

Decreasing Pain and Improving Mobility After a Fall Using Shortwave Diathermy, Electrical Stimulation, and Exercise

Fall Prevention
& Balance

Pain Management

Patient Information: Male, Age 80

Diagnosis: Falls / Left Femur Open Reduction Internal Fixation (ORIF)

History: This gentleman was admitted to Oakmont Manor for rehabilitation services following hospitalization due to a fall at home, resulting in a left femur (leg) fracture requiring surgical repair. Prior to his fall, he lived at home with his wife and was independent with activities of daily living and walking.

Pre-Therapy Status:

- Left Hip Pain: Severe (9/10) at rest and with activity.
- Bed Mobility: Maximal (>75%) assistance.
- Transfers: Maximal (>75%) assistance.
- Ambulation: 2 steps with a rolling walker and maximal (>75%) assistance.

Therapy Information:

- Modality: Megapulse® II Shortwave Diathermy / OmniStim® FX² Pro Patterned Electrical Neuromuscular Stimulation (PENS) / OmniCycle® Elite Motorized Therapeutic Exercise System.
- Frequency: 3-5x per week.
- Protocol Specifics: Subthermal shortwave diathermy to decrease left hip pain. OmniCycle® lower extremity neuro mode to improve leg strength and endurance. PENS lower extremity triphasic hip protocol for strengthening.
- Duration: Ten weeks.
- Other Therapy Services Provided: Bed mobility training, transfer training, gait training, balance exercises and therapeutic leg exercises.

Outcome:

- Left Hip Pain: Absent (0/10) at rest; Mild (2/10) with activity.
- Bed Mobility: Independent.
- Transfers: Independent with close supervision.
- Ambulation: 150 feet with a rolling walker and close supervision for safety.

This gentleman is thrilled to have regained his ability to walk without hip pain and attributes this to the diathermy treatments! He is now home with his wife and they are excited to start traveling again.



Megapulse® II
Shortwave Diathermy



OmniStim® FX² Pro
Patterned Electrical
Neuromuscular Stimulation



OmniCycle® Elite
Motorized Therapeutic
Exercise System



Oakmont Manor

1100 Grandview Drive, Flatwoods, KY, 41139 • (606) 836-3187

For information or placement inquiries, please contact our Admissions Coordinator