

Coming home for therapy just makes sense...

Bob Hoeft

His daughters can't believe he's already walking around...

His daughters can't believe he's walking around and doing things already, but Bob Hoeft feels great. And why not, for the first time in a long time his knees aren't killing him.

"They were just worn out, I couldn't go any longer," the 78-year-old Charles City resident said. "So, I had both of my knees replaced, the first on Dec. 20 and the other on Feb. 28."

Just one month later, Hoeft sat smiling in the rehabilitation room at Special Medical Services (SMS) as he bent his newest knee back 90 degrees and forth again, repeating it with little effort.

"It's surprised me how good it's come," he said. "I've been able to go into the grocery store to get groceries and yesterday I raked the yard. I can stand up at the sink and do dishes — before it hurt just to stand. Now I don't even know the (new knees) are there."

"I bring that walker in here just to make them feel better," he added of the SMS staff. "I don't want to ruin all their good work so far, so I do keep it handy. But I feel great — and I truly believe Special Medical Services is a big reason why."

Located within Floyd County Medical Center at 800 11th St., Special Medical Services offers a licensed and professionally-trained staff that believes in personal attention and working together with their patients during the rehabilitation process.

"I had my surgeries done in Mason City and my doctor suggested rehabilitating

in Charles City (at Special Medical Services), because he said he had heard it was a good place," reported Hoeft.

Then again, he already had first-hand knowledge of that.

"I had heart surgery a couple of years ago and did my rehab here. Man, they were good. They know what the heck they are doing," Hoeft remarked.

"They know what the goal is, they know what you

should be able to do and work with you to reach that goal. Better yet, they talk with you and not at you. They are real good that way in making you part of the program."

He explained the SMS staff began working with him just four days after

"I kind of enjoy coming in because of that. They are just good people here."

He has been coming to SMS three times a week since his surgeries and reports he is close to having full range of motion again.

"I'm never going to squat down

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surgery, coming up to his room at Floyd County Medical Center after he was transferred to a swing bed there.

"They came up and got me twice a day. We started out with just taking one little step that first day and took it slowly from there on. They do what you can do, asking you if it hurts too much and then backing off if need be instead of just forcing the knee to bend to see how far it will go," said Hoeft. "They do good in making you stay with it, though, to reach your goal."

Just as important, he added, they treat you as an individual.

"It seems like they know your personality. Different ones worked with me, but they all know me," said Hoeft.

again, but there's really nothing I can't do now that I want to," said Hoeft. "I can't tell you the difference this has made. My knees have hurt since before I retired 15 years ago (as a 40-year lineman for MidAmerican Energy). The last 5-6 years on the job I couldn't climb the pole anymore. I just rode up in the bucket. Now, to be able to walk pain-free — it is a great feeling."

He added he would recommend rehabbing at Special Medical Services for anybody.

"They are wonderful," said Hoeft. "In fact, I've already recommended them to a couple of people."

Special Medical Services



Physical Therapists

Dennis Grant, PT, RVT, RCP • Bret Kruthoff, DPT, ECS, ATC, RCP, RVT
Troy Loeckle, DPT, RCP, RVT

Floyd County Medical Center

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