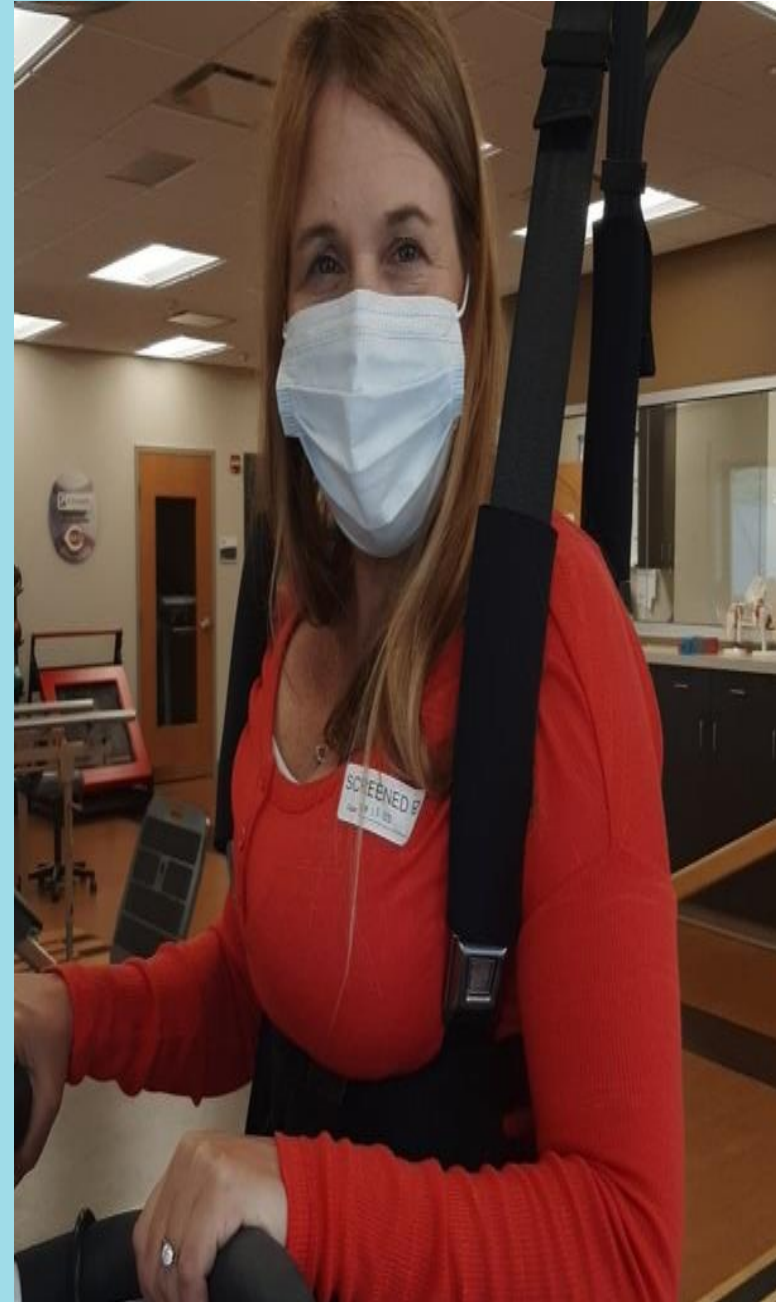
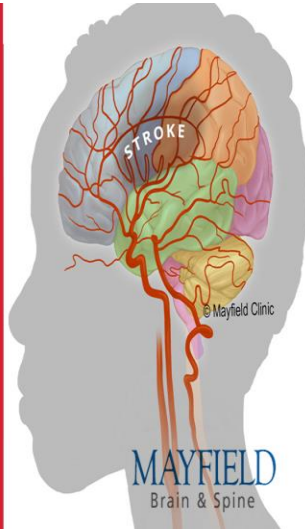
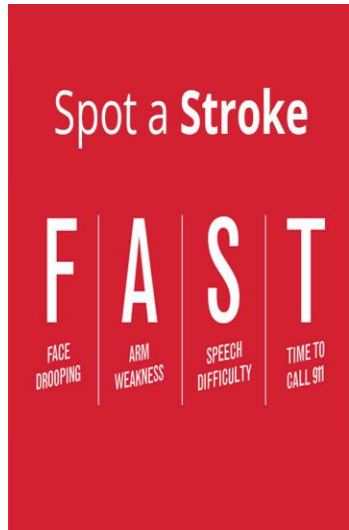


AN INTER-
DISCIPLINARY
APPROACH TO
MAXIMIZE
INDEPENDENCE
POST-STROKE

Wendie Fauerbach, Stroke Survivor
Danielle Albin, PT, DPT, CSRS, LSVT BIG



June 21, 2020



- Occurred in the evening after getting ready for bed
- Fell to the ground, no function on the right side
- Husband took her to the hospital
- TPA issued
- MRI results demonstrated a distal left ACA stroke

THE DAY OF WENDIE'S STROKE

TIMELINE



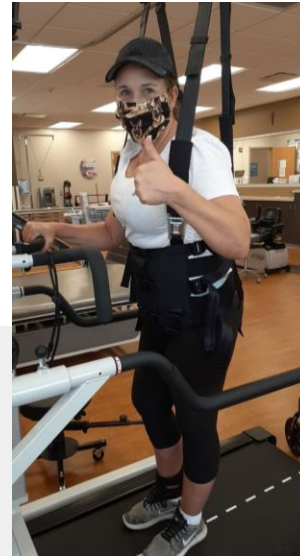
JUNE 21,
2020

Day of
Wendie's
Stroke



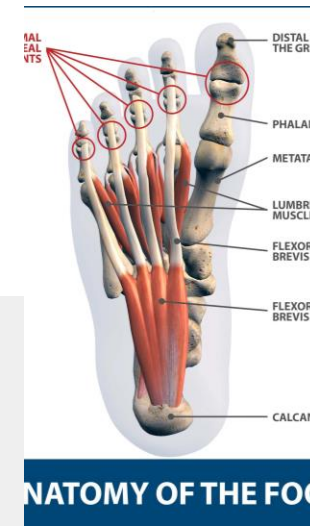
JULY 2020

Inpatient
Rehab at
Gateway



AUGUST
2020

Started OP
PT/OT at
STE



MARCH
2022

Flexor tendon
release
surgery



AUGUST
2022

Personal
bioness
units

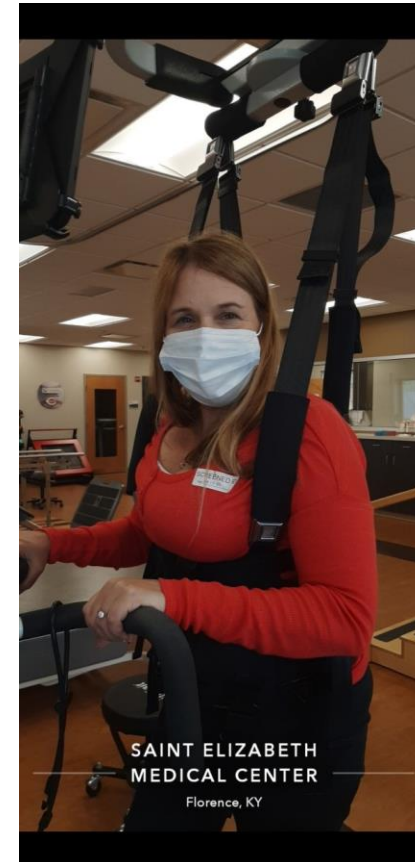
Physical Therapy: August 2020

- Wheelchair for primary mobility**
(walking short distances with walker and AFO)
- BERG balance score 27/56
- Trace muscle contraction in right LE
- Goal: walk without an assistive device**
- Physical therapy focused on right lower extremity (LE) strengthening, coordination, balance, and gait



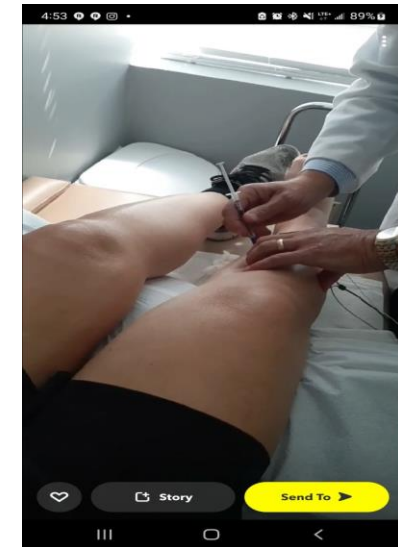
Physical Therapy Interventions

- Gait Training:
 - -Bioness L300 Go devices
 - LiteGait
 - Gait training indoors and outdoors
 - Walking dog outside
- Functional mobility/stair training
- Balance Training
- R LE strengthening
- Floor transfer training



Spasticity Management

- Tone in R LE causing curled toes
 - Pain with weight-bearing
 - Gait deficits
- Interventions
 - Medications from neurologist
 - Botox injections
 - Flexor tendon release on 3/9/22



WALKING PROGRESS

AUGUST 2020:
WHEELCHAIR



OCTOBER
2020: WALKER



FEBRUARY 2021:
CANE-> WALKING
STICK



AUGUST 2022:
HOME
BIONESS
UNITS



SEPTEMBER
2022: NO AD
WITH BIONESS
UNITS
(WALKING DOG)



Physical Therapy

Test	August 2020	December 2022
Right leg strength	Hip and knee: 1/5 Ankle: 0/5	Hip and knee: 4+/5 Ankle: 3-/5
BERG balance assessment	27/56	56/56
TUG	52 seconds with walker	21 seconds without an AD (bioness)
5X STS	28 seconds with heavy UE push	8 seconds without UE push
6min walk test	180ft with walker	480ft without an AD (bioness)

Occupational Therapy Evaluation 8/5/202

Right arm motion and coordination impairments:

- R UE AROM: Shoulder flexion 0-94
Shoulder extension 0-30
Internal Rotation 0-60
External Rotation 0-34
- 9 Hole Peg coordination assessment : 31.54 seconds

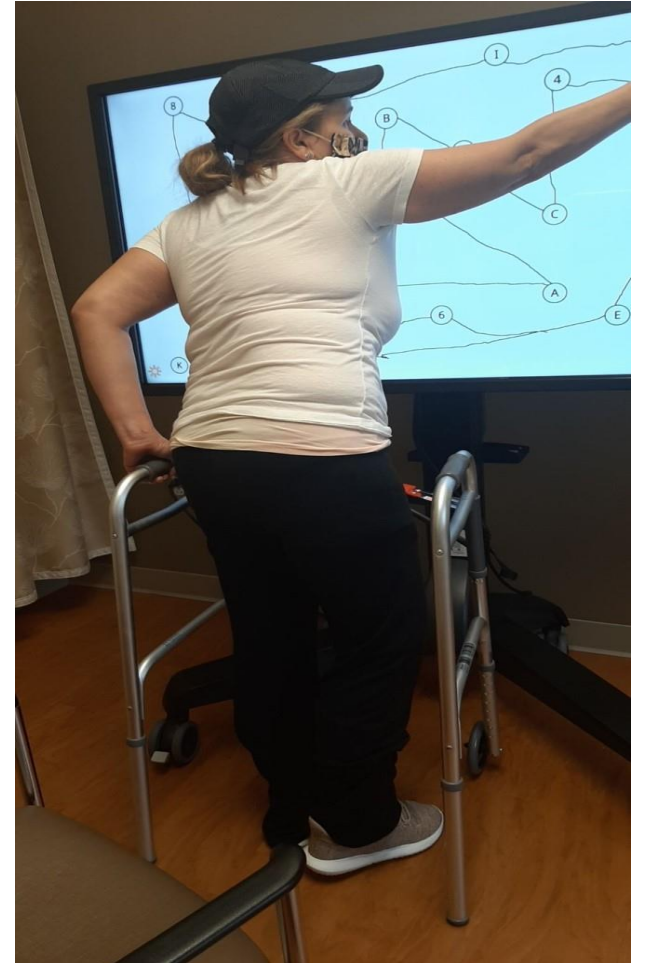


Occupational Therapy Goals

- Fold laundry
- Put on make-up
- Feed herself with her right hand
- Fix her hair with both hands
- Carry laundry up the stairs
- Stand and using the vacuum and Swifter
- Grab the laundry detergent (10 pounds) from the shelf overhead
- Pick up items from the floor
- Sit down in tub to soak
- Driving

Occupational Therapy Interventions

- Neuro-muscular Re-education (PNF, Weight-bearing, coordination)
- Interactive Metronome
- Bioness Integrative Therapy System (BITS)
- Balance, endurance, and strength training
- Self-care and home management retraining
- Functional transfer and mobility training



OT Discharge

1/18/2022

Met all goals!

Right arm motion and
coordination all within
normal range (9 Hole
Peg Test: 19 seconds)



- Positive attitude and motivation!
- Home exercise program
- Home NMES unit
- Equipment for home
- Challenging herself
- Provided motivation for others
- Gym

