

For Immediate Release



Bottom Row: (left to right) Ray Pueyo, Lisa Gautreaux, Vida Golez, Claudia Cesar. Middle Row: Alvin Ingalla, Patrice Eastland, Joe Rodriguez, Brenda Mitchell. Back Row: Colleen Spencer, Chivas Barroga, Brenda Wade. Not pictured: Jennifer Ward, Diane Stucks

National Physical Therapy Month promotes improved mobility, alternatives to surgery and pain management

HUNTSVILLE, TEXAS (October 26, 2009) – Huntsville Memorial salutes the hospital's physical therapy staff as National Physical Therapy Month, sponsored by the American Physical Therapy Association (APTA) is observed in October.

"What a lot of people don't realize is that physical therapy not only improves mobility," said Colleen Spencer, LPT, HMH Center for Rehabilitation supervisor. "It also can be an alternative to surgery and can help manage pain. We take the ability to move for granted until we lose it."

According to the APTA maintaining flexibility through motion is anti-aging and can maintain and improve quality of life so people can move freely. The hospital encourages everyone to take advantage of physical therapy prescribed by their physicians as an alternative to surgery and medication.

About Huntsville Memorial Hospital

Since 1927, Huntsville Memorial Hospital has provided benevolent and charitable health care services, setting the standard for quality, proficient health care for the residents of Walker County and the surrounding communities. At Huntsville Memorial, we have great people who are passionate about your health. We have outstanding physicians, motivated leadership, and compassionate staff. We are your friends and neighbors – dedicated to excellence in everything we do – right here at home.

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