From the Chair

The Times They Are A-Changin’

You may recognize that song title from Bob Dylan in the 1960s. The UND School of Medicine and Health Sciences Physical Therapy Department will see some big changes in the next couple of years. The most significant change will be the move to the new School building that is scheduled to open its doors in July 2016. The basic structure of the building and the floor plans are almost complete, and construction crews will begin driving piles in March. The building will be located at the corner of Columbia Road and Gateway Drive/Highway 2. This will mean more educational space for our program and an upgrade in the technology available to the students and the faculty.

One of the more interesting aspects of the building will be the four “learning communities,” a home away from home for all students in the School. That means that each community will house medical students, physical therapy students, occupational therapy students, medical laboratory science students, sports medicine students, physician assistant students and basic science graduate students. Students will be assigned to their learning communities, and each community will have study spaces, collaboration spaces, a kitchen, and lounge. The learning community concept has been implemented by a number of medical schools for medical students. However, the School will be the first to have interdisciplinary learning communities. It will be an exciting change for the students. For those of you interested, you can view the progress of the new SMHS building at: www.med.und.edu/construction.

The other change that will occur this year is my stepping down as chair of the department after 21 years. I feel it is the right time to step down and let “new blood” take over. I will not be retiring. I will continue to be a faculty member in the department and will return to spending more time doing what I have always liked the best: teaching and research. The new chair will most likely be selected by the School’s Dean Joshua Wynne from internal candidates who are presently on faculty. This change is expected to take place by July 1, 2014. I have truly enjoyed my role as chair, and together with a great faculty we have accomplished a lot in the past 21 years. I am sure whoever takes my place will continue the long-standing tradition of providing outstanding education to physical therapy students.

This year, at the APTA Combined Sections Meeting in Las Vegas, we hosted a reception for alumni and friends of the department. We had an outstanding turnout, and it was fun to connect with so many alumni who have gone on to do great things in our profession. The plan is to host another reception in Indianapolis at the Combined Sections Meeting on Feb. 4-8, 2015. Please plan to join us!

Best,
Tom Mohr

New Faculty

Gary Schindler joined the UND School of Medicine and Health Sciences Physical Therapy Department in the summer of 2013. His roles in the Department include teaching exercise in health and disease, anatomy, therapeutic agents, clinical examination and evaluation, and manual therapy.

Gary received his bachelor’s degree in Athletic Training from UND in 1999. He received his master’s degree in physical therapy from the University of Wisconsin-La Crosse in 2001 and attained his transitional doctorate degree from Massachusetts General Hospital Institute of Health Professionals in 2010. He is currently pursuing his doctorate in Educational Leadership at UND. Gary was recognized as an orthopedic-certified specialist through the American Board of Physical Therapy Specialties in 2008 and has received advanced training in orthopedic rehabilitation and trigger point dry needling.

Gary and his wife Sarah have seven children (Mandi, Madison, Olivia, Grace, Alexa, James and Kennedy). He and his family resided in Rhinelander, Wis., for the past 10 years where Gary was a partner in an orthopedic private practice. Gary and his family love God, spending time with family, and sports.

He may be reached at 701.777.6081, by e-mail at gary.schindler@med.und.edu or by mail at UND School of Medicine and Health Sciences, Department of Physical Therapy, 501 N. Columbia Rd., Stop 9037, Grand Forks, ND 58202-9037.
Focus on Alumni

Kevin Axtman, PT

Graduating from the UND Physical Therapy Department in 1982, Kevin is a physical therapist for the Bone and Joint Center in Bismarck, N.D. He has specialized in orthopedics and sports medicine since 1985. In the past five years, he has also practiced in acute care for hospitals in Fargo and Bismarck. He said that seeing the change in acute care over the past 25 years has been an eye opener!

Kevin was appointed to the North Dakota Board of Physical Therapy (1999-2009) and has assisted with the revision of the Practice Act in 2005. He has been a member of the NDPTA since 1980, serves as board liaison (2009 to present), and has served on the Quality Assurance Committee (1995-1999) and chaired the Peer Review Program (1998-1999).

Kevin said he still enjoys his work and feels very fortunate about that. His advice for new practitioners is to get involved. He said it’s so nice to be around people who are genuinely excited about the profession and who bring a lot of energy. “The profession has grown so much over the past 30+ years that I have been a PT,” he said. “Specialization seems to be very popular with the expanding scope of physical therapy and should continue to grow.”

Kevin and Lisa, his wife of 28 years, live in Bismarck. They have two children: Samantha, who is a nurse at St. Alexius in Bismarck, and Ben, a fourth-year medical student at UND. Kevin said he spends the majority of his spare time on the golf course.

Carrie (Fogelman) Bills, PT

A 1981 UND PT graduate, Carrie is employed at Sanford USD Medical Center in Sioux Falls, S.D. She has provided patient care in the acute setting for the past 32 years, has assisted in the development of a therapy gym on the pulmonary and orthopedic units, and established protocols for inpatient orthopedic programs and bedside/department therapy. In addition, she is the acute care manager supervising PT, occupational therapy, speech therapy, aides, and clerical staff; clinical coordinator of clinical education (CCCE) for physical therapy programs; coordinator for pre-PT student observation; APTA credential clinical instructor; and has served on the Advisory Committee for the USD-PT program and Lake Area Technical Institute PTA program. Carrie is the therapy team lead for the Center for Joint Success, a program for caring for total shoulder, hip, and knee replacements, and hip fractures. She is also the therapy team lead for the ICU progressive mobility program.

Carrie said she’s been given the opportunity to grow professionally in patient care and leadership in a progressive health system. “This keeps me in tune to the ongoing patient-care needs, to the needs and development of my staff, and allows me to maintain and expand my clinical skills and experience in an ever-changing health care environment,” she said. She added that she has had unique opportunities to be involved in different aspects of patient care and has witnessed many health care changes. Through her involvement on committees, program development, and patient care in the acute setting, she has collaborated with the broader health care team and recognizes their contributions in the overall care of the patient. With the acute care environment being a fast-paced setting with constantly changing patient schedules and numbers, she feels her flexibility, creativity, organization and time management skills have been sharpened throughout her years as a therapist and manager. “I can’t go without saying that my compassion for others has grown through the patient-handling experiences, and my service excellence attitude has expanded from the workplace to other areas of life outside of work,” she said. “I have learned to not sweat the small stuff as much, realizing the good fortune I hold with my family, talents, and work.”

Her advice to new practitioners is to be open to change. She feels that no matter what the clinical setting, it’s important to keep an open mind while learning all you can. The experience and skills learned will be valuable as they carry over to future clinical settings and employment. She goes on to say that it’s important to commit to life-long learning and become well-rounded with a variety of patient types.

Carrie’s husband Mark is an exercise physiologist at the community hospital in Pipestone, Minn. They have four children: Braden, 28, is married and finishing his doctorate in electrical engineering; Bryce, 25, is a landscape designer; Brock, 23, is a first-year PT student at the University of South Dakota; and Brenna, 19, plays soccer at USD as a sophomore. Family activities include fishing, boating, hiking, and hanging out on the beach. They have enjoyed canoeing trips to the Boundary Waters, hiking in Wyoming and Colorado, and sun-filled trips to California and Arizona.

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Pat Carter, PT

Graduating from UND PT in 1980, Pat is employed at Altru Rehabilitation Hospital in Grand Forks, N.D. She said she enjoys the geriatric setting and has a special interest in the area of balance and falls, outcome measures, and amputees. Pat has been on the NDPTA Board as a member of committees and as vice president for the past four years, serving as the liaison to the board’s student representatives and all PT and PTA students in North Dakota. Her goal is to increase interest in the APTA while increasing professionalism and involvement in the state and national organization.

Pat recently partnered with Altru to bring the STEADI Falls Risk Assessment Tool to the Grand Forks area. This consists of an educational session followed by the screening of community-dwelling, older adults using the TUG (Timed Up and Go) assessment tool, the four-stage balance test and the 30-second sit-to-stand test. Fifty people were screened at Altru’s Medical Fitness Center and the Grand Forks Senior Center.

Diane Huss, PT, DPT, NCS

Graduating from UND PT in 1980 with a Bachelor of Science degree in Physical Therapy, Diane earned a master’s degree in adult fitness with a minor in higher education from James Madison University in Virginia, and her Doctorate of Physical Therapy from the University of Montana. She established a therapy program and has served as rehabilitation manager for Continuum Home Health Care, the University of Virginia’s home care agency, for the past 18 years. She also serves as adjunct faculty for the post-professional physical therapy program at the University of Indianapolis. Her career has focused on neurologic rehabilitation and home health service delivery, and she has extensive expertise in the evaluation and treatment of individuals with Parkinson’s disease, essential tremor and other neurological impairments including spinal cord injury. Diane is currently employed at the University of Virginia Health System in Charlottesville, Va. Her focus of expertise is in prevention of falls and maintenance of an active, healthy lifestyle for people who are aging with and without a disability. She has provided numerous guest lectures, and community and continuing education workshops, and was previously the director of physical therapy at the Woodrow Wilson Rehabilitation Center in Fishersville, Va., for 11 years.

Diane has been an APTA member since 1978 (including specialty sections in neurology, geriatrics and home health) and an APTA board-certified neurologic clinical specialist since 1997. She is currently a member of the Centers for Disease Control’s Falls Prevention Expert Panel Physical Therapy Workgroup, whose mission is to serve in an advisory and assistive capacity to the CDC and APTA in an effort to advance effective fall prevention within the physical therapy profession. She serves as the physical therapist consultant with the functional neurosurgery team and the MR-guided, focused ultrasound clinical trials for movement disorders at UVA. Diane has held multiple elected positions at the district, state and national level, including the Practice Committee of the Neurology Section of the APTA and former chair for the Spinal Cord Injury Special Interest Group. She has served as a national delegate representing Virginia in the House of Delegates on three occasions and has served on the board of directors of the Virginia chapter and the peer review committee for the North Dakota chapter. Diane has also been director, co-author and consultant for a number of grant projects including:

- Southwest Virginia Assistive Technology Resource Consortium for the Virginia Assistive Technology System
- NIH-funded grant project: “TeleCare (TLC) Home Monitor,” a home monitor communications systems for elderly adults living alone and independently
- Project SCIENTIA: An education and training grant from the Education and Training Foundation of the Paralyzed Veterans of America

Diane’s research interests include the identification and documentation of the immediate and long-term impact on functional outcomes for self-care, gait and balance after neurosurgical interventions including deep brain stimulation, radiofrequency lesions, and MR-guided focused ultrasound for people with movement disorders. Diane has published several articles including:

- “UPDRS Activity of Daily Living Score as Marker of Parkinson’s Disease Progression” Madaline B. Harrison, MD Robert C. Frysinger, Ph D Scott A. Wylie, Ph D1 James T. Patrie, MS, Diane S. Huss, PT, MSED, NCS, Lillian J. Currie, RN, PhD1and G. Frederick Wooten, MD; 2007; Movement Disorders
- “Dexmedetomidine and Sleep Affect Subthalamic Neurons” Jeff W. Elias; Marcel Durieux; Diane Huss; Robert Frysinger; 2007; Movement Disorders
- “Seating and Mobility” by Beth Bader Gilson and Diane Huss, chapter in Assistive Technology for People with Disabilities, edited by Karen Flippo, Brooks Publishing; 1995
- “Wheelchairs and Transfers” by Diane Huss, chapter in Fitness Programming and Physical Disability, edited by Patricia D. Miller, Human Kinetics, 1995

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Kids Corner

Josie, daughter of Jennifer (Pederson), ’06, and Cass Brekhus

Blake and Dylan, sons of Collin, ’05, and Amanda Wiggins

Sawyer, son of Tera (Bahl), ’05, and Greg Paulson

Children of Lisa (Caspers), ’92, and Don, ’95, Martin

Zachary, Noah and Emma, children of Aaron, ’97, and Tania Reinhardt

Isabelle, Autumn and Gavin, children of Chris, ’98, and Jen Kraemer

Jocelyn and Keegan, children of Beth (Enerson), ’03, and Aaron Millage

Haley, Hunter and Heaton, children of Andrea (Vagle), ’00, and Jason (’00) Brodina

Olivia, Conner and Heather (Phillips), ’99

Brayden, Jonah and Nora, children of Emily (Hassenstab), ’04, and Chris, ’04, Kuhn
Jadyn, daughter of Myndi (Vondal), ’98, and Mark Frey

Chloe, children of Heather (Alderson), ’95, and Keen Chan

Emma, Amryn and Anistyn, children of Lynae (Jost), ’05, and Mike Heninger

Sophia and Chase, children of Katie (Rood), ’01, and Josh Layfield

Leah, Katie and Benjamin, children of Jessica (Nelson), ’02, and Matt Strand

Noah and Mya, children of Heather (Alderson), ’95, and Keen Chan

Easton and Embrey, children of Nolan, ’03, and Kelly Lubarski

Mason, son of Emily (Janssen), ’11, and Brett Kubat

Liam, son of Teresa (Tostenrud), ’05, and Brad Hoff

Eric, Jonathan and Megan, children of Lisa (Miller), ’97, and Don LaFleur

Chloe, children of Heather (Alderson), ’95, and Keen Chan
Diane would encourage new practitioners to be present in treatment and interactions with their patients and their families, and to never underestimate the opportunities to influence outcomes, both physically and emotionally. She said physical therapy will always have a vital position in providing rehab services and direct hands-on care that diminishes functional limitations.

“My career as a physical therapist has given me the opportunity to meet people (professionals and patients) from all over the world and travel throughout the United States,” she said. “My closest friends are current and previous work colleagues. I am very proud of our profession. People know me as a physical therapist who is very passionate about what we do.”

Diane and her husband Jeff from Bismarck, N.D., have been married for 33 years. They have three children: Jacob, Alex and Molly.

Suzy is a 1982 graduate of UND PT and is employed at Sanford Occupational Medicine Physical Therapy in Fargo, N.D. Her specialization is in outpatient orthopedics, but she has a special interest in spine issues, especially low back. She has practiced in acute hospital care, rehabilitation, home health, hand therapy, and primarily outpatient orthopedics since 1987.

Suzy said the physical therapy profession has given her the opportunity to work in a variety of settings, allowing her patients to get back to what they enjoy doing, especially returning to their work place without restrictions. For the future, she feels there will be a continued need for therapists in many settings including outpatient, home care and more with the aging population.

Suzy is married and has two daughters attending the University of Minnesota. In her spare time, she enjoys reading, exercising, movies, theater, choir and piano.

Bruce Wessman, PT
Upon graduating from UND PT in 1981, Bruce was employed at the Rehabilitation Hospital in Grand Forks (1981-1983) and at St. Alexius Hospital in Bismarck (1983-1988). Since 1988, he has worked in the area of geriatrics and prosthetic rehabilitation at the Veteran’s Administration Hospital in Fargo. Bruce’s research interests are in the advancement of prosthetic devices and in strength training in elderly patients. He has been a member of the APTA since 1979 (currently a geriatrics section member). He holds Certification in Exercise Experts for Aging Adults (CEEAA) and is an APTA-certified clinical instructor for the UND School of Medicine and Health Sciences in Grand Forks and the University of Mary in Bismarck. He is a past member of the North Dakota Board of Physical Therapy (1997-2002) and is currently executive officer of the North Dakota Board of Physical Therapy (2008 to present). Awards include the Veteran’s Administration Secretary’s Hands and Heart Award (1992); Fargo Medical Center Outstanding Employee presented by Disabled American Veteran’s Department of North Dakota (2004); and the NDPTA Outstanding Service Award (2011).

Jeff Steinberger, PT
Jeff graduated in 1981 from UND PT and is employed as a physical therapist at Prairie Rehab Services in Sioux Falls, with outreach to southeast South Dakota, southwest Minnesota and northwest Iowa. Previously, he practiced in the rehab and burn units. He currently works on the seating and positioning team and enjoys the orthopedic outpatient setting, working with patients having headaches, muscle imbalances, urinary incontinence in men, and geriatrics in long-term care settings. He also provides PT services in home health and at a skilled nursing facility. His research interests include effective treatment of headaches, clinical education and mentoring.

Previously, Jeff served as a PT subcommittee member on the South Dakota Board of Medical and Osteopathic Examiners and as SDPTA newsletter editor. Currently he is a member of the APTA and part-owner of an independent practice. He said he’s been blessed to work with many talented staff in PT, OT and speech/language pathology in multiple settings.

Jeff said he has been blessed to help people help themselves and he enjoys his work being surrounded by tremendously talented people that help him to be the best version of himself. “We share and challenge [each other] in a positive way so we can help people from a position of strength,” he said. “I see PT as my vocation as well as my career. Good practitioners will always have a place. Our profession will be put under further scrutiny with changes in health care and we will do fine if we’re true to the profession.” For those just beginning their PT careers, Jeff recommends having fun, learning a lot, listening well and striving to be better tomorrow than you are today in your personal and professional life.

Jeff and his wife Twyla have three children. Their son Sam lives in New York City. Their daughter Marilyn and her husband Mitch live in Kansas City with their daughter Sophia. Their son Braden attends South Dakota State University. Twyla is currently working on her Master of Social Work degree and, according to Jeff, has been incredibly patient with him for many years. In his spare time, Jeff enjoys bicycling, cooking and reading.

Bruce said he is thankful every day that he doesn’t have a “desk job,” and he appreciates the opportunity to work with our nation’s veterans. “Most of all, I’m able to see what a positive attitude can do for people,” he said. “Without a positive attitude and a willingness to work, goals will not be met.”

Bruce recommends that new practitioners find an area they like and stick with it. “If you are not enjoying your job, find a new one,” he said. “Patients should always come first. They don’t want to be in their present situation; it’s up to you to make their stay enjoyable.”

Bruce said he sees an ever-increasing demand for geriatric practitioners with the number of joint replacements skyrocketing every year and nursing homes continuing to be at full capacity. He feels that reimbursement for PT services will become increasingly difficult and that most insurance companies will follow Medicare’s claims-based collection strategy. Therefore, the PT’s role in preventative medicine should continue to grow, as well.

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Focus on Clinical Instructors

Jennifer Brekhus, DPT
A 2006 graduate of the UND School of Medicine and Health Sciences Physical Therapy Department, Jennifer is employed in the rural therapy department at Mercy Hospital in Devils Lake, N.D., where she provides outpatient, inpatient and home care services. Jennifer works primarily in the outpatient setting with specialties in women’s health and those having issues with vertigo. She has been a clinical instructor for six years.

Jennifer said clinical instruction is a vastly rewarding experience and she enjoys being able to share her knowledge and experience. “Students show up eager to learn,” she said. “This eagerness refuels my desire to continue to learn new evaluation techniques and interventions. They also bring with them the latest research, which helps me to stay current as evidence-based practice is growing.” Jennifer feels that clinical education is a very important piece of professional development and that active learning leads to improvement in clinical judgment. She sees this becoming more important as the field of physical therapy gains more autonomy.

Recalling her own clinical affiliation experiences, Jennifer remembers one clinical instructor in particular who helped to mold her as a PT. She said this instructor was always eager to learn new things, digging beyond the surface, and she learned a great deal from him about the importance of patient education and explaining things in a manner in which patients could relate to and understand. She once read a quote that said, “If you can’t explain it simply, then you don’t understand it well enough.” This is certainly the way this instructor taught, she said.

Her favorite experiences involving students on clinical affiliations are watching them develop close relationships with their patients. She said that it’s so enjoyable to see how the patients miss the students once they’re finished with their affiliation!

When asked about the importance of evidence-based practice in her role as a clinical instructor, she said it’s a form of helping to eliminate unsound practices and to promote better overall outcomes. “This is key in our profession to gaining respect, autonomy, and setting us apart from other health care professions,” she said.

“Being a clinical instructor is a truly gratifying experience,” Jennifer said. “Each student is unique and brings something completely different to the table. It’s enjoyable to watch them grow as clinicians and to become more comfortable working with patients. It is fun to watch the profession grow as well, as each new class of students bring with them new knowledge.”

Focus on Alumni (Continued from page 6)

Bruce and his wife Carol have been married for 31 years. They have two grown daughters Erin and Katie. Erin (UND PT Class of 2011) is a physical therapist for Grand Forks Public Schools and Katie (UND Class of 2009) is a tennis professional with LifeTime Fitness-Oakdale Village in Minnetonka, Minn. Bruce enjoys fishing, snowmobiling, and entertaining family and friends at their lake place on Little McDonald Lake near Perham, Minn., not to mention two weeks of sun in St. Maarten in February. He enjoys UND hockey and attends most home games. Although golf remains frustrating, he said he has discovered bean bag toss and that he’s at least competitive with that.

Wayne Voth, DPT
Having received his doctoral degree in physical therapy from the UND School of Medicine and Health Sciences in 2007, Wayne has been employed at Altru Hospital in Grand Forks, N.D. He sees patients with a wide variety of diagnoses, with the majority of his patients having a cardiopulmonary diagnosis.

Wayne has been a clinical instructor for six years and has worked with students at all skill levels with each student having different strengths and weaknesses but all entering their clinicals to learn. He said he feels honored to be a clinical instructor and he has thoroughly enjoyed the role, particularly getting to know students and learning about their interests. In addition, he said the feeling of giving back to the profession and to the UND Physical Therapy Department is awesome. “The world of PT is always changing and advancing,” he said. “Even though it doesn’t seem that long ago since I was walking the halls of UND PT, when I talk with students about new treatment and things they are learning in class, I realize how much I can learn from them while they are with me on clinicals.”

Reflecting on his own clinicals as a student, Wayne remembers how much time and effort his clinical instructors put into his clinical experience to make certain he learned from it and also enjoyed his time. He could tell they cared about him as a person and as a professional and that they enjoyed giving back, as well. “It’s that feeling of helping to shape the next generation of PTs and PTAs that is so great, to see them have that ‘aha’ moment when all of their coursework finally fits together with what they are seeing in the clinic,” he said. He mentioned that his clinical instructors encouraged and guided him when he was treating difficult patients, and they were always approachable and willing to talk about treatment ideas.

Wayne said it’s amazing to him how much information a student can absorb in preparation for an exam and have it not fully make sense until they see how it all fits together in the clinic. He feels that students can learn about a disease, but until they fully see how it affects someone’s life and family, it’s not truly understood. He stated that the time in the clinic is absolutely crucial to a student’s development as a therapist.

Wayne said he feels that evidence-based practice is entering the spotlight more and that patients are more involved and informed in their care, seeking the best treatment options for their needs and their finances. “Being a clinician that is able to provide strong evidence-based care for patients is likely to be a sign of a successful practice,” he said.
**Stork Report**

**Born on March 2, 2013,** Sawyer was 6 lbs., 14 oz. and 20 inches. Proud parents are **Crystal (Braun), ’11, and Shawn Wring.**

**Amber (Becker), ’09, and Ben Huener** are the proud parents of daughter Avril Annethea, born on Feb. 2, 2013. She weighed 7 lbs., 4 oz. and was 19.5 inches.

**Blake made his debut on Nov. 19, 2013.** He weighed 8 lbs., 2 oz. and was 22 inches. The proud parents are **Alyssa (Carignan), ’12, and Blake Rollness.**

**Greg, ’10, and Stacey Paintner** welcomed Luke on Feb. 18, 2013. He weighed 8 lbs., 5 oz. and was 21.5 inches.