



**Press Release**  
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## **Stronger Every Step**

Cardiac Rehabilitation at Reeves Regional Health Supports Recovery

**PECOS, Texas (Feb. 23, 2026)** — — A heart attack or cardiac procedure can change life in an instant. While emergency treatment addresses the immediate crisis, full recovery requires more than time alone. Reeves Regional Health is helping patients move forward safely and confidently through its comprehensive Cardiac Rehabilitation Program in Pecos.

Cardiac rehabilitation is a medically supervised program designed to strengthen the heart, improve endurance, and reduce the risk of future cardiac events. The program combines monitored exercise, education and personalized guidance to help patients regain strength while learning how to protect their heart long term.

“Recovery doesn’t stop when a patient leaves the hospital,” said Dennis Ali, PT, DPT, Director of Physical Therapy at Reeves Regional Health. “Cardiac rehabilitation gives patients structure, support and reassurance. It allows them to rebuild strength safely while understanding what lifestyle changes can truly make a difference.”

Heart disease remains the leading cause of death in the United States. Risk factors such as high blood pressure, high cholesterol, diabetes, obesity, smoking and inactivity significantly increase the likelihood of developing cardiovascular disease. In many cases, these risks develop gradually over time — often without noticeable symptoms.

That is why prevention plays such a critical role in long-term heart health.

“Many cardiac events are influenced by lifestyle factors,” Ali said. “Improving diet, increasing physical activity and maintaining regular wellness exams can dramatically reduce risk. Cardiac rehabilitation reinforces those habits and gives patients practical tools to apply them.”

Participants in the Cardiac Rehabilitation Program attend supervised sessions where trained clinical professionals monitor heart rate, blood pressure, oxygen levels and overall response to exercise. Activity plans are customized based on each patient’s diagnosis, physical condition and physician recommendations. Over time, patients gradually build endurance and cardiovascular strength in a controlled environment.

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For many individuals, the greatest benefit of cardiac rehab is the confidence it restores.

“After a heart event, it’s common for patients to feel uncertain about what they can safely do,” Ali said. “They may be afraid to walk too far, lift something heavy or even increase their daily activity. Our team helps remove that fear. We show them, step by step, what their heart can handle and how to continue progressing safely.”

Beyond exercise, education is a cornerstone of the program. Patients receive guidance on heart-healthy nutrition, including reducing sodium intake, limiting saturated fats, increasing fruits and vegetables and maintaining appropriate portion sizes. Even small dietary adjustments can improve blood pressure and cholesterol levels over time.

Physical activity outside of structured rehab sessions is also emphasized. Patients are encouraged to incorporate consistent movement into their daily routine — whether through walking, light strength training, stretching or other low-impact activities approved by their provider.

Stress management is another important component of heart health. Chronic stress can contribute to elevated blood pressure and unhealthy coping habits. Through education and support, patients learn strategies to better manage stress and prioritize overall wellness.

Studies consistently show that patients who complete cardiac rehabilitation are less likely to experience repeat cardiac events and are more likely to adopt long-term heart-healthy behaviors. Participation is associated with improved physical strength, better cardiovascular function and enhanced quality of life.

“Cardiac rehabilitation is not just about recovering from something that happened,” Ali said. “It’s about preventing what could happen next. When patients understand their risk factors and take active steps to address them, they gain control over their future health.”

The Cardiac Rehabilitation Program is housed within Reeves Regional Health’s modern medical campus in Pecos, providing convenient access for residents of Reeves County and surrounding communities. Keeping this service local allows patients to focus on recovery without the added stress of traveling long distances for follow-up care.

Most Medicare and private insurance plans cover all or part of cardiac rehabilitation for qualifying conditions, including heart attack, heart surgery, heart failure and certain cardiovascular procedures. A referral from a medical provider is required before enrollment.

Reeves Regional Health encourages individuals who have experienced a cardiac event to speak with

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their primary care provider or cardiologist about whether cardiac rehabilitation may be appropriate. Regular wellness exams remain a key component of prevention, helping identify high blood pressure, cholesterol concerns and other risk factors before they lead to more serious conditions.

If you or someone you know has experienced a heart attack, stent placement or another heart-related condition, Reeves Regional Health encourages you to contact the Cardiac Rehabilitation Program. The team can help determine whether you or your loved one qualifies for cardiac rehab, which is covered by most health insurance plans.

To schedule an appointment with a provider at Reeves Regional Rural Health Clinic, call 432-447-0565. For more information about the Cardiac Rehabilitation Program, call Reeves Regional Health at 432-447-3551, Ext. 1266 or 1267.

Through structured recovery, education and prevention-focused care, Reeves Regional Health continues to help patients take stronger steps toward better heart health — one day, and one heartbeat, at a time.

**About Reeves Regional Health**

Reeves Regional Health (RRH), a non-profit Level IV Trauma Center in Pecos, Texas, has been caring for Reeves County and surrounding West Texas communities since 1954. In 2022, the hospital opened its new facility, combining modern technology with the warmth of hometown care. In 2025, RRH was recognized as one of the Top 100 Critical Access Hospitals nationwide and also earned National Recognition as a Center of Excellence in Surgical Safety by the Association of periOperative Registered Nurses (AORN).

Our Mission and Vision: We are committed to exceptional care through servant leadership and strive to be the trusted beacon of health in our region—enhancing quality of life through innovation, compassion, and excellence. Guided by our WECARE values—Wellness, Excellence, Compassion, Accountability, Respect, and Equality—we put patients and families at the heart of everything we do.

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