

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

# Achieving Goals with Rehab at Windsor Skilled

As an individual who suffers from Type 2 Diabetes, **66-year-old Leonard Hanlon, of Chatham**, has always been aware of his health and attentive to any changes in it. The long-time roofer who helped install slate or copper roofs on buildings in the Boston area over his 25-year career, was forced to retire because of heart issues. For the past four years he had been in and out of the hospital and skilled nursing facilities because of a recurring wound on his left leg. What started with a small lump on the bottom of his foot continued to become infected over the years and posed a risk of spreading, which could potentially be life-threatening. After his latest bout with the wound and consultations with several physicians, including his primary physician, [podiatrist James Chrzan, DPM](#), and [vascular surgeon Daniel Gorin, MD, of Southeastern Surgical Associates](#), Leonard decided that amputation was the best option to eliminate the threat and move on with his life. The successful surgery to remove the lower left leg was performed at [Cape Cod Hospital](#) on November 16<sup>th</sup>. Leonard would have a long road to regain his abilities and ultimately walk once again. He chose [Windsor Skilled Nursing](#) for a comprehensive combination of rehabilitation and nursing care to help him become independent once again.



Mr. Hanlon with the rehabilitation staff and (below) walking on stairs with Katie Lohse, PT



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### Interdisciplinary Team Treatment Plan

After arriving at [Windsor](#) on November 24<sup>th</sup>, Leonard began a regimen of daily physical and occupational therapy and also skilled nursing to ensure proper healing on the surgical wound and reduce the chance for an infection to reoccur.

### Nursing

- Early in his stay following surgery, nursing staff provided IV-therapy and medication to further reduce the possibility of the infection recurring.
- Nursing staff monitored his healing wound and changed dressings regularly.

### Physical Therapy & Occupational Therapy

- Flexing of the leg, exercises on the gluteus muscles and hamstrings on the left side helped improve strength in anticipation of the prosthesis.
- Standing with assistance on the right leg, work on the parallel bars, and isometrics while standing further improved his balance and strength while standing.
- He progressed from a wheelchair to a walker, and then fitting for a prosthetic.
- Upper body strength work was important to allow Leonard to transfer and to hold himself up while standing and also to help him with ADL proficiency.

**Outcome:** Leonard progressed and became able to ambulate independently with his prosthetic. He was discharged on January 26<sup>th</sup>, eager to get back to his home life.

**In the Patient's Own Words:** "The staff is wonderful, they helped me accomplish my goals. I'm healthier than I was four years ago."

