



From Hip Replacement to Independence in Physical Therapy

Following a hip replacement and receiving therapy in a skilled nursing facility, Mary, an 82-year old client, was discharged home with her husband. A referral to Halcyon Rehab at Home for Physical Therapy was received. During the initial visit in the home, the physical therapist found that Mary had difficulties with going from a chair to standing, climbing stairs, and walking due to weakness and poor balance. In order to improve her skills in moving and walking safely, a treatment plan was developed to improve her ability to walk and move, as well her weakness and balance.

Upon discharge from Halcyon Rehab at Home services, **Mary improved to walking independently with a cane with good balance, going up and down three stairs, and performing safe transfers from chairs to standing.** A home exercise program was developed for Mary to continue to maintain her skills.