

King sets up Quincy practice

Physical therapist happy to be here

BY REBECCA YOUNG
Post-Register Writer

A second physical therapist, Roger King, has joined the Quincy Valley Medical Center's physical therapy center.

King started at the center on April 7. Prior to the move to Quincy, he and his family lived in Chehalis and he worked for Providence Hospital in Centralia. He said he wasn't really looking for a change, but when he ran into Amy York, the department head of the center, and heard they were looking for another physical therapist, he considered a switch.

"I got a good feeling talking to her about what kind of clinic it would be," he said, adding that the staff has been warm and welcoming.

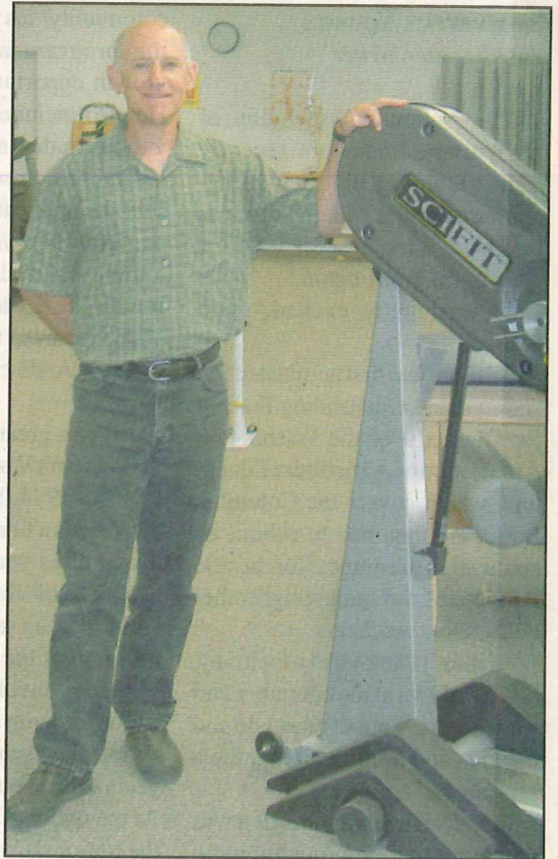
King said the clinic is very patient focused, part of what attracted him to it. The care is all one-on-one, which isn't always the case in some clinics, he said.

"All of us here have a lot of experience. We don't just run the patients through. We care about them and want to do whatever we can to make them better," he said.

A busy clinic with a steady flow of patients is King's hope for the next year. He said Quincy seems to have a balanced mix of young people with sports-related injuries, some shoulder or knee-surgery patients, people with work-related injuries and others with aging-related issues. He said his last practice was more generalized as well and he enjoys the variety. King's primary focus is orthopedic physical therapy.

"I enjoy working with people one-on-one and seeing the improvement. It is easy to see how you are helping them," he said.

The physical therapist said he had worked in the food industry for a few years when he decided to change careers and pursue physical therapy. King earned his master's degree in physical therapy from the University of Puget Sound in 1997. He said his experience working in the food industry helps him



Photos by Rebecca Young

Roger King is at home at the Quincy Valley Medical Center's physical therapy facility.

understand the conditions some of his patients are working in.

"I focus a lot on trying to teach them what is going on with the problem and help them learn to manage it if it is going to be a long-term thing," he said.

King's family includes his wife, Helen, an elementary school teacher, and two daughters, 9, and 10. He said they enjoy camping, skiing and hiking, so were happy to hear about Quincy's 300 days of sunshine.

"We were looking for a recreational area with good weather. We were tired of the rain," he said.