



Windsor Skilled Nursing and Rehabilitation Center

Care Connections:

Profiles in Superior Care

Windsor provides PT, OT and ST for patient to return home independently

Thomas Ackley, 60, of Harwich, Mass., arrived at Windsor Skilled Nursing & Rehabilitation Center after being hospitalized for a fall at home. He was unable to ambulate or perform ADLs, and suffered from edema in his lower extremities. His goal, shared with Windsor, was to return home independently.

Halfway through his rehabilitation program, Thomas experienced a quick and significant medical decline and was discharged back to Cape Cod Hospital for treatment. When he returned to Windsor, Thomas had lost many of his earlier rehabilitation gains. He required extensive assistance with bed mobility, transfers and ambulation and required maximum assistance with his self care, including bathing and dressing. Thomas was also unable to swallow food or liquids safely. Due to an underlying medical condition, Thomas was not a candidate for a feeding tube and returned to Windsor unable to meet his nutritional needs by oral means.

May 29, 2012 to Sept. 6, 2012

Physical, Occupational and Speech Therapies

- Therapeutic exercises for upper and lower extremities
- Neuromuscular reeducation
 - Exercises with and without weights in supine, seated and fully standing positions
 - Used seated and standing balance, reaching and weight shifts
- Gait training
 - Advanced from being unable to stand, to walking with assistance, to independent ambulation
 - Used parallel bars and eventually a rolling walker
- Self-care management training
 - Exercises for lower body and shoe management to promote independent dressing.
 - Used sock aides, reacher, dressing stick
- Community reintegration training with a home evaluation and medication management
- Electrical stimulation for BUE and BLE strengthening
- Swallowing therapy
 - Oval motion exercises
 - Taught strategies for soft swallowing and diet texture modifications until he regained his ability to swallow.
- Speech therapy to regain swallowing

Outcome:

Thomas made significant gains and was able to resume eating all regular textured foods and drinks, and was independent with his mobility using a rolling walker. He was also able to complete all of his self care independently. After a home evaluation and some minor home modifications to make his apartment more safe for his return, Thomas was discharged home with homecare services after four months at Windsor.

Thank you:

**Dr. Robert Hartnett, Urology Associates of Cape Cod
Discharge Planning Department at Cape Cod Hospital**



A MEMBER OF BERKSHIRE HEALTHCARE

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