

# Celebrate Rehab **SUCCESS**



We are pleased to share another wonderful success story from:  
East Alabama Medical Center Lanier Acute Rehab Unit

## East Alabama Medical Center – Lanier ARU

### Bobby Ponds

Admitting Diagnosis: Stroke

Admission Date: 1/19/22

Discharge Date: 2/8/22

Discharge Location: Home with Home Health

### Success Story

Mr. Bobby Ponds reported to Piedmont Columbus Regional Midtown ER on January 13<sup>th</sup> with left sided weakness and was found to have had a stroke. His acute care stay was also complicated by GI bleeding, hypertension, acute kidney injury, anemia, and poorly controlled diabetes.



Prior to this hospitalization, Bobby was independent with his basic self care and was able to drive and perform activities in his community. Following his stroke and upon arrival to the Lanier Acute Rehab Unit, Bobby was unable to perform any of his self care without help and required a mechanical lift to safely get out of bed. He needed the help of two people to even sit up on the side of the bed.

Bobby worked very hard with PT, OT and ST services during his 21 day stay and surpassed his original goals set by his therapists! His medical team was able to improve his glucose management in addition to managing his kidney injury and gastric issues. At discharge, he was able to walk over 300 ft, climb a full flight of stairs and perform all of his self care with occasional steadying for balance and some reminders for techniques he learned with his therapists. His family were able to be trained on these reminders and be involved with his care before Bobby went home. Bobby said he was looking forward to “taking my skills from here to home” and that the therapists “did great work!”

When asked what he thought about his rehab journey, Bobby said “I’m proud of myself!” He frequently passed the Rehab Star board of success stories between his room and the rehab gym and set a personal goal to make it on the board.

We are so proud of you and happy to see you going home! Congratulations on making the Rehab Star Board Bobby!

**For more information or referral needs, contact: 334.476.3811 or 334.476.3813**

Rehab Program Managed by:

