

## 'They Work Miracles Here'

Shore Rehabilitation Institute has helped one Bayville woman overcome life's challenges more than once.

**L**inda Longo knows a lot more about facing challenges than most folks. In February 2007, she was rushed to the hospital with a brain hemorrhage. She survived surgery but the brain hemorrhage had caused a stroke. "I couldn't feel my left arm or leg, and I needed four people to help me stand," Linda says.

After spending four weeks in intensive care, she was transferred to Shore Rehabilitation Institute in Brick for acute inpatient rehabilitation.

"Shore Rehab has such wonderful people," she says. "I was in bad shape

when I got here, but the physical therapist was so encouraging and reassuring at each of my sessions."

"It was a rewarding experience to witness Linda's progress during her rehabilitation," says Debbie Murat, Linda's physical therapist. "She was truly a great patient — very dedicated! She worked hard with all her therapists, and that allowed her to maximize her recovery." After four weeks of inpatient therapy, Linda left Shore Rehab, walking with the help of a walker.

She continued outpatient therapy, working with physical therapist Tami Meale and

occupational therapist Rachelle Spencer-Mikita. "The therapists never gave up! My left arm was taking longer to come around but they worked with it to bring back the function. They also brought me to the point where I was walking without any kind of assistance. That gave me back my confidence."

### ANOTHER SETBACK

By August Linda had just two therapy sessions remaining. While shopping one day, she tripped on some store merchandise and fell, fracturing her hip. Again she was rushed to the hospital for surgery.

Linda says she felt discouraged and frustrated with this setback. She returned to Shore Rehab, where once again the therapists boosted her with their encouragement and support. When Linda finished her last outpatient sessions in November 2007, she was walking with a cane.

### HIGH-TECH OUTPATIENT OPTION

In July 2008, Shore Rehab reached out to Linda to see if she would be interested in trialing a new therapy device called the NESS L300™. Patients can purchase the NESS L300 and take it home to continue therapy. It uses mild stimulation to lift the foot. This may make it easier for the patient to walk up and down stairs and on uneven surfaces.

It was a good fit for Linda. She says she can feel the difference when walking with the device. She's even interested in purchasing one for daily use so that she won't need to rely on her brace.

Linda's husband, Philip, reflects on Linda's progress. "After her surgery for the brain hemorrhage, her neurosurgeon said it wasn't likely that she would regain use of the left side of her body. I can't say enough about the caring therapists at Shore Rehab and the work they do here." ■ — *Judee Szaro Treanor*



Linda Longo suffered a stroke that impaired movement in her left arm and leg. But her team of therapists at Shore Rehabilitation Institute — including Tami Meale, shown here assisting Linda — never gave up, and neither did she. Today, function has been restored in her arm and leg, and a new home therapy device helps her walk with greater ease.

### HIGH-TECH HELP

To learn more about the NESS L300™ or other therapies Shore Rehabilitation Institute offers, please call 732-836-4500.