

## Sunbridge of Milford

**Name:** D.A.  
**Date of Admission:** 1-22-05  
**Date of Discharge:** 2-17-05  
**Discharge Destination:** Home  
**Diagnosis:** COPD exacerbation

### Past Medical History:

The patient is a 78 y/o female who was admitted to Sunbridge of Milford on January 21 2005 with an exacerbation of COPD. Prior to admission, the patient was living alone functioning at an Independent level. The patient was referred for an Occupational and Physical therapy evaluation upon admission by Dr. Anand. Upon evaluation by OT and PT, the patient was demonstrating decreased upper and lower body strength, decreased activity endurance, decreased standing balance, decreased ambulation(50 feet), decreased self care skills, and decreased home management skills. After discussion with the rehabilitation team, OT and PT felt that this patient was appropriate to participate in the *Keiser* exercise program. The patient utilized the following *Keiser* exercise machines: Lat pull down, Upper back machine, Seated leg curl, Leg extension, and Leg press. The patient utilized the machines 5 days/week for the duration of 2 weeks. Her treatment regimen was 15 repetitions, 3 sets of each exercise for each of the 5 *Keiser* machines. At the time of discharge, the patient made significant gains in all functional areas. The patient was demonstrating Independent functional transfers, Independent ambulation over 150 feet with a rolling walker, Independent upper and lower body self care skills, and Independent with all home management skills. This patient returned home Independently.

### Rehabilitation Outcomes

