

## Compassionate, Professional Care Hunt Nursing & Rehab

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



**Mary Adele Sobocinski with  
Joyce Haydock, COTA**

### Case Study

At 86 years-young **Mary Adele Sobocinski** says it's her sense of humor that has "kept her alive" all these years. Of course, she's more than just alive. She is the life of the party with a vivacious personality, quick wit and timing that comes naturally, in part, but also comes with practice. And she's had plenty of it. For years, she entertained with her "plays, poetry and impressions" at women's clubs throughout the North Shore and beyond. Today, she still can draw a crowd with her classic Katherine Hepburn act and loves to entertain no matter where she is. In recent weeks it's been at [Hunt Nursing & Rehabilitation](#), where she arrived after breaking a couple of ribs from a fall at home. After receiving treatment at [Milford Regional Medical Center](#), she would have a ways to go before resuming life at home. She would need skilled nursing care and a rehabilitation regimen to help her regain her abilities. Hunt fit the bill perfectly.

### Interdisciplinary Team Treatment Plan

Mary arrived at Hunt and began a six-day per week regimen of physical and occupational therapy to help gather her strength and independence.

### Physical Therapy

- Therapists worked with Mary to increase her leg strength with leg flexing, weight training and other resistance.
- In order to improve her balance, therapists guided Mary through exercises on her feet, walking with the assistance of the parallel bars..
- Walking with assistance from therapists progressed to ambulation with the use of a walker, for longer distances to improve endurance.

### Occupational Therapy

- Upper body strengthening would be a critical link to helping Mary improving her abilities to transfer from her bed to a chair, then to stand, and to ambulate with a walker.
- Therapists helped Mary strengthen her arms and upper body with the use of weights and resistance, hand-eye coordination drills and more.
- Work on ADLs and other household tasks allowed Mary to become more proficient to once again renew her life more independently.

**Outcome:** Mary continues to progress and has a goal of returning home with her daughter who will help to ensure she has the support she needs to live independently.

**In the Patient's Own Words:** "The staff is right on the ball with getting me to do things I need to do! They doing it to make me stronger. They're terrific. They mean so much to me and they are just good at what they do."

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