

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



**Chris Martini Hillcrest  
Commons' Kathleen O'Leary,  
PTA, (below) climbing stairs.**



**Hillcrest Commons Nursing &  
Rehabilitation Center**

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## ***“I Couldn't Have Made a Better Choice” Rehabilitation at Hillcrest Commons***

### **Case Study**

He never took a sick day in decades of work. That's the kind of guy **Chris Martini** is, and it's also indicative of his overall good health. A former diesel mechanic in the Marines, Chris worked for 30 years as a welder at General Electric Company in his hometown of Pittsfield and then in Schenectady. A gardener and an avid, and quite talented fisherman of the local lakes, spring is a truly a time of rejuvenation for Chris. But it was one day in late March when something was just not right. As Chris opened the door and sat down in his truck a noticeable discomfort in his lower back took hold. When he got home, it only became worse. After two days of not being able to even get up out of bed, he finally called the ambulance and he arrived at Berkshire Medical Center. The physician and staff performed several tests discovering that he was suffering from a severe urinary tract infection and pneumonia. Antibiotics, medication, rest and the insertion of a catheter helped Chris fight back against the infections. However, while the infections were under control after several days in the hospital, Chris was still extremely weak, unable to walk, and had a long way to go before he could go back home. The convenient proximity to his home and wife in Pittsfield and the combination of professional nursing and rehabilitation services made Hillcrest Commons Nursing & Rehab a perfect fit.

### **Interdisciplinary Team Treatment Plan**

After arriving at Hillcrest Commons, Chris had a professional mix of skilled nursing and rehabilitation, including six days per week of physical and occupational therapy, to ensure his full recovery with renewed strength and independence.

### **Physical & Occupational Therapy**

- With severe pain in his lower back area, therapists utilized electric stimulation (E-Stim) to loosen the muscles, reduce pain, and encourage movement and flexibility.
- Personally tailored leg exercises helped further increase the flexibility in his lower back to increase his range of motion in his torso and in his legs.
- Balance drills, leg and arm strengthening with weights, adaptive equipment, and progression with ADLs put Chris on the road to independent living.

### **Nursing**

- Nurses administered proper medications, and daily maintenance of the catheter.
- The staff removed the catheter as he progressed toward independent living.

**Outcome:** Chris was discharged April 23<sup>rd</sup> and hopes to begin planting his garden and being able to, once again, help his elderly parents who also live in Pittsfield.

**In the Patient's Own Words:** “I can't say enough about the staff here. I was going through a tough time, and as soon as I came here, the people made me feel good – it's the positive attitude here. I couldn't have made a better choice.”

