



A Rehabilitation Therapy Success Story from



John Heading Home after Successful Rehab

At 97 years old, John lived at home with family and could walk and care for his needs without difficulty until he fell and injured his right shoulder. He could not use his arm or walk alone and even had trouble swallowing, so the hospital recommended a pureed diet. When admitted to the our Skilled Nursing center, he needed assistance to perform daily self-care tasks such as bathing and dressing. He also required assistance to walk with a cane and transfer from the bed to a chair.

John worked very hard with therapy during his stay, maintaining a positive attitude. He increased his leg strength and balance in physical therapy and learned proper body mechanics to improve mobility. Occupational therapists taught him how to adapt to using his left hand and arm to perform dressing, feeding, shaving, and other daily tasks. Speech therapy worked with him to improve his swallowing ability to allow him to enjoy a regular diet. Toward the end of rehab, John could remove his sling and use his right arm again. He is now returning home and can perform his morning routine independently.

**Through therapy and
motivation, John is
once again living
independently.**

Our Rehab Therapy Partner

