



**Press Release**  
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## **Recovery Made Easier with Physical Therapy Program in Pecos**

*Rehabilitation programs help local patients recover following surgeries, injuries, or other medical conditions.*

PECOS, Texas (May 1, 2023) – We often hear about physical therapy after people enter a program following an injury or accident, especially sports related. But did you know that physical therapy can also significantly affect your ability to get back to what you used to do following certain surgeries or an accident.

For Dennis Alibangbang, PT, DPT, Director of Physical Therapy at Reeves Regional Health (RRH), the work of a physical therapist is key to helping patients recuperate.

“The difference in recovery between someone who participates in a physical therapy program and someone who does not can be night and day,” Alibangbang says. “From recovery time, to the ability to regain their range of motion, improvement in strength not to mention the reduction in pain, physical therapy will make a difference.”

Physical therapy is an approach to rehabilitation that utilizes various forms of exercise and equipment specifically designed to assist people in regaining or improving their physical strength and motion.

Licensed therapists work individually with each patient and medical provider to develop a personalized rehabilitation plan. Goals are outlined based on the patient’s condition, and a program is carried out that focuses on meeting recovery goals.

Common after debilitating injuries, accidents, or surgical procedures, physical therapy works by restoring a patient’s ability to function by minimizing their physical impairment. Those patients with congenital conditions, or delays with gross motor development skills, such in crawling, walking, running, throwing, catching, etc., or acquired conditions, also have much to benefit from a physical therapy program.

“The progress of our patients is measured in numerous ways, closely monitored to ensure that patients are reaching their individual goal,” Alibangbang says. “Based on the condition, we might monitor their balance, endurance, flexibility, range, speed of motion, and strength, among other factors.”

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There are many reasons patients enroll in a rehabilitation program, not just because of the obvious such as post-surgery or after an accident.

“Commonly, we see patients experiencing pain and difficulty with daily activities due to arthritis, or they may have recently had a stroke, a respiratory condition, or are simply recovering from a sports-related injury,” Alibangbang explains. “However, there are a plethora of reasons people seek physical therapy.”

Because rehabilitation programs are personalized, based on the patient’s condition, the physical therapists at RRH can cater to almost any patient with a condition that can benefit from physical therapy. Treatment is often dependent on a patient’s condition. Therapists develop a program that utilizes any number of techniques, including methods of pain reduction.

“PT is not just about “exercise”, Alibangbang said. “It is more often correcting the way we move in our daily activities. For instance, there are a number of reasons why our neck or back hurts – and we need to analyze the activities that we do in our daily life to determine the cause, and then improve how to move.

“Doing our daily activities, such as standing up from sitting, walking, looking at the blind spot when driving, etc. and correcting the positions of our spine and joints, can often times make a huge difference. We only have one body, and we have to take care of it,” Alibangbang noted.

With the new RRH medical campus in Pecos, the physical therapy department boasts more room to accommodate additional equipment, expanded space for rehabilitation programs and techniques, and consultation rooms.

“It takes time to settle into a new space, but we are enjoying the new facility, and our patients continue to provide positive feedback about the new environment,” Alibangbang adds. “It’s not hard to see why because they immediately experience the difference between the old hospital and the new one.”

RRH began serving patients from a new 140,000-square-foot medical campus in November 2022, replacing a nearly 45-year-old hospital nearing the end of its usage. The physical therapy center and related capabilities were critical when designing the new facility, resulting in the specialized department.

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**Reeves Regional Health**

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“We’re excited to have more space to help accommodate more patients and have the ability to provide additional equipment and rehabilitation service offerings in the future,” Alibangbang adds.

If you have recently suffered from an accident, are recovering from surgery, or have a medical condition that you think might benefit from physical therapy, ask your medical provider if a physical therapy program is right for you.

### **About Reeves Regional Health**

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice, and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit [www.reevesregional.com](http://www.reevesregional.com).

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