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## Physical therapy starts at Regional General Hospital



**Certified Occupational Therapist Rebecca Mears shows how to use a Nu Step TRS 4000 as part of a physical therapy routine.**

### **Story, Photo and Video**

**By Jeff M. Hardison © Feb. 7, 2018 at 11:38 a.m.**

**WILLISTON** -- On Monday morning (Feb. 5), an erasable board in the Physical Therapy Department of Regional General Hospital (RGH) in Williston proclaimed "Today it hurts. Tomorrow it works."

**<https://youtu.be/UIXiUKTZgtQ>**

**In this 21-second video, Certified Occupational Therapist Rebecca Mears shows how to throw a weighted ball toward a small trampoline and then catch it. This is an exercise in coordination and balance that can be part of a person's therapy needed to recover from an illness or injury, and the subsequent surgery or other factors that may have limited them before they began their physical therapy.**

Certified Occupational Therapist Rebecca Mears, the head of that department at RGH, concedes that it can take more than one day of physical therapy to reach a certain goal of having something function when it was dysfunctional. The daily goals in physical therapy can bring the patient to a final point of recovery, nonetheless.

The physical therapy option for RGH patients, whether they are in the hospital or just

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visit for physical therapy, started on Jan. 30. The first three patients to enjoy this option were patients staying at the hospital on that day.

Mears is joined in her mission by Certified Physical Therapist Antonine Arneus and Certified Occupational Therapist Jennifer Montgomery.

The physical therapy sessions can be scheduled Mondays through Fridays from 9 a.m. to 5 p.m. There is no RGH outbound physical therapy service that goes to a patient's home.

To be eligible for this therapy, a person needs to have his or her doctor write a prescription for physical therapy. Then RGH verifies health insurance will cover it.

RGH physical therapy is covered by Humana, United Health Care, Florida Blue and many other major health insurance companies.

The physical therapy area of the hospital includes a treadmill for walking; differently weighted balls and a trampoline for coordination and balance exercises; a therapy table with white foam rollers (to get the tightness out) (ice and hot packs are applied there as well); a Nu Step TRS 4000 for stationary bicycle exercise; a Gold's Gym XRS 50 for various weighted lifting exercises; various weights to attach to ankles or wrists; and a full-length mirror to review stature when standing.

Mears said the RGH Physical Therapy Department can provide for all of the needs of patients in this realm of treatment.

For more information about physical therapy at RGH, or to schedule an appointment, call the hospital's main number -- which is 352-528-2801.