

Mr. Smith\* is a 56-year-old male admitted to our Skilled Nursing Facility following an acute hospitalization due to worsening left leg pain and swelling with dyspnea and oxygen desaturation. He was diagnosed with acute respiratory failure and left lower leg cellulitis. Upon admission, he was in severe pain, influencing his ability to stand, walk, and perform basic self-care. **Mr. Smith required maximum assistance for bed mobility, transfers, functional mobility, lower body dressing/bathing, and toileting tasks.**

Within 2 weeks of receiving physical and occupational therapy services, Mr. Smith made significant functional gains toward regaining his independence. Improvements included:

- Progress in bed mobility from maximum assistance at admission to supervision,
- Transfers improved from maximum assistance to stand-by assistance,
- Improved ambulation from unable to walk to ambulating 50 feet with supervision,
- LB dressing increased from maximum assistance to contact guard assistance, and
- Progress with toileting tasks from maximum assistance to contact guard assistance.

**Fast forward to three weeks of therapy and Mr. Smith is modified independent in all basic self-care tasks and functional transfers/mobility, and he was able to return home. He told his therapists that he is doing better now than he was before he went into the hospital!**

Mr. Smith's success is secondary to the interdisciplinary team's focus on:

- Improved overall strength,
- Increased endurance,
- Diathermy treatments for pain management to increase ability to bear weight through LLE, therefore improving standing balance/tolerance and functional mobility for performing daily routine,
- Use of pacing techniques, and
- Use of compensatory strategies for performing BADL tasks.

Mr. Smith told his therapists that his health began to decline as he helped his father with Alzheimer's disease, but after physical and occupational therapy he is inspired to set goals and start maintaining a healthier lifestyle to maintain a higher quality of life. Mr. Smith's therapists said he was always receptive to improving his performance and would often ask for feedback on his progression. He would even set goals for himself to remain on track.

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

