

Coming home for care  
just makes sense to...

# Joann Nixt

Joann Nixt's only regret in having both of her knees replaced within a three-month time period is that she didn't do it sooner.

"I should have done this 10-15 years ago. I'm sorry I let it go this long," said the Greene resident.

She certainly is not sorry she chose to do her rehabilitation therapy at Special Medical Services in Charles City,

has her well on the road to recovery

"My right knee has bothered me for 20-25 years and I had very little range of motion in it for that many years," explained Nixt. "Through therapy I am regaining range of motion I haven't had in a long time."

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She had a total knee replacement in her left leg performed at Mercy Medical Center in Mason City on March 9 of this year, then on June 1 Nixt followed that up with a total knee replacement in her right leg.

"They were just worn out from wear and tear," she said. "I also had lots of bone spurs behind my knees which limited my range of motion."

Nixt chose Special Medical Services for her rehabilitation based on a suggestion from a friend — and past personal experience.

"I had been here before with a shoulder and neck problem approximately two years ago and knew it was a very good place to come," she reported. "They are very nice and know what they are doing — they have helped me a lot. That's what you need."

Nixt jokes that the staff at Special Medical "pressures" you to get

better, but at the same time noted they listen to her if the exercises are too much and backs off if needed.

"It's good that they push you, because that's what you have to do in order to get better," she said. "And I'm doing real well, so I'm told. My

knees are pain-free and my range of motion is improving all the time."

For an hour three times a week Nixt visits its Special Medical

Services and undergoes a variety of supervised exercises designed to strengthen and increase flexibility in her new knees.

"I do the Nu-Step for about 10 minutes and that loosens (her knees) up nicely," she commented. "They also have me doing some exercises on my own at home twice a day on the days I don't come in."

She is doing so well, in fact, that she remarked her parish nurse is telling anybody thinking of putting off a knee replacement to come and talk to Joann Nixt.

"I would highly recommend it — as I would coming to Special Medical for rehabilitation," Nixt said. "The staff here is genuinely concerned about you, they are very friendly and always greet you when you come in. They all take the same caring interest in you and I think that really sets them apart. I very highly recommend them."

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though. The certified and well-trained staff at 800 11th St. — located within the Floyd County Medical Center —

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## Floyd County Medical Center

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