



# Celebration of Success

1445 Sycamore Rd, Montoursville, PA 17754 (570) 601-8128

**Name:** Lesley S.

**Admitting Diagnosis:** Pneumonia, Depression

**Admission Date:** 2/28/18

**Discharge Date:** 3/15/18

**Discharge Location:** Home



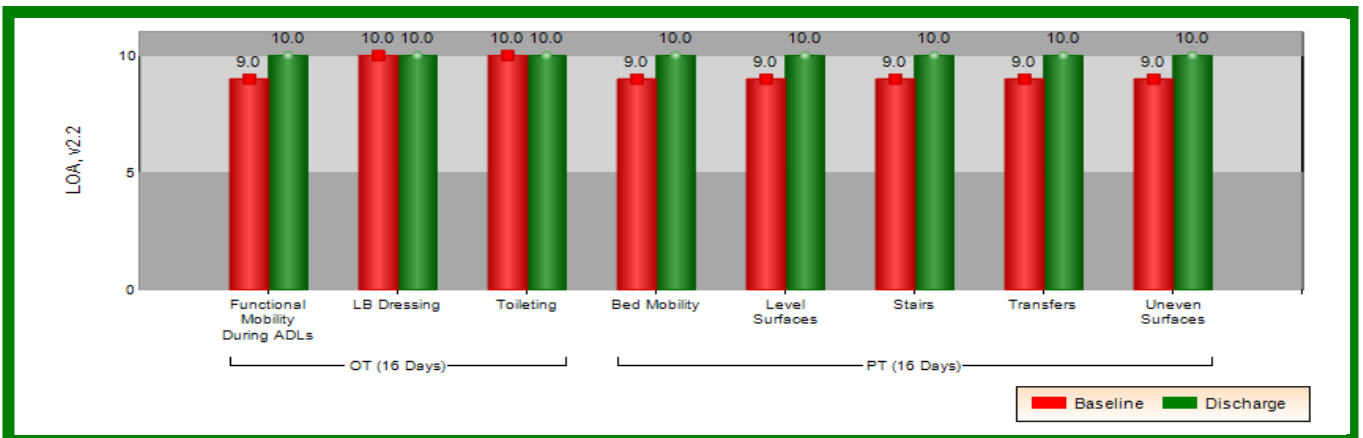
Rehab provided by  
Tender Touch

"I didn't realize how weak I was following my hospitalization. Everyday tasks seemed impossible. Thanks to the therapy I received at AristaCare, I'm not only going home, but am able to go back to full time employment"

## Celebration of success story

Lesley was admitted to AristaCare @ Loyalsock after hospitalization for Pneumonia. She was unable to return home and was receiving IV antibiotics. Lesley received physical therapy and occupational therapy 5 – 7 days per week to address functional mobility, gait, self care, stair climbing, strengthening, balance retraining, and safety skills. Lesley achieved her goals and was able to return home with her spouse at an independent level for all functional tasks.

### FUNCTIONAL OUTCOME MEASURES – REHAB



### PROGRESS OVERVIEW

#### Physical Therapy

\* For transfers and ambulation, Lesley left at an Independent level without any assistive device.

#### Occupational Therapy

\* For ADL's and IADL's, Lesley left at an Independent level.



# Celebration of Success

1445 Sycamore Rd. Montoursville, PA 17754 (570)601-8128

**Name:** Claudia Brust  
**Admitting Diagnosis:** Pneumonia  
**Admission Date:** 4/25/18  
**Discharge Date:** 5/7/18  
**Discharge Location:** Home



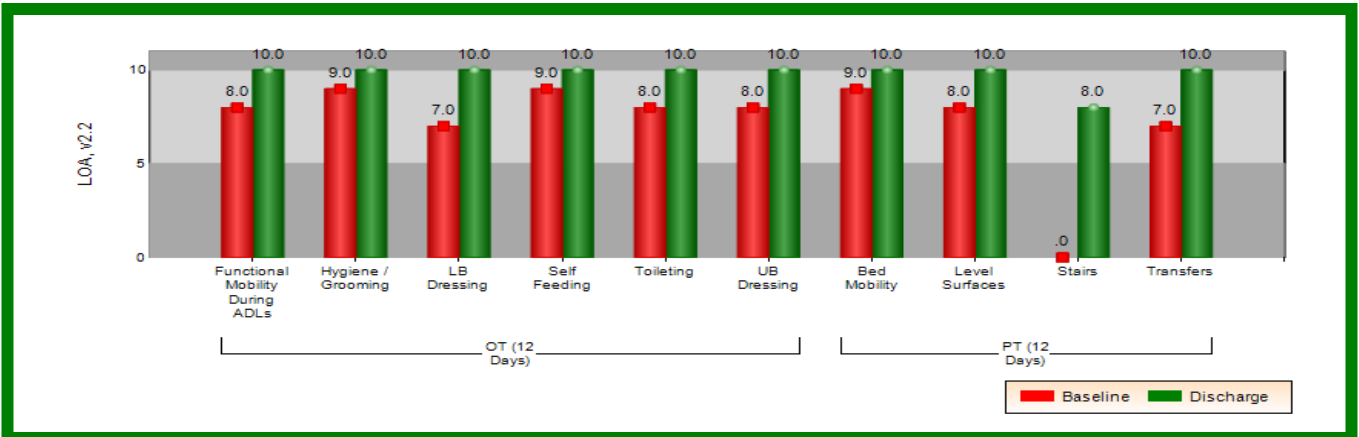
Rehab provided by  
Tender Touch

"Therapy was great. I couldn't do it without you"

## Celebration of success story

Claudia was admitted to AristaCare@Loyalsock after 8 day hospitalization for Pneumonia. She was unable to return home due to weakness and inability to care for herself. Claudia received physical therapy and occupational therapy 5 – 7 days per week to address functional mobility, gait, self care, stair climbing, strengthening, balance retraining, and safety skills. At evaluation, she scored a 17/28 on the Tinetti and a 60/100 on the Barthel. Claudia achieved her goals and was able to return home with her family at an independent level for all functional tasks. Her Tinetti improved to 27/28 and her Barthel improved to 95/100.

### FUNCTIONAL OUTCOME MEASURES – REHAB



### PROGRESS OVERVIEW

**Physical Therapy:** At DC, Claudia was Independent with transfers, ambulation (community distances without an assistive device), and climb >15 stairs.

**Occupational Therapy :** At DC, Claudia was Independent with dressing, grooming, and balance during ADL's.



# Celebration of Success

1445 Sycamore Rd. Montoursville, PA 17754 (570)601-8128

**Name:** Carol Painton  
**Admitting Diagnosis:** Artificial hip joint  
**Admission Date:** 10-2-18  
**Discharge Date:** 10-19-18  
**Discharge Location:** Home

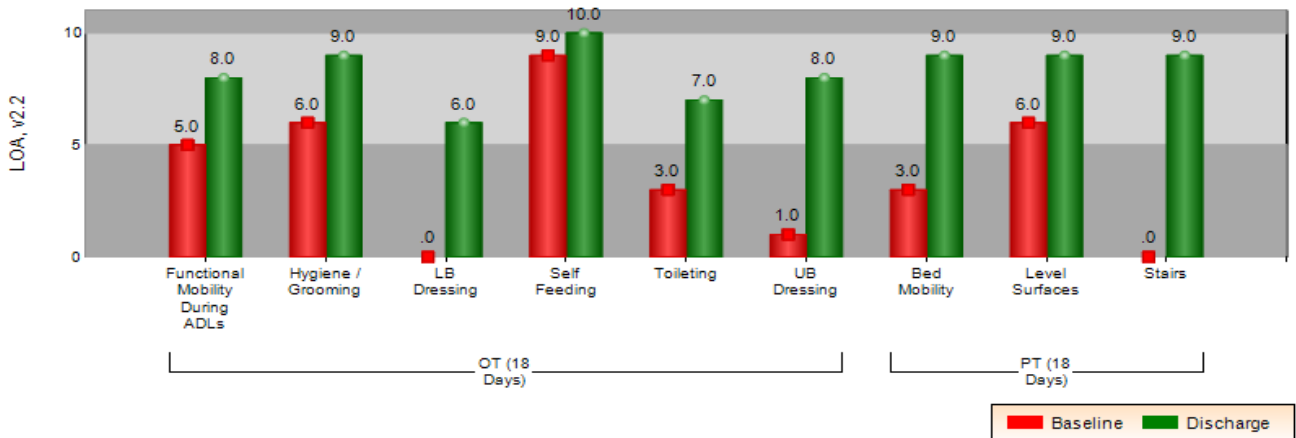


Rehab provided by  
Tender Touch

## Celebration of success story

Carol was admitted to Aristacare@Loyalsock on 10-2-18 after hospitalization for an artificial joint replacement. She received physical therapy and occupational therapy 5 – 7 days per week to address strengthening, gait training, self care with ADL's and stair training. Carol achieved her goals and was able to return home with her daughter a supervision level for functional mobility and minimal assist level for ADL's.

### FUNCTIONAL OUTCOME MEASURES – REHAB



### PROGRESS OVERVIEW

**Physical Therapy** Leg strength improve from 3-/5 to 4-/5 for affected limb. AROM was within functional limits, dynamic standing balance improve from fair – to good-, bed mobility improved from maximal assist x 2 to supervision and ambulation improved from 15' with min A to 350' with supervision.

**Occupational Therapy** The barthel index improved from 20/100 to 75/100. Bathing and dressing improved from maximal assist x 2 to minimal to moderate assist x 1 and toileting tasks improved from maximal assist x 2 to contact guard to min A x 1.

# Celebration of Success



1445 Sycamore Rd. Montoursville, PA 17754 (570)601-8128

**Name:** Eleanore Jasper  
**Admitting Diagnosis:** Diaphragmatic hernia repair

**Admission Date:** 10-26-18  
**Discharge Date:** 12-6-18  
**Discharge Location:** Home

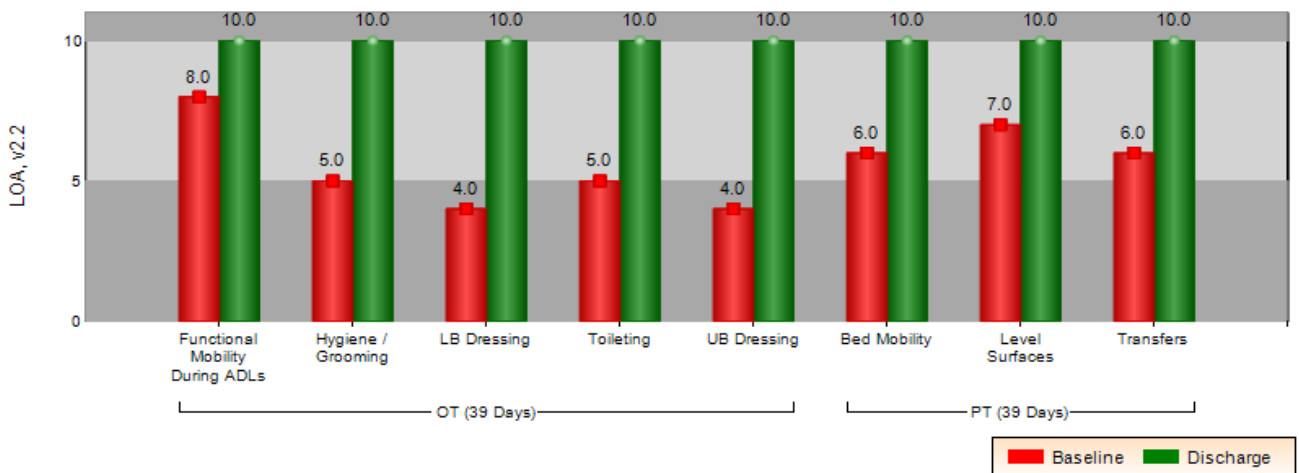


Rehab provided by  
Tender Touch

## Celebration of success story

Eleanore was admitted to Healthcare and Rehabilitation after a 3 day hospitalization for diaphragmatic hernia repair. She received physical therapy and occupational therapy 5 – 7 days per week to address functional mobility, dynamic balance, strengthening, self care, and light housekeeping skills. Eleanore achieved her goals and was able to return home in a private residence with her son at an independent level for all functional tasks.

### FUNCTIONAL OUTCOME MEASURES – REHAB



### PROGRESS OVERVIEW

**Physical Therapy:** Eleanore improve B LE strength from 4/5 to 4+/5, dynamic standing balance from Fair + to Good, all transfers from minimal assist to independent, standing tolerance from 1-3 minutes to 5 minutes and increased tinetti from 23/28 to 25/28.

**Occupational Therapy:** Eleanore improve upper and lower body dressing from moderate assist to independent, perform light housekeeping activities from 5 minutes with maximal assist to 25 minutes at independent level, and increased barthel index from 40/100 to 90/100.

# Celebration of Success



1445 Sycamore Rd. Montoursville, PA 17754 (570)601-8128

**Name:** Alice Leiby  
**Admitting Diagnosis:** General Decline  
**Admission Date:** 12-3-18  
**Discharge Date:** 1-4-19  
**Discharge Location:** Long-term Care

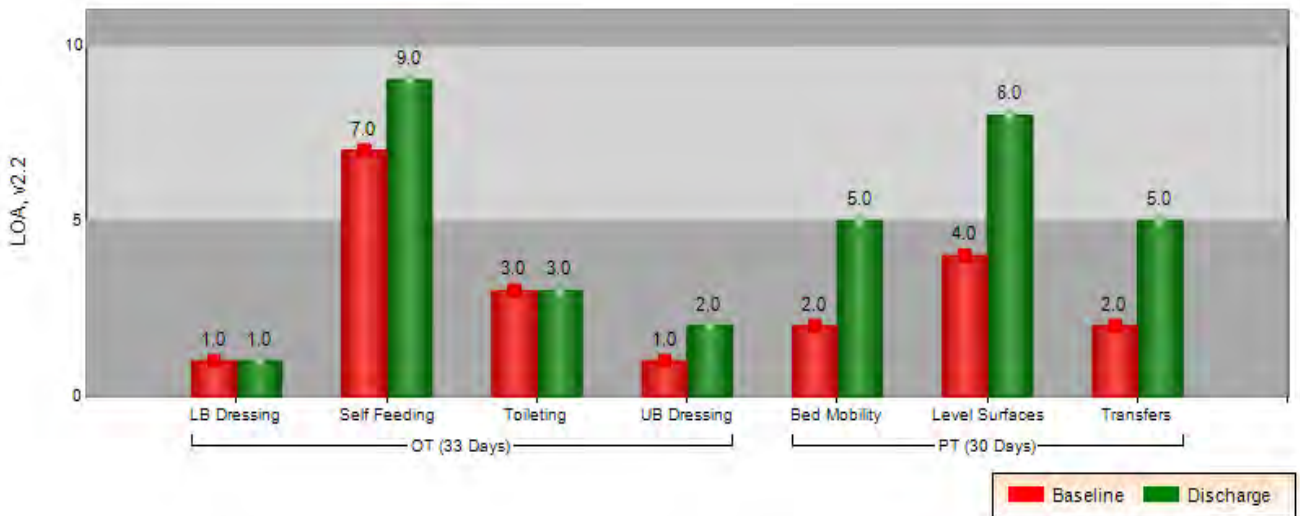


Rehab provided by  
Tender Touch

"Quote from patient"

## Celebration of success story

Alice is a long term resident at Aristacare@Loyalsock. She was referred for therapy services post illness secondary to decline in mobility and ADL's. She received physical therapy and occupational therapy 3-5 days per week to improve functional transfers, gait, self care , balance and strength. She met her highest practical level and was discharged with restorative nursing programs in this long term care setting to maintain her current level of function.



## PROGRESS OVERVIEW

**Physical Therapy:** Alice improve her lower body strength from 3/5 to 4-/5, balance from poor + to fair, transfers from mod/max A to min/mod A, ambulation from 10' with mod A and FWW to 25' with CG and FWW and improve EMS score from 3/20 to 4/20.

**Occupational Therapy:** Alice improved her upper body strength from 3+/5 to 4/5, self feeding from CG/min A to supervision, fine motor skills from CG/min to supervision, seated activity tolerance from 3-5 minutes to 15 minutes and standing tolerance from 2 minutes to 3-4 minutes.

# Celebration of Success

1445 Sycamore Rd. Montoursville, PA 17754 (570)601-8128



**Name: Janice Johnson**  
**Admitting Diagnosis: Fall, new onset of PD**  
**Admission Date: 2-21-19**  
**Discharge Date: 3-8-19**  
**Discharge Location: Home**



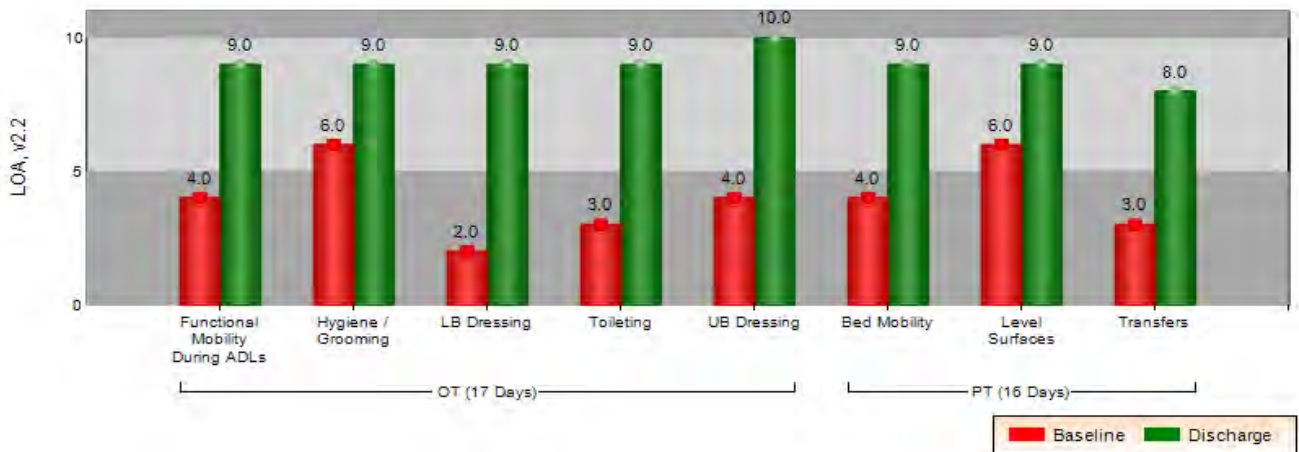
Rehab provided by  
Tender Touch

"Very good to help people"

## Celebration of success story

Janice was admitted to Aristacare@Loyalsock after a 5 day hospitalization for a fall and newly diagnosed Parkinson's disease. She received physical therapy and occupational therapy 5 – 7 days per week to address functional mobility, strengthening, dynamic balance, bed mobility, transfers, self care, and fine motor coordination. Janice achieved her goals and was able to return home with support from others.

### FUNCTIONAL OUTCOME MEASURES – REHAB



### PROGRESS OVERVIEW

**Physical Therapy:** Janice improve her B LE strength from 4-/5 to 4+/5, dynamic standing balance from F- to G-, med mobility from mod A to supervision, transfers from mod A x 2 to CG, ambulation from 20' with min A to 300' with supervision and EMS from 3/20 to 7/20.

**Occupational Therapy:** Janice improved her activity tolerance during ADL's from 5 minutes to 20 minutes, UB/LB dressing from mod/max A to supervision, toileting from mod A x 2 to supervision, fine motor coordination skills from min A to supervision and improved self care assessment score from 24/48 to 34/48.



# Celebration of Success

1445 Sycamore Rd. Montoursville, PA 17754 (570)601-8128



**Name: John Ukleya**

**Admitting Diagnosis: Acute sigmoid diverticulitis**

**Admission Date: 1-24-19**

**Discharge Date: 3-5-19**

**Discharge Location: Home**

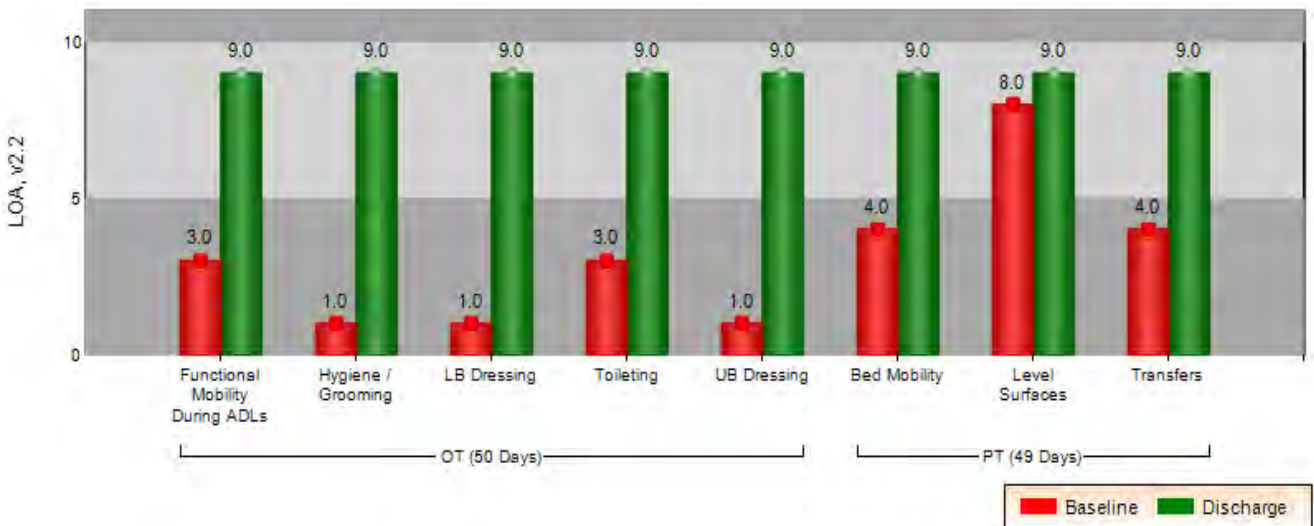


Rehab provided by  
Tender Touch

"My two therapist Ashlee & Susan were great and I couldn't have done it without them"

## Celebration of success story

John was admitted to Aristacare@Loyalsock after s 23 day hospitalization for acute sigmoid diverticulitis. He received physical therapy, occupational therapy and speech therapy 5 – 7 days per week to address functional transfers, gait, stair negotiation, balance, self care, UB/LB dressing, w/c mobility, housekeeping tasks, diet consistency and safe swallowing strategies. John achieved his goals and was able to return home alone with support from family at a supervision to independent level for all functional tasks.



## PROGRESS OVERVIEW

**Physical Therapy :** John improved his dynamic standing balance from F+ to G-, transfers from Mod A to independent, ambulation from 50' with FWW to in facility distances with FWW and supervision, stair negotiation from unable to 4 steps with B rails and supervision, B LE strength from 3+/5 to 4+/5.

**Occupational Therapy:** John improved his functional activity tolerance from 1-3 mins to 20 mins, UB/LB dressing from Max A to supervision, and housekeeping tasks from min A to supervision.

**Speech Therapy:** John improved his safety with swallowing regular consistency food and thin liquids from 74% to 87% and clearance of oral cavity from 60% to 85% of opportunities.