



Press Release
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How to Reach Your Exercise Goals and Avoid Injury in 2024

Reeves Regional Health Physical Therapy offers tips for staying fit in the new year.

PECOS, TX (Jan 8 2024) – As the new year kicks off following a holiday season full of treats and celebrations, exercise will be on many people’s lists of New Year’s resolutions. Reeves Regional Health (RRH) is encouraging residents to pursue their wellness goals in 2024 by offering support and education.

According to Dennis Alibangbang, PT, DPT, Director of Physical Therapy patients often receive treatment for sports-related injuries. And, many common injuries can be avoided with a little care and planning.

To help those hoping to commit to fitness this year, RRH Physical Therapy Department is offering tips for committing to exercise and avoiding injury.

Mark your calendar

“When it comes to reaching your fitness goals, your secret weapon is consistency,” Alibangbang said. “Put it on your calendar. When you make exercise a priority like work or other appointments, you are more likely to follow through.”

Alibangbang added that exercising doesn’t have to take two or three hours. Even if you only have 20 or 30 minutes, adding exercise to your routine a few days a week can help you maintain and improve your strength and overall wellbeing.

Alibangbang also noted that form is important. “How we stand, how we get out of bed, how we walk all will have an impact on how our bodies responds or reacts.”

Find a partner

“One of the things our patients really enjoy when they come in for their physical therapy appointments is the social aspect,” Alibangbang said. “Being able to interact with someone while you are exercising makes it a lot more enjoyable. It also helps hold you accountable.”

Studies show that people who exercise with a partner are more likely to keep up the habit and see better

MORE



How to Reach Your Exercise Goals and Avoid Injury in 2024

Page 2

results overall. Alibangbang suggests asking a spouse or friend to exercise with you. Choosing an activity that you both like will help keep you motivated.

Don't overdo it

"We see a lot of patients with sports-related injuries," Alibangbang said. "Many of these could have been avoided if patients hadn't tried to overwork themselves."

Alibangbang said that knowing your limits and starting slowly are important ways to avoid overexertion and injury. This is especially important for those who have not exercised in a long time.

Before beginning any exercise program, individuals are encouraged to meet with their primary care provider to ensure they are in good physical health and to find out their target heart rate.

Wear proper footwear and protective equipment

"Sports equipment is so important for avoiding injury," Alibangbang said. "Shoes that don't fit properly or weren't meant for the sport you are participating in, for example, can put a lot of strain on your joints and muscles and may lead to sprains and other injuries."

Wearing helmets and other protective equipment is also an important way to avoid injury while exercising. Protective equipment should be age appropriate and fit comfortably.

If you are injured, see a medical professional

"Injuries happen," Alibangbang said. "Getting the right medical attention is important for better recovery. Whether it's a sprain or lower back pain, if you experience a sports-related injury, you should have it checked out by a medical professional."

For some injuries, a healthcare provider might recommend a physical therapy program. Physical therapy is an approach to rehabilitation that uses various forms of exercise and equipment that are specifically designed to help people regain or improve their physical strength and motion.

At Reeves Regional Health, licensed physical therapists work closely with a patient's physician to develop a recovery program specific to each individual. Goals are outlined based on a patient's

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How to Reach Your Exercise Goals and Avoid Injury in 2024

Page 3

condition. Physical therapists also help promote health and wellness by educating patients about exercises and activities that help them heal and recover.

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 healthcare provider if a rehabilitation program at Reeves Regional Health is right for you.

About Reeves Regional Health

Reeves Regional Health (RRH), formally known as Reeves Regional Health, 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.

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