

HealthSouth's **L.I.F.E. Program**

Living Independently in Functional Environments

A Case Study



With today's knowledge, research, and expertise, we have been able to demonstrate that rehabilitation works – and improves quality of life. The result? Patients who receive rehabilitation get better faster, and progress to a higher level of function.

At HealthSouth, we're dedicated to providing expert, cost-effective care, producing excellent outcomes and getting people back...to work...to play...to living.®

Background

C.S. is a 36-year old college graduate. He is married with 2 children. Prior to his accident, he had a full-time job, and enjoyed hunting, and being outdoors in his free time. While shoveling snow last winter, he slipped and fell. He sustained a closed head injury and suffered post-concussion syndrome. Immediately after his fall, C.S. went to work, where he began to experience confusion. He was taken to the emergency room and discharged home. Over the next few weeks, he continued to experience difficulties and confusion, and returned to the emergency room. Following several tests, he was discharged and referred to Dr. Lupinacci, and the HealthSouth L.I.F.E. program.

Treatment

- Referred to the L.I.F.E. program.
- Intensive physical therapy, occupational therapy, and speech therapy were initiated to address poor endurance, nausea and vomiting with movement, vision/perception skills, memory and attention to detail.

- As the patient progressed physical therapy addressed compromised gait, balance and coordination.
- As the patient continued to progress physical therapy introduced a new treatment technique, Trazer, for balance and coordination; and added vestibular rehabilitation for his dizziness and vomiting with movement.
- The patient participated in community outings and a pre-driving screening prior to discharge.

Outcome

C.S. received 1 month of occupational therapy, 2 months of physical therapy, and 3 months of speech therapy. Following his multidisciplinary treatment in the L.I.F.E. program at HealthSouth in Hershey, C.S. has resumed his full-time employment, is back behind the wheel, and is enjoying hunting and being outdoors once again. His memory and attention are at 100% accuracy.