

**Press Release  
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**Media Contact**  
Stephen Kuehler | [stephen.kuehler@knoxhospital.org](mailto:stephen.kuehler@knoxhospital.org)  
940-657-3535

## **Physical Therapy Near Home Makes Recovery Easier**

*Local rehabilitation program helps patients recover following surgeries injuries and other medical conditions.*

KNOX CITY, Texas (April 1, 2022) – Physical therapy has been shown to aid people in recovery by helping them regain strength and range of motion following such life events as a stroke, accident, injury or surgical procedure. Through physical therapy, patients recovering from surgery or living with certain congenital conditions can often regain mobility and improve range of motion.

Physical therapy (PT) is an approach to rehabilitation that uses various forms of supervised exercise and equipment that are specifically designed to assist people in regaining or improving their physical strength and motion. Physical therapists use a variety of equipment and techniques to help patients manage pain and recover from illness and injury.

For Eric Earthman, the director of physical therapy at Knox County Hospital, the work of a physical therapist is important in helping patients recuperate.

Eric and his wife, Larressa, are licensed physical therapists who work individually with patients and their medical provider to develop a personalized rehabilitation plan. The Earthman's are a dynamic duo. Eric provides physical therapy services in the Outpatient Clinic located inside the Knox County Hospital; while Larressa provides physical therapy services in the Home Health setting via Knox County Homecare and at the Munday Nursing Center. Eric and Larressa assess each patient and set goals for treatment based on the patient's condition. Personalized rehabilitation focuses on meeting those recovery goals.

Common after debilitating accidents or surgical procedures, physical therapy restores patients' ability to function by minimizing physical impairments. Those who suffer from congenital or acquired conditions or chronic joint pain can also possibly benefit from a physical therapy program.

Patients enter a rehabilitation program for many reasons, not just for the obvious, such as after surgery or an accident. According to the Earthmans, therapists commonly see patients who suffer from orthopedic or neurological conditions, arthritis or respiratory impairments.

Physical therapy is also common for patients with conditions such as meniscal tears and knee osteoarthritis, rotator-cuff tears and spinal stenosis. Comprehensive therapy has been shown to be effective in increasing the speed of recovery with these diagnoses, whether in surgical or non-surgical cases.

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Physical therapy treatment plans depend on a patient's condition and use any number of techniques, including methods of pain reduction.

Due to the variety of diagnoses referred to physical therapy, there is no one-size-fits all approach. That is why Eric and Larressa coordinate with a patient's physician to develop an individualized program. If you have recently had an accident, are recovering from surgery, or have a medical condition that may benefit from physical therapy, ask your medical provider whether a rehabilitation program is right for you.

**About Knox County Hospital District:** Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

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