



“I’m Larry Coyne and I’m *Moving Forward.*”

I want to thank the **Allisonville Meadows** physical therapists, Ruchira and Bob very much. In 2013 I was on a medical leave of absence from my job at Fry’s Electronics due to hip replacement surgery. After surgery I chose Moving Forward Rehabilitation. The physical therapists worked on my walking, balance, and reflexes. They explained my treatment and how it related to my job. They made sure I could do all the requirements of my job. I returned to work at age 75 and worked until age 78 when I was diagnosed with a heart condition.

After bypass surgery in 2016, I again chose Moving Forward Rehabilitation. Due to the large chest bone incision, the hospital gave me a list of sternal precautions. I had to avoid lifting, pushing, pulling and reaching back. I had to learn to rise from sitting position using my legs only. The physical therapists carefully studied my sternal precautions. They taught me to rise using my legs only. They gave me special exercises for leg and foot strength as well as arm strength. I was taught to be careful letting things above shoulder level. I was told not to move heavy furniture and to ask for help when needed. They gave me good cognitive tests for short term retention. I finished Moving Forward Rehabilitation, returned to my job, and continued my career. Thank you very much.”

I’m Moving Forward

Our Moving Forward program is designed for those striving to restore abilities lost due to stroke, cardiovascular difficulties, orthopedic surgery and other debilitating conditions. Programs vary in frequency and intensity and include physical, occupational and speech/ language therapies. Our goal is to return our participants home safely with the skills they need to continue life on their own terms.

Call Allisonville Meadows to learn more about The Road to Recovery!



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