

In The Know

October 2023



What is an intercostal muscle strain?

Ouch! Have you ever experienced a sharp pain in your side that seems to take your breath away? We break down an intercostal muscle strain and teach you how to recover and sleep soundly with this uncomfortable condition.

[Learn more](#)



How to treat a pulled groin

[Learn more](#)



Do you need a tetanus booster?

[Learn more](#)

How long is the wait?

We know you are busy – that is why CityMD gets you in and out, and back to your life as soon as possible. And now, you even check out our NEW live estimated wait times.

[Find a location](#)



Walk in when you need us.

Our newest locations look forward to caring for you soon:

[Eatontown](#)
[Secaucus](#)



Need a flu shot?

Now is the perfect time to get your yearly vaccine. Just walk into any CityMD location whenever it is convenient for you.

[Learn more](#)

Urgent care corner



[Adult ear infection symptoms](#)



[How to get rid of a migraine](#)



[Understanding eczema in children](#)



[What does chicken pox look like?](#)

Resources on the go



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