



## Press Release

FOR IMMEDIATE RELEASE

## Media Contact

Elisha Rosier, CEO | elisha.rosier@cchdonline.com  
1-214-558-2173

## How to Reach Your Exercise Goals and Avoid Injury

*Welch Rehab offers important tips for fitness success and injury prevention.*

Dimmitt, TX (March 11, 2024) – With the pursuit of fitness and wellness continuing to be a top priority for many, Welch Rehab, in Dimmitt, offers essential guidance to individuals striving for success in their exercise routines. Understanding the importance of safe and effective practices, Welch Rehab aims to equip individuals with the tools necessary to prevent injuries and achieve their fitness goals effectively.

At the Welch Rehab, a service of Castro County Healthcare patients often receive treatment for sports-related injuries. According to Rehab Director, Mitchell Brockman, MPT many common injuries can be avoided with a little care and planning.

To help those who set new goals to be committed to fitness in 2024, or those looking to get started with a new program, Welch Rehab 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,” Brockman said. “Put it on your calendar. When you make exercise a priority like work or other appointments, you are more likely to follow through.”

Brockman added that exercising doesn’t have to take all day. 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.

### Find a partner

“One of the things our patients really enjoy when they come in for their physical therapy appointments is the social aspect,” Brockman 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 results overall. Brockman suggests asking a spouse or friend to exercise with you. Choosing an activity that you both like will help keep you motivated.

**MORE**

## **Reach Your Exercise Goals and Avoid Injury**

### **Page 2**

#### **Don't overdo it**

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

Brockman 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," Brockman 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," Brockman 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 medical 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 Welch Rehab, licensed physical therapists work closely with a patient's healthcare provider to develop a recovery program specific to each individual. Goals are outlined based on a patient's condition. Physical therapists also help promote health and wellness by educating patients about exercises and activities that help them heal and recover.

**MORE**



## **Reach Your Exercise Goals and Avoid Injury**

### **Page 2**

If you have recently suffered from an accident, are recovering from surgery, or have a medical condition Motivated that you think might benefit from physical therapy, ask your local medical provider if a rehabilitation program at Welch Rehab in Dimmitt is right for you.

For those looking to add a bit more exercise to their health and wellness, Welch Rehab has a well-equipped fitness center that is open 24 hours a day to the public. It also includes an aquatic therapy pool which is open during business hours. All for reasonable pricing. Anyone interested can call Welch Rehab at 647-5646 for additional information.

### **About Castro County Healthcare**

Founded in 1953, Castro County Healthcare provides healthcare for residents of Castro County, Texas, and the surrounding region. Anchored by Plains Memorial Hospital, the healthcare system offers many medical services, including 24-hour emergency care, advanced radiology services, including CT scanning and MRIs, outpatient lab, physical and occupational therapy, swing bed services, patient education, assisted living facility and more. For additional information, please visit [www.plainsmemorial.com](http://www.plainsmemorial.com).