



Physical Therapy at Maristhill... Strength, Confidence & Encouragement

Gladys Seeholzer, with her sweet smile and soft-spoken manner, doesn't look much like the fighter she claims to be. But the petite woman has faced – and overcome – serious medical issues as a result of her determination and courage, and with some help from Maristhill's rehab specialists.

In August of 2009, Gladys's peaceful life, spent with friends in her crochet group or assembling meals as part of her volunteer work with *Meals on Wheels*, was turned upside down when her esophagus was ruptured during a medical procedure.

This serious and unexpected health setback ushered in a recovery process that would last several months, and that would eventually bring Gladys to Maristhill to complete the rehabilitation necessary for her return home.

Complete Rehabilitation Solutions– One Step Beyond

Twice-a-day rehab sessions at Maristhill helped Gladys regain strength, and a team of caring physical therapists helped restore the confidence necessary to take those first steps. Gladys especially credits one physical therapist, who encouraged her to move outside her comfort zone and take her rehab sessions outdoors. Gladys was initially reluctant to do so, worried that she wasn't quite strong enough. "But we did it, and it was such a thrill to go outside!"

“Day, evening and night, the nurses were great!”

Gladys adds that the staff at Maristhill made every effort to ensure she was comfortable and paid close attention to the special eating difficulties caused by her esophageal injury and by another co-existing condition, diverticulitis.

Due to these issues, she could only eat specific foods, and she says the nurses were extra-attentive, helping her with whatever she needed.

“Day, evening, and night, the nurses were great!” she says.

The Maristhill experience helped Gladys exercise both her mind and her soul. She especially liked playing – and winning – games that tested her physical endurance, and still remembers the feeling of accomplishment that accompanied that feat.

Before long, Gladys was ready to return to her own home in Waltham, where she lives alone. These days, she can be found relishing in her reclaimed independence, once again engaged in an active life-style that involves working in her yard, exercising or crocheting.

Life, she says, is back to normal now, and that's the way she likes it. “I'm leading a pretty good existence,” she says with a smile.

“I may be limited... but I survived it all!”

