



**Press Release
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Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org
940-657-3535

Healing at Home: Personalized Physical Therapy Close to Home ***Knox County Hospital helps patients bounce back faster with customized rehabilitation plans***

KNOX CITY, Texas (April 28, 2025) – Recovery is rarely a one-size-fits-all journey. Whether you're healing from surgery, recovering after an accident, or managing a chronic condition, physical therapy plays a critical role in getting you back to your daily life. At Knox County Hospital District, personalized physical therapy services are helping patients recover more quickly—without having to travel far from home.

“Rehabilitation should be convenient, not another stressor,” said Eric Earthman-PT of physical therapy services at Knox County Hospital. “By offering expert care locally, we’re able to keep patients focused on healing, not on the hassle of long drives to appointments.”

Physical therapy is designed to improve strength, flexibility, balance, and range of motion. It’s commonly prescribed after joint replacements, fractures, and major surgeries, but it also benefits patients with neurological conditions, arthritis, chronic pain, or respiratory issues.

At Knox County Hospital, licensed therapists develop personalized recovery plans in collaboration with a patient’s physician. These plans target the individual’s needs—whether regaining mobility, reducing pain, or improving endurance.

“Our job is to meet people where they are and help them move forward—literally,” Earthman said. “We evaluate their progress at every step to make sure the treatment plan is working and adjust it as needed.”

Treatment methods vary widely based on the condition being treated. Exercises to increase flexibility and strength are often paired with pain management techniques such as heat therapy, electrical stimulation, manual therapy, or massage. For stroke patients or those with balance issues, therapy may include gait training or coordination exercises.

Physical therapy can also be an alternative to surgery. Research shows that guided rehabilitation can be just as effective for conditions like rotator cuff injuries or knee osteoarthritis—especially when treatment starts early. For patients who may not be candidates for surgery or wish to explore non-invasive options first, physical therapy can significantly improve their mobility and comfort.

“One of the biggest benefits of local care is consistency,” said Earthman. “When people have easy access to appointments and therapists who understand their needs, they’re more likely to stay with their plan and reach their goals.”

Patients of all ages and backgrounds come to the therapy team at Knox County Hospital. Some are athletes recovering from a sports injury. Others are seniors regaining independence after a fall. Still others are managing lifelong conditions that require ongoing physical support.

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Knox County Hospital District
701 SE 5th St. | Knox City, TX 79529 | 940-657-3535



Recovery Made Easier with Physical Therapy

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“Every success story we see—whether it’s someone walking unassisted after a stroke or a grandparent able to play with their grandkids again—reminds us of why we do this work,” Earthman added. “We see physical therapy as an empowering tool—it helps people reclaim their strength and confidence.”

KCHD’s physical therapy team is a dynamic duo in Eric and Laressa Earthman, who dedicate themselves to serving Knox County patients in and out of the hospital, home health and Munday Nursing Center. They emphasize education as part of the recovery process, teaching patients how to prevent re-injury and maintain improvements at home. With access to consistent follow-up care and support, patients are able to build long-term health strategies that go beyond their therapy sessions.

If you or a loved one is facing recovery from surgery, illness, or injury—or dealing with a chronic condition that affects mobility—talk to your healthcare provider about whether a personalized rehabilitation program could help.

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.

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