



## Windsor Skilled Nursing and Rehabilitation Center

# Care Connections:

## Profiles in Superior Care

### Dennis resident's return home after rehab stay surprises even her physician

**Nerina McGrath**, 88, of Dennis, Mass., was struggling at home with frequent falls and emergency calls before her stay at Windsor Skilled Nursing & Rehabilitation Center. Her initial goals were to walk again and to return home after two hip replacement surgeries. After much perseverance and a successful home safety evaluation, Nerina returned home independently with home care services, nearly one year after arriving at Windsor.

"I never thought I would ever go home again and neither did my physicians," Nerina said. "I miss the staff but I'm doing very well at home."

#### Treatment: Oct. 3, 2011 to Aug. 28, 2012

When Nerina entered Windsor, she had declined medically after two hospitalizations. She required maximum assistance with bed mobility, transfers, bathing and dressing, and was unable to ambulate due to significant pain and muscle weakness. She needed bilateral hip replacements due to her severe osteoarthritis, but due to her decline in medical status and poor mobility, she was not a surgical candidate.

#### Physical, Occupational and Speech Therapies

- Strengthening exercises for upper and lower body, seated, standing and lying down
- Neuromuscular reeducation
- Gait training
- Self-care training
- Cognitive retraining
- Ultrasound to increase shoulder range of motion
- Diathermy to reduce hip pain and manage swelling after surgery
- Electrical stimulation for strengthening and pain management
- Wheelchair management training.

#### Outcome:

Nerina's therapy strengthened her significantly such that her orthopedic surgeon determined her to be a suitable candidate for a hip replacement, and she was admitted to the hospital for a left total hip replacement on Dec. 12, 2011. She returned to Windsor for her post-operative rehab and continued to exceed expectations with her significant gains. Her physician was so happy with her progress that Nerina received a second total hip replacement for her right hip. She again returned to Windsor for her post-operative rehabilitation and returned home on Aug. 28, 2012.

#### Thank you:

**Dr. William J. Manning, Orthopedic Surgeon**  
Discharge Planning Department at Cape Cod Hospital



**Windsor Skilled**  
Nursing and Rehabilitation Center

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