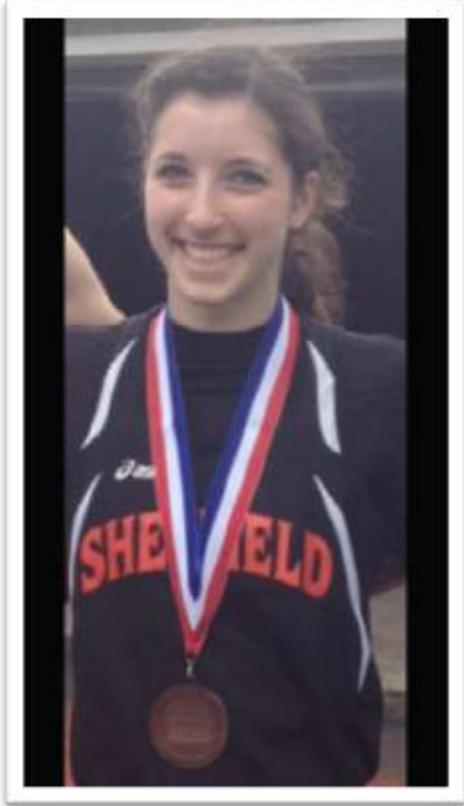




# Hertel & Brown PHYSICAL & AQUATIC THERAPY



**Morgan Leichtenberger**

My first encounter with physical therapy was after a knee injury I had in 9th grade. I was sent to outpatient rehabilitation at Warren General Hospital (WGH) by Dr. Gottwald to see Darbee Harrington, DPT, CCI, Cert. MDT, for physical therapy. Little did I know, that wasn't going to be my last trip to therapy. I loved Darbee and became very interested in the physical therapy field. I returned to physical therapy again for an ankle injury and was happy to have Darbee as my therapist.

A while had passed, and I found out that Darbee was now the facility director at the newly constructed Hertel & Brown Physical & Aquatic Therapy clinic in Warren. I knew that if I needed physical therapy again, I wanted her to be my therapist.

Then I began to experience quad strain during track, and it worsened during basketball season. I was tired of having such pain and decided to go to physical therapy. I called Hertel & Brown, and was delighted when I was told I didn't need a doctor's referral to be seen there. I made an appointment to be evaluated. I went through four weeks of therapy and became pain free by the end of basketball season.

Track season came, and I was pain free and couldn't be more excited for my senior year of track. I kept up with my at home program and thought it would get me through the short season. The pain started to increase again, and I knew that Darbee would be able to help. I went back to physical therapy for a three-week session. My workout changed because the pain was only in my left quad, and I was given a new at-home program to continue.

That season I was able to compete at many meets pain free. I qualified for the District Championship meet in two events and crushed my personal best times and distances. I also was given a muscle stimulating unit of my own to use with my exercises at home. I couldn't thank Hertel & Brown enough for giving me the help and aid I needed. The physical therapists and technicians were so friendly and I loved the atmosphere of the facility. The equipment was high-tech and was super easy to use. Any friend that has needed physical therapy has heard how much I loved going to Hertel & Brown. It really saved my sports career and gave me such a successful senior year of sports!

My experience at Hertel & Brown influenced me to go into the physical therapy field. Starting this fall, I will be attending The Pennsylvania State University to major in kinesiology. This is the same program Darbee went into. She has been my biggest influence on what school to attend and what my major will be. I hope to receive my bachelor's degree, attend graduate school to get my Doctorate in Physical Therapy, and one day become a sport-specialized physical therapist.