

Another Success Story from Kentmere Rehabilitation

Edith Dickerson



"I can now get up from a chair and I can walk again! I have gotten a lot stronger"

E. Dickerson

I know a lady doesn't tell her age, but Edith Dickerson is 98 years old and should be proud of it. She was a hard worker during her rehab stay at Kentmere and has the results to prove it!

Edith was hospitalized for about a week and in bed for that length of time. Studies show that with inactivity people lose 10-20% of their muscle mass per week with this kind of prolonged bed rest. This can be difficult to overcome, especially when you are 98 and may already have had pre existing mobility issues and health issues.

Prior to her hospitalization Edith was able to get up from a chair with little help from her family and could ambulate household distances. After being hospitalized, she required a mechanical lift to help her get out of bed and into a chair. She could not stand or walk and

needed 75-100% help to perform ADLs (activities of daily living). By participating in her rehab program daily, she is now back to her prior level of being able to get up from a chair or bed without using a mechanical lift. Edith went from not being able to walk to walking 60' (household distances) with a walker. She also surpassed her baseline score and is now more independent with hygiene,

grooming, dressing and toileting.

Without therapy and the hard work Edith put into it, this story could have ended very differently and she may have needed nursing home placement. It just goes to show participation in the right rehab program can make all the difference.

Congratulations Edith! We are so happy you are able to return home!

