



Celebration of Success

1229 Warm Springs Ave Huntingdon, PA 16652 Phone: (814) 643-4210

Name: Dorothy Couch
Admitting Diagnosis: CVA
Re-Admission Date: July 10, 2018
Discharge Date: August 28, 2018



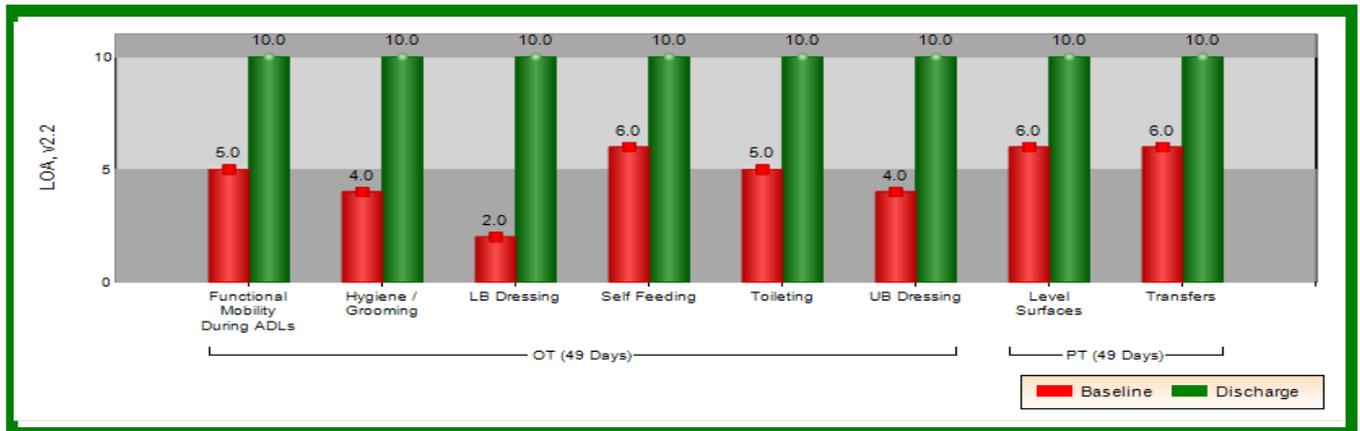
Rehab provided by
Tender Touch

"Everyone here has done so much for me, I am so grateful"

Celebration of success story

Dorothy is a long term care resident who has resided in Arista Care at Huntingdon Park since November of 2016. On July 5, 2018 Dorothy was transferred to JC Blair Memorial Hospital for evaluation of left sided weakness and slurred speech. It was determined she was having an acute ischemic stroke. TPN was administered and Dorothy was transferred to UPMC Pinnacle Hospital in Harrisburg for further assessment and treatment. Dorothy was assessed and found to have severe strength deficits on the right upper and lower extremities (scoring 1/5 for manual muscle testing), slurred speech and mild cognitive deficits. She required maximal assistance for transfers, ambulation, bathing, and dressing activities. Dorothy returned to Huntingdon Park on July 10, 2018 and was evaluated by physical therapy and occupational therapy services. She received treatment 5-7x/week for 7 weeks with skilled focus on upper/lower extremity strengthening, transfer training, gait training, ADL retraining, and balance training.

FUNCTIONAL OUTCOME MEASURES – REHAB



PROGRESS OVERVIEW

Physical Therapy

Dorothy progressed from minimal assistance to an independent with transfers and ambulation. She is able to ambulate 300 feet with a rollator walker and demonstrates good dynamic balance.

Occupational Therapy

Dorothy progressed from moderate assistance with grooming/hygiene and UB dressing to independent. She progressed from maximal assistance to independent with LB dressing. She progressed from minimal assistance with self feeding to independent. She progressed from moderate/minimal assistance with toileting to independent.



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Name: Carol Glass
Admitting Diagnosis: Left Total Knee Replacement
Admission Date: May 31, 2018
Discharge Date: June 14, 2018
Discharge Location: Home with Husband

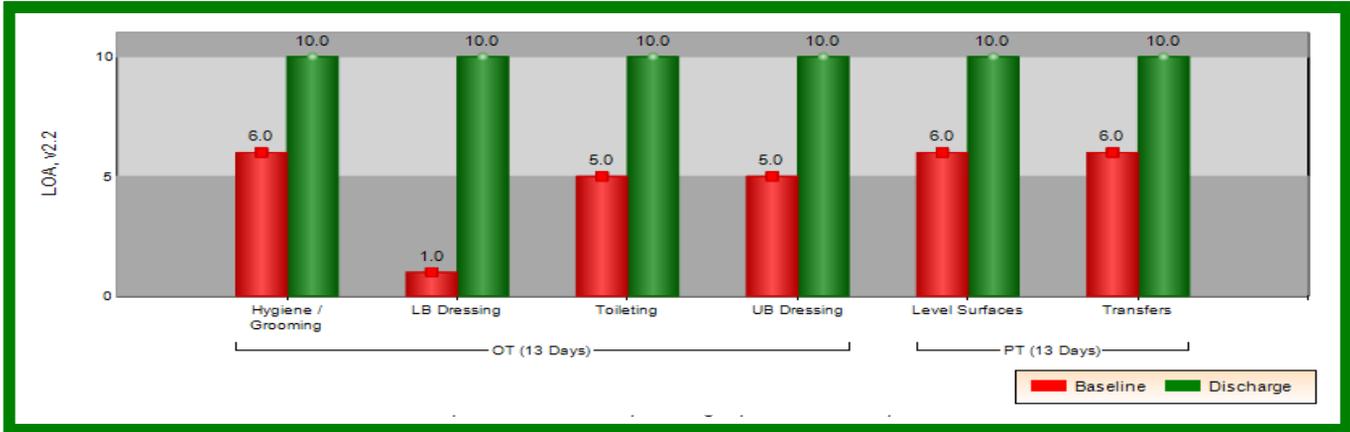


Rehab provided by
 Tender Touch Rehab

Celebration of success story

Carol came to Arista Care at Huntingdon Park from UPMC Altoona after a left total knee placement due to severe osteoarthritis. She received 2 weeks of intensive physical and occupation therapy services which consisted of strengthening, range of motion, gait training, transfer training, stair training, bathing/dressing tasks, light housekeeping tasks, and cooking tasks in order to progress toward her prior level of function at the most independent level possible despite her left knee range of motion deficit. She returned home with her husband and support from home nursing and therapy services.

FUNCTIONAL OUTCOME MEASURES – REHAB



PROGRESS OVERVIEW

Physical Therapy – Carol progressed from minimal assistance to complete independence with gait training on level surfaces and transfers from one surface to another with the use of a rolling walker to improve stability. She was also able to ascend/descend 10 steps with bilateral upper extremity handrails with supervision in order to reach the second story of her house.

Occupational Therapy – Carol was able to improve her lower body dressing from maximal assistance to independent with assistance from adaptive equipment; upper body dressing from moderate/minimal assistance to independent; toileting tasks from moderate/minimal assistance to independent; and hygiene/grooming tasks from a minimal assistance level to independent. She was also able to perform light housework and prepare simple meals upon discharge.