



## Windsor Skilled Nursing and Rehabilitation Center

# Care Connections:

## Profiles in Superior Care

### After rehab for a total hip replacement, Windsor patient returns home in 11 days

**Raymond O'Leary**, 75, of West Yarmouth, Mass., arrived at Windsor Skilled Nursing & Rehabilitation Center after a total hip replacement due to severe osteoarthritis. Raymond's goal was to return home independently.

### Treatment: July 12, 2012 to July 24, 2012 Physical Therapy and Occupational Therapy

- Therapeutic exercises
  - Supine and seated quadriceps and hip exercises
  - Strengthening weights
  - Exercise bicycle
- Neuromuscular reeducation
  - Standing balance exercises
  - Foam cushions
- Gait training
  - Exercises to increase weight tolerance and distance traveled
  - Use of rolling walker and straight cane
- Manual therapy
  - Exercises for pain and swelling management
  - Specific equipment
- Self-care management training
  - Exercises to manage lower body with total hip precautions
  - Help with sock aides, leg lifter, shoe horn, dressing stick
- Electrical stimulation for reduction of pain and swelling.

### Outcome:

Raymond returned home after 11 days of therapy, independent with all functional mobility. At discharge, he was using a rolling walker and was in the process of transitioning to a single-point cane. He was independent with bathing and dressing activities, following all of his hip precautions and independent in the use of a home exercise program.

### Thank you:

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



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