

“They Kept Me Going” at East Longmeadow Skilled Following Hip Surgery

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



Catherine Moran with Jennifer Ruyffelaert, OTR/L. (Below) Catherine works on strengthening her arms with the OmniCyle.



Case Study

It has been a trying year health-wise for 84-year-old Catherine Moran. Always an athletic and active person, in June, she fell and fractured her right hip. Following recuperation from that episode she did the same thing months later, fracturing her left hip in September. After being taken to Bay State Medical Center, orthopedic surgeon Julius S. Brecht, MD, performed a successful procedure to repair her left hip. However, particularly at Catherine’s age and because of her previous surgery earlier in the year, she would need a significant amount of rehabilitation in a skilled nursing environment to enhance her abilities and quality of life. East Longmeadow Skilled Nursing Center provides the perfect combination to meet her needs and get her back on her feet.

Interdisciplinary Team Treatment Plan

Upon her arrival at ELM on October 1st, Catherine began a regimen of daily physical and occupational therapy.

Physical Therapy

- Unable to walk when she first arrived, therapists worked to improve the strength in her legs and lower body with weights, stretching and the OmniCyle modality.
- As she regained her strength and limited abilities, therapists worked to improve her balance with standing and goal-oriented exercises to enhance balancing skills.
- Walking with the assistance of a therapist, walker and wheelchair progressed to ambulating with the just the use of a walker and the assistance of therapist.

Occupational Therapy

- Upper body strength work with the use of weights, exercises and modalities such as the arm-strengthening feature of the OmniCycle.
- Strengthening the arms and upper body was important to allow Catherine to better ambulate using her walker.
- Occupational therapists worked with her on re-establishing her abilities to perform ADLs and other tasks that are important to living a more independent life.

Outcome: Catherine’s abilities continue to improve and she is becoming more mobile and active each day. She looks forward to spending the holidays with her family.

In the Patient’s Own Words: “The entire staff has been very nice and helpful. They are all anxious to help and make a difference. They kept me going.”

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