

Ongoing Stroke Rehab Helps Patient Walk Independently



A stroke can affect many parts of your life, from your ability to speak to how you move your muscles. Roseanne Hudak came to SRI to get the full range of therapy and services she needed after her stroke, and today she remains independent.

When you ask Roseanne Hudak, 66, of Toms River, what happened the day she had her stroke, she'll tell you all she can remember is that she woke up and couldn't stand up. "I couldn't feel anything on my left side," recalls Roseanne.

Her husband, Stephen, called **911** immediately. The ambulance brought her to Ocean Medical Center, where Roseanne worked at the time as an access service representative.

After several days in the hospital, Roseanne was taken to Shore Rehabilitation Institute (SRI), which is located within the hospital, to start her inpatient rehabilitation.

"After having a stroke, many patients have to relearn daily living tasks," says Noreen Giovannone, physical therapist coordinator at SRI. "As part of her treatment plan, Roseanne had physical therapy, occupational therapy, and speech therapy."

After spending about a month as an inpatient at SRI, Roseanne continued her therapy on an outpatient basis. She also needed treatment for spasticity. Spasticity is an uncontrollable tightening of the muscles, and it's frequently seen after someone has a stroke. Roseanne had severe spasticity in her left arm and leg. Because it significantly impacted her function, Roseanne was referred to SRI's spasticity clinic, also on an outpatient basis.

"When a patient has spasticity, there are multiple treatment options available. One treatment option is the use of botulinum toxin injections, which decrease signals from the nerves to the muscles," explains physiatrist Jennifer Scheick, M.D.

Roseanne's recovery included this treatment. Along with the injections, she needed to take antispasticity medications and maintain a therapy regime. "As part of managing a spasticity program, some patients may also need nerve blocks and bracing in order to maintain proper positioning of the involved joint," says Dr. Scheick. Roseanne was evaluated in the Prosthetics and Orthotics clinic and was fitted with a NESS L300™ — an electronic device that stimulates certain muscles in her leg to help her walk.

Roseanne benefited from all these interventions at SRI. "We offer the full continuum of care for inpatients, which also carries over into the outpatient setting," Noreen says. "That means patients like Roseanne receive a smooth transition of care, from inpatient to outpatient, and benefit from having all the specialists and experts they need in one place."

Thanks to the treatments she received at SRI, Roseanne currently walks independently with a quad cane. "All the care that I have had has been excellent," says Roseanne. "From the doctors to the therapists, I couldn't have gotten better care anywhere else." ■ — *Robin Krippa*

ABOUT *the* DOCTOR



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WHEN YOU NEED REHAB ...

... look to SRI. For more information about Shore Rehabilitation Institute's inpatient and outpatient programs, call **732-836-4500**.