

## Another Success Story from Kentmere Rehabilitation

### Linda Beck

Before coming to Kentmere, Ms Beck was a very active and independent person with all aspects of her daily life. She is 4th generation living on her family farm and runs a couple different businesses there, including guided duck hunting trips. Sadly, while going about her daily chores, she sustained a fall resulting in a severe ankle fracture requiring surgery with multiple pins to repair the joint. After her ankle fracture, she was not allowed to put weight on her right ankle and therefore, had to learn to do her daily activities differently and improve her balance on her left leg to complete life tasks.

Initially, she required hands on weight bearing assist with transfers, toileting and ambulation. OT provided training on using adaptive equipment such a dressing stick to help with lower

body dressing. They had training sessions using Rehab's full size bathroom to practice showering before she returned home. In our therapy kitchen, she practiced light meal prep while also educated on practical ideas on how to rearrange her kitchen so she could manage once she was at home.

PT sessions focused on her gait and balance. Initially, Ms Beck could hop 20', but was not very practical. PT introduced and trained

her to use a rollabout walker that allowed her to keep her weight off her right foot and now she could ambulate distances of 500+ ft independently. She successfully achieved all her rehab goals and was able to return home, with some adaptations, Independently, despite still being non weight bearing to her right foot.

We wish you the best of Luck with your continued recovery and hope you can get back to your kayaking on your marshes soon!

