



# Another Northeast Rehab success story from Lahey Clinic...

Name: Christopher Tarasco  
Diagnosis: C4-C5 anterior cervical discectomy and fusion for severe cord compression  
Case Manager: Zachery  
Admitted on: June 17, 2011  
Discharged on: July 2, 2011

On Admission Christopher had decrease functional mobility, impaired coordination, poor balance and diminished sensation in his right lower extremity. He required moderate assistance to walk 100' with a cane. He had multiple losses of balance, needed minimal assistance for transfer and required assistance with ADL's and home management.

Prior to the development of his current condition, Christopher had suffered from right sided hemiparesis that resulted in a contracted right arm stemming from a childhood stroke and resection of a brain tumor as a child. Additionally, he is S/P C4-C5 discectomy and C4-C6 fusion and has a congenital heart condition for which he had a CABG at age 12.

Before his left side weakness started, Christopher was very independent. He was able to perform all ADLs, ambulate, and even drive independently. He knew the weakness on his left side had become a real problem when he could no longer beat his girlfriend on the Xbox. Living with right sided limitations since childhood, the prospect of losing left sided function was extremely frightening for him.

During admission, OT/PT worked on functional mobility skills (walking, stairs, curbs, transfers) and ADL's (bathing dressing, grooming and home management skills). Christopher also worked with Therapeutic Recreation using the Wii and Wii Fit with the balance board. He walked outside to progress his endurance as well as balance on uneven surfaces. Additionally, Christopher went to our orthotic clinic and was fitted with an AFO to improve ambulation and ankle positioning.

Upon discharge Christopher was at a modified independent level with ADL's and was able to walk independently with his brace with no loss of balance. He is continuing OT/PT on an outpatient basis to continue to progress his balance, strength and independence in home management.

*"I have 100% gratitude to the rehab team here. I wouldn't be going home if it wasn't for this rehab team."*

