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Fred Honsberger

“Break A Leg” Takes On New Meaning To Showbiz Legend!

By Ann M. Ciotoli

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When Fred Honsberger suffered a fall in October, 2006, he did not realize the challenges that lie ahead for him. KDKA Radio’s “Voice of Pittsburgh” was about to discover that his career and lifestyle would be put on hold in the months leading up to the 2006 elections.

Admitted to Allegheny General Hospital in October of 2006 with a right tibia fracture, Honsberger’s injury was treated non-surgically. He was placed in a splint by orthopedic surgeon, Dr. Jeffrey Sewecke and instructed that he could not weight bear for approximately eight to ten weeks and that inpatient rehabilitation was the next step in his continuum of care.

After considering his options, Honsberger chose HealthSouth Harmarville. “I chose Harmarville for its reputation and had also heard Myron Cope talk positively about it on many occasions,” Honsberger said. According to his attending physician at Harmarville, Dr. James Kreshon, “The tibia bone is the prominent bone used for weight bearing. Because of the type of fracture Mr. Honsberger sustained, he was very limited in his mobility and actually was at risk for further injury to the leg if restrictions were not followed.”

When first admitted to Harmarville, he was frustrated with being away from home and realized he needed extensive therapy to improve his mobility. “Mr. Honsberger had some other medical issues in addition to the fractured leg, yet he remained motivated and focused with his plan of care,” said Dr. Kreshon. Requiring assistance with daily care including dressing, bathing and mobility, Honsberger received three hours of physical and occupational therapy daily to improve



his strength, mobility and independence with self care. “As my stay at Harmarville progressed, I was motivated and encouraged by the staff’s understanding of what I was going through. By urging me to push myself, I was able to see the positive effects of the therapy,” Honsberger said. “It’s tough being out of commission, especially during the elections,” he continues. “I was, however, able to do a broadcast from my room at Harmarville during my stay which helped me keep connected with my audience.”

After several weeks of therapy, Honsberger was cleared by Dr. Sewecke to proceed with touch down weight bearing on the affected leg. It allowed him to walk with a walker for short distances, and placing a limited amount of weight on the leg. At the time of his discharge two weeks later, he was able to walk more than 200 feet with a walker. Honsberger was also fairly independent with other aspects of self care and mobility.

Fred Honsberger recently celebrated his thirty year anniversary with KDKA Radio. Congratulations Fred from your friends at HealthSouth Harmarville Rehabilitation Hospital!

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