



Regained Strength and Endurance with Rehab at North Adams Commons

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



**Phyllis Griswold with
Shelby Zawistowski, PTA
at North Adams Commons**

Case Study

86-year-old Phyllis Griswold is not unlike many people her age from North Adams having worked for many years at Sprague Electric Company, manufacturing many of the products that churned the economy along in those days. Working alongside the men and women of north county, Phyllis did just about everything, from soldering to port waxing and stamping. In retirement, she's enjoyed her time shopping with friends, walking and reading to stay sharp and up-to-date on local events. Recently, however, she had become weakened significantly after an episode in which she had trouble breathing and was coughing up blood. She was transported to the emergency room at [North Adams Regional Hospital](#) where she was diagnosed with acute chronic respiratory failure with COPD exacerbation. In addition, she suffers from degenerative joint disease of the spine, hypertension, chronic obstructive pulmonary disease. It was clear that Phyllis would need attention in a skilled nursing environment, while also receiving the rehabilitation needed to help her regain her strength and get back on her feet. She chose [North Adams Commons](#), which provides the best of both worlds.

Interdisciplinary Team Treatment Plan

Upon her arrival at [North Adams Commons](#) on September 29, Phyllis began a daily regimen of physical and occupational therapy.

Physical Therapy

- Therapists worked with Phyllis to improve the strength in her legs with leg extensions, first with no leg weights and then later with weights.
- Upon arrival, Phyllis was not able to walk very far without assistance. Therapists worked on walking to improve endurance and agility.
- She progressed to walking without assistance and then on stairs.

Occupational Therapy

- Therapists worked with Phyllis on upper body strengthening with weights, hand-eye coordination work, and other tasks to regain independence.
- Work in the OT Kitchen helped Phyllis further improve her abilities to be independent within her home environment.

Outcome: Phyllis was discharged for home on November 1st, eager to get back to her life, including taking care of her new goldfish that her great-niece gave as a gift during her stay at [North Adams Commons](#).

In the Patient's Own Words: "They are all so nice here. They make sure you know what you're doing. I like them all – the therapists, the nurses – all of them."

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