

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



**Chet Sistek with Squirrel Hill's
Rehab Dir. Phil Ricci, OT (left)
and Paul Lucas, PT**



One-on-One Care, "More Personalized" Rehab at the Commons at Squirrel Hill

Case Study

For 55-year-old Chet Sistek, of McKeesport, it has been a time of change and transition – in his life and in his health. Over the past couple of years arthritis in his knees had taken its toll. He had his right knee replaced by [Thomas D. Kramer, MD, of Greater Pittsburgh Orthopedic Associates](#) in September 2009. Less than a year later, he would have the left knee replaced successfully by Dr. Kramer once again. However, that's when his life was turned upside down by the loss of his job and other issues that would leave him living in a homeless shelter and unable to know where to stay from one day to the next. Literally out on the streets, he believes that unhealthy conditions led to the severe pain that he would begin to feel in the newly replaced left knee. In fact, that may have been case. After going to the emergency room at [UPMC-Mercy](#), it was discovered that his knee had a major infection, which threatened to spread further up his leg and throughout his body. Dr. Kramer was left with no choice but to amputate above the left knee to potentially save Chet's life. Following the surgery, Chet would need a comprehensive approach to help him regain his abilities with the loss of a leg and also skilled nursing to ensure proper healing of the wound. He chose the [Commons at Squirrel Hill](#) for the finest of both worlds.

Interdisciplinary Team Treatment Plan

After arriving at [Squirrel Hill](#) in late November, Chet began a regimen that included physical and occupational therapy to improve his strength and skills to allow the eventual fitting of a prosthesis.

Physical Therapy & Occupational Therapy

- In order to help address phantom pain (typical with amputees) therapists used desensitization methods, engaging the amputated area with different textures.
- Flexing of the leg, exercises on the gluteus muscles and hamstrings on the left side helped improve strength in anticipation of the prosthesis.
- Standing with assistance on the right leg, work on the parallel bars, and isometrics while standing further improved his balance and strength while standing.
- He progressed from using a wheelchair to ambulating with a walker.
- Upper body strength work was important to allow Chet to transfer and to hold himself up while standing and also to help him with ADL proficiency.

Nursing

- Nursing staff monitored his healing wound and changed dressings regularly.
- Staff provided medication to reduce the possibility of infection in the wound.

Outcome: Chet continues to improve and will soon be ready for a prosthesis fitting as his wound heals. He looks forward to getting back on track in his own home.

In the Patient's Own Words: "I love the staff here. They definitely kept me motivated. I'd recommend [Squirrel Hill for rehab](#). The staff provides closer one-on-one work, it's more personalized."

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