

“They Are Looking Out for Me” at East Longmeadow Skilled

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



David Murray and East Longmeadow's Jillian Murawski, OTR. Below Jillian administers the E-Stim™ to Mr. Murray's right arm.



Case Study

Even in retirement, 68-year-old David Murray loves to spend time at the family business he launched 33 years ago. Colonial Auto Service is a staple in his hometown of East Longmeadow and now his two sons, Brian and Dan, operate the garage. A great mechanic, but also an excellent businessman, Mr. Murray knows what it means to keep your focus on the customer. After suffering a serious stroke Labor Day weekend, he would be relying on a similar guiding principal of patient-centered care to help him recover and regain his abilities. After receiving his acute care at Mercy Medical Center following the stroke, he stayed at the hospital for four weeks to rehab at the Welden Center. Still, while he made some improvement, Mr. Murray would need a significant amount of rehabilitation in a skilled nursing environment to reach his goal of getting back to a more independent way of life. He chose East Longmeadow Skilled Nursing Center for the best of both disciplines.

Interdisciplinary Team Treatment Plan

Upon his arrival at East Longmeadow Skilled on October 5, Mr. Murray began a daily regimen of goal-oriented physical and occupational therapy.

Physical Therapy & Occupational Therapy

- When he first arrived he had little or no use of the right side of his body, including arms and legs. Therapists used passive range of motion to encourage movement.
- The E-Stim modality was used for both his arm and leg to stimulate neuro-connections and help him regain active abilities.
- With limited active abilities, therapists helped him progress further with standing, balance work, and walking for increasing distances.
- Increasing upper body strength with exercises allowed Mr. Murray to become more proficient in ADLs, mobility with a walker, and other independent tasks.

Speech Therapy

- Therapists used the VitalStim® module to improve his swallowing, and he now is able to eat solid food with thickened liquids.
- Oral motion exercises allowed him to regain abilities to improve his diction and intelligibility has improved significantly.

Outcome: While he still has a way to go before reaching full independence, Mr. Murray continues to improve his skills with a dedicated spirit and the help of the skilled professionals at ELM. He looks forward to being able to get back out to spending time at the garage with his sons at the family business.

In the Patient's Own Words: “The staff is excellent. They all know what their job is and they work very well together. They take the time with you and they take an interest in you as an individual. They are all looking out for me.”

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