

# LATEST SUCCESSES

"ROBIN WIN"

## Details

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### Robin Win

- Previously discharged from home health physical therapy due to lack of progress and little cooperation.
- Bed bound upon start of service on 4/3/2023
- Functional capacity: ability to stand at counter, assisted for 60 seconds

### Goals at Start of Service:

- create ease for caregivers assisting with transfers through increased strength
- ambulate with use of walker
- improve functional capacity to move through the community.

Robin Win came to us with little to no success with providers in the past. A recent discharge from home health physical therapy, and a home bound status meant we would be the perfect fit.

Upon initial evaluation, it was evident that Robin was quite anxiety ridden with regard to assisted standing. This provided unique insight. More than anything Robin must trust our team if we are to have any impact. An open line of communication throughout each session was extremely important.

Following successful start of service Robin began to show physical improvements. She began rising from her chair independently, walking in place, and showing postural stability.

Currently, after just two months of service, Robin is ambulating with a walker and returning to activities within the community.

Robin has completely transformed, and regained her life back once again.

# LATEST SUCCESSES

"WALT CAKE"

## Details

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### Walt Cake

- Never worked with a personal trainer or exercise physiologist before
- Independent in all ADLs
- Regularly plays golf, three or four times weekly.

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### Goals at Start of Service:

- Improve overall strength as a protective mechanism
- Improve golf game via increased strength and endurance
- Improve balance to reduce risk of falls

Walt came to us under the sole suggestion of his concierge physician. In no way, shape or form did he want to exercise.

An avid golfer he was looking for anything to improve his golf game. However, after evaluation we noted he was in need of foundational strength and balance.

He wanted to jump right into exercise that would improve his golf game, which all exercise ultimately would, but we needed to build a foundation first. We began with functional movements aimed at improving everyday living. His energy changed, he felt as if he could move through the days easier, and he even began admitting benefit on the golf course.

Today we successfully implement both functional and golf specific movement aimed at improving the things he enjoy most, life in Naples, and golfing.

# LATEST SUCCESSES

"JOE CROW"

## Details

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### Joe Crow

- Previously discharged from home healthcare with talks of hospice
- Wheelchair bound
- Recently completed cancer treatment

### Goals at Start of Service:

- Improve strength in order to ease daily strain placed on family and caregiver who assist with ADLs

We began working with Joe after a discharge from home health physical therapy. There were talks of hospice, and frankly little hope among the family.

However, Joe's wife shared she was not ready to call it quits. She wanted the best for her husband, even if it meant just slight improvement.

A perfect match meant someone who was empathetic but also able to provide the motivation, encouragement and appropriate tactics to create progress.

One of the successes came a few weeks into service. Joe had remained in the wheelchair, or stood supported at the counter with assistance from another individual. The goal was to stand for a family picture without the use of a countertop for assistance. Not only was this accomplished, but done with stable posture. We continue to work towards daily wins and small successes to aid in the long term quality of life for Joe.

# LATEST SUCCESSES

"CASEY CLUE "

## Details

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### Casey Clue

- Previously discharged from skilled nursing and home healthcare
- Inability to ambulate
- Needs assistance while standing

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### Goals at Start of Service:

- Increase muscular strength to stand and ambulate independently
- Improve ambulation to move back into private residence

After a spill from a golf cart Casey was left with a fractured femur. She was successfully discharged from a local skilled nursing community and under the care of home health care upon our initiation.

Upon initial evaluation from our team she was unable to stand independently, and could not ambulate with her walker.

Our services, in combination with out patient physical therapy have allowed Casey to not only ambulate under her own power, but move back to her private home.

After her discharge from skilled nursing she had moved to assisted living, and it was truly eating away at her. She was used to an independent life in her own world. She wanted nothing more than to be back in her space. Not only is she back in her own space, but she continues to work with our team to ensure something like this does not happen again.

# LATEST SUCCESSES

"BETSY TIPPS"

## Details

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### **Betsy Tipps**

- Recently underwent five day hospital stay
- Completely independent prior to hospitalization

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### **Goals at Start of Service**

- Maintain strength and balance to continue living independently
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Betsy is a regular among our members. We have been working with her for a little over a year after recommendation from her concierge physician.

At the age of 88 she was hospitalized after a dizzy spell, among other symptoms. Following discharge it was up to us to reassess in order to aid her healthcare team on making appropriate decisions moving forward.

The results were quite shocking. Typically five days in the hospital, at the age of 88, would derail an individual and almost certainly place them into a downward spiral. Betsy, was not typical. She maintained her strength, and was discharged home with little to no changes. This is great proof that exercise can't prevent everything, but it sure provides damage control should something occur.

# LATEST SUCCESSES

## "MICKEY MOUSE"

### Details

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#### **Mickey Mouse**

- Diagnosed with dementia
  - Can ambulate with use of walker
  - Challenged when it comes to directions due to dementia diagnosis
  - Worked with a PT in the previous years
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#### **Goals at Start of Service**

- Maintain strength in order to avoid becoming wheelchair bound

Mickey was referred via private care manager after she was discharged from physical therapy. The family knew quite well what her future held should she stop movement all together.

Though she had been diagnosed with dementia, hearing loss, partial vision impairment, they were not ready to throw in the towel, nor was she. In fact, upon our first visit she shared, "I just want to walk again"

Fortunately, she was able to ambulate with the use of a walker. However, those walks became less and less frequent as she resided with assisted living and upon her move to memory care became non-existent. However, with our services being completed three times weekly we have helped Mickey avoid the typical downward spiral that occurs within memory care units. That downward spiral normally begins when they place residents into the wheelchair for 'safety concerns'. Mickey is walking better than she had in years previous, which means her son continues to enjoy quality time with her during his visits.

# LATEST SUCCESSES

"MITCH POND"

## Details

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### **Mitch Pond**

- Recent lung transplant recipient
  - ADLs are a challenge due to deconditioning
  - Anxiety induced attacks following successful surgery
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### **Goals at Start of Service**

- Improve muscular strength
- Improve muscular efficiency
- Increase functional capacity
- Complete ADLs independently
- Begin 'living again'

We started with Mitch when he was diagnosed with a progressive lung condition that would prove to be fatal unless a successful transplant occurred. One day all communication stopped, we were worried. We called, we wrote, and nothing. Until one day Mitch Pond appeared on our phone system. We thought the worst to come.

We heard his voice, he had successfully received a transplant and had been recovering for the last eight weeks at a hospital in Jacksonville. The physicians would not clear his return home unless he had a program here in Naples that would build his strength, cardiovascular endurance and overall quality of life.

Upon his return we got right to work. Week after week we chipped away at battling the anxiety but also working towards his summer goal. He wanted to head back to his house at high elevation, which for a recent transplant recipient meant breathing would be much more challenging.

After four months of non-stop commitment, we are proud to say he is headed north for the summer and will continue his sessions upon his return in the fall.

# LATEST SUCCESSES

"SAM TAMALE"

## Details

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### Sam Tamale

- Diagnosed with Alzheimer's disease
- Inability to live independently
- Extreme aversion to exercise since onset of ALZ

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### Goals at Start of Service

- Successfully implement exercise into the daily routine in conjunction with research and physician orders benefitting the diagnosis.

Sam was referred to us after her care team spoke with a neurologist who said exercise would provide benefit, to what degree, unknown, but nonetheless a benefit.

The challenging task was the fact that this woman had an extreme aversion towards exercise. If the word was mentioned it would begin a period of uncontrolled anger, mostly caused by the Alzheimer's disease.

We needed to meet her where she was and work towards exercise that would be beneficial. This meant not only matching her with the right member of our team but also developing a strategy that would ensure continued acceptance towards movement.

We began with dance, slowly incorporating stretch, then moving toward movement into the pool. Today these exercise sessions are a mainstay for her treatment program. They have provided so much benefit she is seen twice daily by a member of our team.



# LATEST SUCCESSES

"JAY CAY"

## Details

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### Jay Cay

- Previous stroke victim
  - Limited mobility throughout the house
  - Dependent in ADLs
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### Goals at Start of Service

- Prove that exercise is beneficial
- Improve functional capacity

After suffering a stroke in two years prior Jay had been through numerous bouts of physical therapy with little benefit. He was harsh in the early stages, firm on his word when he said, "if I do not see a benefit, I'm not going to continue".

Not only did Jay see a great benefit, but he saw so much benefit he decided to increase his weekly allotment of time towards exercise. Adding an additional session to his week supervised by a member of our team.

He has shared that our services have been like nothing he has experienced in the past. He believes our team is truly dedicated to helping him move better, live longer, and be happier on a daily basis.

"They wanted to see improvement just as much as I do. When you have that level of dedication it's tough to beat."

# LATEST SUCCESSES

"SCOTT OTTO"

## Details

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### Scott Otto

- Previous cardiac rehabilitation patient
- Dependent in some ADLs
- Depressed

## Goals at Start of Service

- Improve functional status
- Reduce feelings of depression

Scott came to us following previous physical therapy and pulmonary rehabilitation programs. Though successful, his wife still felt there was more to be had. Scott and his wife are seasonal residents, which meant they would be leaving us during the summer months.

We had four months to provide as much as we could. During this time Scott was dealt some unfortunate news which left him not only deconditioned (the initial reason for service) but also depressed. He was on the verge of giving up all together.

Again, our team stepped up to the plate. Not only are they superb at providing progressive exercise programs aimed at providing benefit on multiple fronts but they care. They become not only a companion, but a friend, a member of the family, and when you care for someone you do anything and everything in your power to provide support.

Scott kept at it, and for the first time in three years, upon his departure from the Naples area, he was able to walk throughout the airport under his own power. In the years prior this was unfathomable and a wheelchair was utilized at all times.