

Elizabeth,* a 65 year-old woman, was initially admitted to our Skilled Nursing Facility for physical and occupational therapy following a right **above the knee amputation**. Six months later, she returned for additional therapy after undergoing a **right shoulder replacement**. Upon initial admission, Elizabeth presented with:

- Decreased activity tolerance,
- Decreased balance,
- Inability to transfer or walk, and
- Decreased ability to complete her self-care skills.

Throughout the course of her therapy interventions, she was fitted with and obtained a right lower leg prosthetic and relearned how to independently transfer, perform bed mobility, walk, and manage her prosthetic with just one month of therapy and a tremendous amount of self-confidence. She discharged home with her husband walking 200 feet with a prosthetic and independent with all dressing, bathing, toileting, and light housekeeping tasks. **Elizabeth was so grateful to be able to return to the comfort of her home with her husband and the ability to take care of herself and regaining most of her previous functional abilities.**

During her second admission following a shoulder replacement, Elizabeth was unable to wear a prosthetic on her right leg due to medical complications resulting in her having no use of her right side. She presented with:

- Right shoulder and leg weight restrictions,
- Decreased balance,
- Minimal endurance,
- Decreased ability to transfer and walk, and
- Decreased independence with self-care tasks.

During her course of rehabilitation, Elizabeth received extensive strength training and was trained and educated on compensatory strategies and the use of adaptive equipment to complete toileting, dressing, bathing, transfers, and ambulation. At the time of her discharge, she was able to complete her self-care tasks with minimal assistance and functionally transfer independently. Elizabeth's determination to learn new ways to complete functional tasks through extensive physical and occupational therapy education and training enabled her to return home safely with her husband once again!

**All patient names and identifying information have been changed for privacy purposes.*

