



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



Regina Cormier with North Adams Commons' Kristen Croutworst, OTR



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Back to Her Independent Lifestyle with Rehab at North Adams Commons

Case Study

Faith is an important part of **77-year-old Regina Cormier's** life. The long-time Adams resident is a regular attendee at North Adams' Blackinton Union Church, and also is a self-described "teacher-preacher" at the weekly Bible study for the church. In fact, it was exiting church on September 5th when Regina had her accident, falling as she negotiated down the concrete steps outside the church. After being taken to the emergency room at [North Adams Regional Hospital](#), it was discovered that she had broken bones in her left arm and wrist. [Jonathan Cluett, MD, of Orthopedic Associates of Northern Berkshires, PC](#), set the arm with a cast to allow it to heal properly. However, as the arm and wrist healed, Regina would need significant help to learn strategies to live more independently with the use of one arm. [North Adams Commons](#) provided the perfect combination of skilled nursing and rehabilitation to ensure she regained her independence.

Interdisciplinary Team Treatment Plan

After arriving at North Adams Commons in early September, Regina began a regimen of physical and occupational therapy.

Physical Therapy

- Therapists worked with Regina on the strength of her feet and legs with the use of weights and stretching, increasing her range of motion and agility.
- As her left arm continued to heal, therapists worked with Regina on walking. This meant that she needed to use a walker designed for the use of one arm.
- When she regained use of her left arm, she was able to further improve her mobility, walking for greater distances and then walking on stairs.

Occupational Therapy

- Left arm use was restricted by the brace on her arm, however, in order to reduce swelling, diathermy and frequent massage were used.
- Without the use of her left arm, improving the strength of her right arm and upper body was critical to negotiating the use of a walker and performing ADLs.
- After her left arm healed and allowed to bear weight, therapists worked on hand-eye coordination and the use of weights to strengthen atrophied muscles.

Outcome: Regina continues to improve and will soon be ready to go home and resume her busy life of Bible study, church, and spending time with her daughter, Diane – with whom she's very close.

In the Patient's Own Words: "The staff is so good to me. They help me and they keep me going. North Adams Commons is a good place. **I think they do an excellent job.**"

