

*Providing care with
promptness, sensitivity,
respect, compassion, and
integrity*



Louis Chin works with Jesse Williams, SLP, on swallowing exercises in North Adams Commons newly expanded rehabilitation gym



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Surgery at Brigham & Women's Rehab at North Adams Commons

Case Study

71-year-old Louis Chin, of Pittsfield, is used to being on his feet. With 30 years working in the restaurant business, first on Long Island and then as the owner of the Orient Express restaurant at the Berkshire Mall, he was always on the go. But, recently he began having pain in his upper back accompanied by numbness in his fingers and hands. Clearly something was wrong. Following consultations with specialists, including Sagun Tuli, MD, of the Department of Neurosurgery, Division of Spinal Surgery at Brigham and Women's Hospital. Mr. Chin decided to undergo surgery to repair the spinal condition that was causing his pain. On November 16, Dr. Sagun performed two separate surgeries to address the spine. While the procedures were successful, Mr. Chin still had a long way to go before being able to resume his life as usual. He needed rehabilitation in a specialized nursing environment. He chose North Adams Commons and its newly expanded rehabilitation gym.

Interdisciplinary Team Treatment Plan

Upon his arrival at North Adams Commons, Mr. Chin began a full regimen of speech, physical, and occupational therapies.

Speech Therapy

- The incision from one of the two surgeries was near the throat area, which affected his ability to swallow and speak.
- A speech therapist worked on goal-oriented swallowing skills to allow Mr. Chin to readapt to eating and drinking normally.

Occupational Therapy

- Upper body weight work to increase strength and abilities for ADLs
- Hand-eye coordination work, Wii-Hab, and other techniques further improve his balance and abilities to be more independent.

Physical Therapy

- Exercises with weights and stretching increased Mr. Chin's strength and range of motion to improve his abilities.

Outcome

Mr. Chin was discharged on December 28, and will continue some exercises at home. He was expected to have the brace around his neck removed within a couple of weeks following discharged.

In the Patient's Own Words

"The staff is very good. They help each other and they're very nice. At the beginning I didn't know why they did some things, but now that I've improved, I understand. I look forward to getting back to my normal life."