



# June 2008

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## Staying in Shape with Tom Bivins

During the later months of World War 2, at only 20 years old, Tom Bivins, entered the US Army. Taught to walk tall and straight, march in perfect lines, and exercise consistently, this became the foundation for how Tom would live his life.

Although he wasn't the best athlete, Tom enjoyed playing tennis and baseball and running track to stay in shape. And, if there wasn't time for those he would happily walk to make sure he got his daily dose of exercise.

After a life long career in the Army, a knee surgery brought Tom to Lodi Physical Therapy. Needing to rehabilitate his knee, Tom became a regular patient at LPT. Realizing how helpful his therapy routine was, he inquired about the Gym Program. His therapist, Kathleen Smith, provided Tom with a Gym Pro-

gram tailored to fit his needs, based on his age and ability. Each exercise was chosen to help keep him flexible and mobile in his later years of life.

Now, 5 years later, Tom is a Gym Program veteran. He comes to LPT 3 times a week to exercise, and has even purchased equipment to use at home over the weekend. One of the advantages of working out in a supervised environment is you are taught to exercise safely and use proper form. Lauri Merrill, P.T. once caught Tom doing an exercise the wrong way and reminded him, she taught him better than that! Tom now keeps an eye out for Lauri to avoid getting in trouble again! When recently asked, "How do you feel when you work-out" Tom's reply proved it's not about how he feels when he works-out, "it's about how I feel when I don't". This feeling is what

keeps him exercising daily, just as he did in the Army.

Each year Tom enjoys traveling to his High School reunion in various cities throughout Tulare and Kings County. Most recently in Selma, Kingsburg and this year he will be traveling to Hanford. From a graduating class of 38, there are now only 12 remaining. With 4 of those members too sick to travel, the final 8 are left to reminisce and talk of the days when they were young. Although it is sad to see so many old friends begin to slowly deteriorate due to lack of exercise or being over-weight, Tom is reminded of the values instilled in him from the US Army and does not stray from his exercise regimen.

At the wise age of 83, his advice to others is simple: exercise. There is no excuse, all you need is a little time and a little effort and you can stay in shape just as he has all these years.

### L.P.T. Gym Program

- Great for patients who would like to continue their exercise program they did during physical therapy
- Work-out doing exercises and using machines you were properly trained on.
- With therapist always on the gym floor, work-out in a safe and supervised environment
- The available therapist can answer your work-out questions or adjust your program as needed
- Cost: \$40 per month. Regardless of days used.

**For more information, call our front office at 209-368-7433**



### The latest at lodipt.com

Have you checked out our new website? It's full of everything Lodi PT! You can learn more about your therapist and even email them to let them know how you are doing. On the Contact Us page you will find emails for the office staff, billing department and public relations. We would love to hear from you, so send us an email to say hi! Under News and Events we post our current newsletter. If you would like to view the newsletter online and stop receiving it in the mail, please contact Nicole to

be taken off the mailing list. Also under News and Events is the registration for our PUMP IT UP! Run/Walk, October 25, 2008. The run will be here before we know it, so save your place and register now! You can print and mail in the form from the website along with a check, stop by and register in person and pay with cash, check, Visa or MasterCard. Or, when it gets closer to the run, you can use [www.active.com](http://www.active.com) to pay with a credit card online. We hope you enjoy our new website as much as we do!



# It's Summertime!

Throw on your suit, grab a towel, and crank up the radio! Summertime brings many memorable tunes to our ears. Below is a list of our favorite Summer songs, we gave you the title and the year the song was released, you need to give us the artist or group. The first person to call Nicole with ALL of the correct answers wins a gift card to Juice It Up to cool you off! Please only one guess per person.

- |   |                                   |
|---|-----------------------------------|
| 1. "Summer in the City" (1966)            | 14. "Let's Go Crazy" (1984)       |
| 2. "Born to Run" (1975)                   | 15. "The Boys of Summer" (1984)   |
| 3. "Summertime" (1966) or (1991)          | 16. "Locomotion" (1962)           |
| 4. "Brown-Eyed Girl" (1967)               | 17. "Summer of 69" (1984)         |
| 5. "In the Summertime" (1970)             | 18. "Low Rider" (1975)            |
| 6. "California Girls" (1974)              | 19. "Margaritaville" (1977)       |
| 7. "Summertime Blues" (1958)              | 20. "Saturday in the Park" (1972) |
| 8. "Dancing in the Streets" (1964)        | 21. "Under the Boardwalk" (1960)  |
| 9. "Hot Fun in the Summertime" (1969)     | 22. "Walking on Sunshine" (1985)  |
| 10. "Groovin'" (1967)                     | 23. "Wipeout" (1963)              |
| 11. "All Summer Long" (1964)              | 24. "School's Out" (1972)         |
| 12. "I Can See Clearly Now" (1972)        | 25. "Rock Lobster" (1978)         |
| 13. "Summer (Can't Last Too Long)" (1997) |                                   |

**GOOD LUCK!**

## Your Therapy is Your Choice!

Every day we make choices. What we wear, what we eat or where we go. When it comes to healthcare we often think we need to go where our doctor refers us. This is not true! For physical therapy you have the right to choose who you want to see. Within the boundaries of your insurance plan, you most likely have many choices as to where you can go for physical therapy, and we are honored when you choose us! At Lodi Physical Therapy we strive for results; each day we want to see you leave here feeling better than when you came in. We believe in continued health, that is why we have created programs such as aquatic therapy, running rehab, and the gym program to help make your rehabilitation a success that will last a lifetime. If you would like more information on our programs or services, please contact our front desk at 209-368-7433 or visit our website at [www.lodipt.com](http://www.lodipt.com).



