



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



Mary Ferro with Fairview Commons' Martina Ortiz, RT, and (below) working on leg flexing with Kevin Guerrero, PT



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Columbia Bone & Joint for Surgery Fairview Commons for Rehab

Case Study

Working for years on her feet as a professional cook, and as a mother, grandmother, and now, a great-grandmother of four – **82-year-old Mary Ferro** just couldn't take the pain anymore. The arthritis in the Copake, New York resident's right knee had worsened over the years and after consultations with her physician she knew it was time to do something about it. At the [Columbia Memorial Bone & Joint Center](#), she met with orthopedist [Christopher Gorczynski, MD](#), who advised that a full-knee replacement was the way to go. On January 5th, [Dr. Gorczynski](#) performed a successful full right knee replacement, but it would take more than a short hospital stay for Mary to get back on her feet and on with life. Following surgery, Mary would need rehabilitation to renew her strength and help heal from the procedure. Not only is [Fairview Commons](#) conveniently located near her daughter's home in the southern Berkshires, but it also provides the comfort of home in a therapeutic environment. She chose [Fairview Commons' all-private room Rehab & Recovery Wing](#), which is the Berkshire region's preferred location for rehabilitation following elective orthopedic surgery.

Interdisciplinary Team Treatment Plan

After arriving at [Fairview Commons](#) a few days after surgery, Mary began a six-day per week regimen of daily physical and occupational therapy.

Physical Therapy

- During her stay at [Columbia Memorial](#), Mary began her rehabilitation with the use of a CPM (continuous passive motion) Machine to increase range of motion.
- Therapists further increased flexibility in her knee and legs with stretching and movement exercises, encouraging greater usage of her new knee.
- Balance exercises and ambulating with the assistance of a walker improved and she progressed to walking without assistance – for longer distances and on stairs.

Occupational Therapy

- Arm strengthening would help Mary with transfers and ambulating with a walker.
- Therapists increased her upper body strength with the use of weights, hand-bike, stretching bands, and also hand-eye coordination exercises.
- Work on ADLs, including bending and reaching in a homelike environment, cooking in the [OT Kitchen](#), and more, helped her re-adapt to independent living.

Outcome: Following a home evaluation, to ensure maneuverability at home, Mary was discharged on January 27, eager to get back to her busy life with family and taking trips with her senior group to places like Atlantic City and Mohegan Sun.

In the Patient's Own Words: "The (private room) is nice and big. I was surprised with how nice it was. It's wonderful to have your own space for visitors."

