



RehabMatters

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Sandy Moeller Got Out What She Put In!

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As Sandy Moeller was getting ready for work on a January morning in 2008, she collapsed on her bathroom floor. The 49 year old Pine-Richland School Teacher was unable to speak or move her right side. Fortunately, her husband Tom had not left for work and called 911.

Sandy was Life Flighted to Mercy Hospital in Pittsburgh where she was determined to be a candidate to receive tPA. [Tissue plasminogen activator (tPA) is a thrombolytic agent (clot-busting drug). It's approved for use in certain patients having a heart attack or stroke. The drug can dissolve blood clots, which cause most heart attacks and strokes. tPA is the only drug approved by the U.S. Food and Drug Administration for the acute (urgent) treatment of ischemic stroke.] She was then transferred to UPMC Presbyterian Hospital to undergo a procedure to remove the clot causing the stroke. Over the next several weeks, Sandy received close monitoring and rehabilitation for her impaired speech and her right sided weakness.

"I was in good health and never had any warning signs," Sandy said. Sandy's stroke did not affect her memory; however, she had significant difficulty with her speech and the movement on her right side.

After returning home in March of 2008, Sandy continued on with her therapy at HealthSouth Harmarville. "I was able to walk with a quad cane," said Sandy, "but unable to speak. I had a lot of motivation that first year to work hard in my therapies and get better, but every day was a real challenge."

According to Sandy's Occupational and Hand Therapist Jan Wilson, "Sandy is an incredibly motivated woman. She does all the home management, mainly with her left hand but she does try to use the right at any opportunity. Sandy also completed the pre-drivers evaluation, went on to the drivers training program and now drives independently. Sandy wants to work on baby care skills for when she becomes a grandmother. We have ordered the SAeobflex orthosis and will be training her in hand therapy as soon as the device arrives."

"Sandy has always been very dedicated to her rehab," said Josh McGowan, Physical Therapist. "In the initial stages of her out-patient program, Sandy expressed her goals to walk with a more normal pattern and without her right AFO (Ankle Foot Orthosis)." After utilizing the Bioness L300 and the AutoAmbulator in therapy, Sandy was able to walk independently without her AFO. We are now concentrating on regaining control of her stability and improved use of her right arm. Sandy continues to exhibit the same drive and dedication with this phase of her rehabilitation."



Sandy's positive attitude throughout her recovery has always been to **"try as best as I can every day and make it the number one priority."**

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