery.

Physical Therapy

- Therapists used passive techniques to encourage movement in her leg, including the **E-Stim modality** and passive range of motion therapy.
- Remarkably, within two weeks, Rita regained movement in her right leg and foot, and soon after, she became weight-bearing.
- As she regained movement in her leg, therapists used traditional methods to help her regain strength with walking, balance training, stretching and range of motion.

Occupational Therapy

- Therapists used the **E-Stim modality** and passive range of motion to encourage movement in her right arm. The arm would be the final area to become functional.
- As Rita gradually regained the ability to move her right arm, therapists continued to focus making her use it in her ADLs, and other tasks to improve function.

Speech Therapy

- Therapists helped Rita improve her cognition and memory with mind exercises.
- Her speech and swallowing abilities were mostly unaffected by the stroke.

Outcome: Rita continues to improve and looks forward to being back home in the spring to do her gardening, cooking and just getting back to life at home with Ken.

In the Patient's Own Words: "It's a miracle to do what I'm doing again in just three months. The staff is wonderful. I couldn't have done it without them."

