



**Reeves County**  
Hospital District

**Press Release**  
**FOR IMMEDIATE RELEASE**

**Media Contact**  
Venetta Seals | [rhcacares@rchd.care](mailto:rhcacares@rchd.care)  
(432) 447-3551, ext. 6350

## **Delaying Physical Therapy Can Lead to Prolonged Pain**

*Local physical therapy program helps patients manage pain and improve mobility.*

PECOS, Texas (March 1, 2021) – For many patients, physical therapy is key to getting back to everyday life. Rehabilitation programs have been shown to help patients improve mobility and manage pain, thereby reducing the need for powerful medications.

Like any treatment recommended by a provider, beginning physical therapy right away is often key to success. However, many people have chosen to delay certain healthcare services, including physical therapy, due to fear of COVID-19.

“Your health can’t wait,” said Lori Diaz, PT, DPT, Director of Physical Therapy Services at Reeves County Hospital District. “Physical therapy has been shown to improve quality of life for many people. Don’t delay the healthcare services you need.”

Although physical therapy is often associated with recovery following a sports-related injury, it has been shown to help people with a variety of health conditions, including pain management that reduces the need for powerful pain medications. Many patients with general weakness or who are recovering from surgery can benefit from a physical therapy program.

Those who choose to delay physical therapy services when they are recommended can risk prolonging their pain or making their condition worse. That is why taking advantage of local healthcare services is a good idea.

When patients need rehabilitation services, having a safe, comprehensive physical therapy program nearby offers convenience. In Reeves County, Physical Therapy Services at Reeves County Hospital District helps patients manage pain and recover strength and mobility without the need to leave the community.

**MORE**



## **Delaying Physical Therapy Can Lead to Prolonged Pain**

### **Page 2**

Because patients often require multiple appointments per week, travel can be a burden. With physical therapy services available in Reeves County, patients can cut down on drive time, which helps ensure they don't miss their appointments.

Physical therapy uses various forms of movement and exercise, manual therapy, education and guidance to help patients recover strength and mobility. Physical therapists design individualized programs to help patients regain or improve their physical strength, motion, balance and overall quality of movement to improve their ability to carry out daily activities and their quality of life.

Through RCHD, licensed physical therapists help patients improve mobility, manage pain and restore overall function. The department is staffed by three physical therapists, two physical therapy assistants, and two physical therapy aides.

Patients recovering from surgery or living with certain orthopedic conditions such as low back pain, rotator cuff injuries, knee degeneration or balance disturbances can improve their strength and mobility through a physical therapy program recommended by a physician. Those who suffer from congenital or acquired conditions can also benefit from a physical therapy program. Goals are outlined based on a patient's specific condition.

RCHD offers physical therapy as an outpatient service as well as part of its Swing Bed Program. Swing Bed allows patients who are not quite ready to return home to continue recovering in a hospital setting following a hospital procedure. According to Diaz, patients in the Swing Bed Program often require further recovery services, such as physical therapy, to help them transition home.

Physical therapy depends on a person's condition, which means that treatment is personalized for each patient. Working closely with a patient's physician, physical therapists develop a program that uses any number of techniques, including methods of pain reduction.

"For many people, physical therapy is key to getting back to their everyday lives," Diaz said. "You can take comfort knowing that a rehabilitation program is available in a safe environment here in the community."

**MORE**



## **Delaying Physical Therapy Can Lead to Prolonged Pain**

### **Page 3**

If your healthcare provider recommends a physical therapy program for your recovery, ask for a referral to Reeves County Hospital District.

To learn more about local healthcare services or to find a provider, call Reeves County Hospital District at 432-447-3551 or visit [www.reevescountyhospital.com](http://www.reevescountyhospital.com).

### **About Reeves County Hospital District**

Reeves County Hospital District (RCHD) provides healthcare services for people in Reeves County and neighboring communities in West Texas. Founded in 1954, RCHD, a Level IV Trauma Center, offers a wide variety of medical services, including emergency care, diagnostic radiology, physical therapy, general surgery, a clinical laboratory and more. RCHD also operates American Home Health and Hospice and the Pecos Valley Rural Health Clinic, which offers family care, immunizations and other medical services. For more information, please visit [www.reevescountyhospital.com](http://www.reevescountyhospital.com).

###