From the Chair

We moved! The last two newsletter updates discussed the anticipation and preparation for moving to the new School of Medicine and Health Sciences building. We made the move in July, between the summer and fall sessions. It took two days for the movers to transport the boxes and equipment from just the Physical Therapy department to the new building. Fettes Transportation Systems did an excellent job of efficiently and safely moving the materials between buildings, which provided faculty and staff time to unpack and get prepared for the fall semester. A quote from Winston Churchill was used throughout the building process, “We shape our buildings; thereafter, they shape us.” Students and faculty have been excited to use the larger lab space, enhanced anatomy lab, and student-centered active learning classrooms. The building incorporates many unique design features including a multitude of windows that makes the building feel very open and bright. The open house for the building occurred during Homecoming weekend. Henry “Bud” Wessman, founding chair of the department, and his wife Lorraine were in attendance along with a wide variety of alumni. If you are in the area, please feel free to stop by and visit, or you can get an overview of the building from this YouTube video.

The New Year is already filling up with some exciting events. You can join the faculty and staff at the UND PT Alumni & Friends Reception during the APTA Combined Sections Meeting in San Antonio, Texas, on Thursday, February 16, 2017 from 6:30-8:30 p.m. The reception will take place in Room La Vista B&C of the Hilton Palacio Del Rio. Please RSVP. The Department will have an accreditation visit in spring 2017. The faculty and staff have worked diligently for many months to develop and submit the self-study report required by the Commission on Accreditation in Physical Therapy Education (CAPTE). We are scheduled for a March on-site visit and fall review by the CAPTE Panel. This year will mark the 50th year since Henry “Bud” Wessman was hired to develop a physical therapy program at the University of North Dakota. We are planning a celebration on Oct. 6, 2017, to coincide with Homecoming! More information will be provided as we solidify the final plans for the event.

Finally, we wouldn’t be able to deliver a high-quality education without the dedication of our clinical instructors, clinical coordinators, and clinical sites. Thank you all for contributing your knowledge, time, and clinical expertise to develop exceptional PT professionals. If you are interested in setting up a clinical site at your facility, please feel free to contact me or Cindy Flom-Meland, director of clinical education.

Best wishes for a wonderful new year.

Dave Relling, PT, PhD
Chair, Department of Physical Therapy
UND School of Medicine and Health Sciences

Focus on Alumni

Joy Karges, PT, EdD

After graduating in 1990 from the UND School of Medicine and Health Sciences Department of Physical Therapy, Joy worked at Sanford University of South Dakota Medical Center (known then as Sioux Valley Hospital) in Sioux Falls, S.D., for five years in cardiac rehab, acute care, and outpatient (including work hardening and lymphedema management). She also spent a year working in the home health setting in Indianapolis, Ind., while a graduate assistant at the University of Indianapolis Krannert School of Physical Therapy where she completed her post-professional Master of Science degree in Physical Therapy. Joy is currently employed at the University of South Dakota Physical Therapy Program in Vermillion, S.D., where she has been an instructor for 20 years. She is the director of clinical education as well as the course director for most of the research courses, a seminar course, and the Clinical Competence in Patient Management course. She is a 2016 graduate of the APTA Education Leadership Institute Fellowship. In addition, she facilitates the annual Interprofessional Training Event, where, in November 2016, there were 460 students from 15 health professions collaborating on two live simulated patient cases with faculty actors. Joy also chairs the School of Health Sciences Fieldwork Committee, is the secretary for the USD Athletic Board of Control, serves as the Chief Delegate from South Dakota for the APTA House of Delegates, and is a member of the board for the South Dakota Physical Therapy Association. She teaches the APTA Credentialed Clinical Instructor Program and the Advanced Credentialed Clinical Instructor Program. Joy’s current research interests are related to clinical education, professionalism, and stress management.

Joy said that her career in physical therapy has provided many amazing opportunities over the years, both professionally and personally. “I am grateful for the leaders and mentors that encouraged my professional development and had faith in my ability to be successful with various new opportunities and challenges,” she said. “I never expected to be a physical therapy professor, but now can’t imagine anything else.”

(Continued on page 2)
Shannon Maixner, PT

Shannon is a 1990 graduate of the UND School of Medicine and Health Sciences Department of Physical Therapy, and is founder and manager of Fitness Focus, a privately owned physical therapy practice in Mahtomedi, Minn. The focus of her work has been in ACL prevention training and rehabilitation of athletes throughout the years. In addition to PT, she has specialized in muscle activation techniques (MAT). She is also STOTT Pilates and CSCS certified, believing a holistic approach to treatment is most beneficial.

Following graduation, Shannon began practicing at an inpatient facility in Seattle, Wash. Her interest in sports medicine guided her toward West Sound Sports Therapy, where she worked for four years. Upon returning to her home state of Minnesota, she worked for 12 years at the Institute for Athletic Medicine in Minneapolis/St. Paul, Minn. In 2003, she opened her own practice, practicing in St. Croix Valley.

While working for the Institute for Athletic Medicine, Shannon started the “For Women Only” program, one of the first women’s health programs in the Twin Cities. She has devoted a large amount of time to promoting a holistic, team-centered approach to a patient’s treatment.

Shannon said that being a PT has compelled her to be a lifelong learner and has pushed her to not be complacent in any area of her life. “This profession has continuously developed my ability to think critically and seek evidence-based answers to questions health-related and beyond,” she stated. “The constant evolution of the PT profession has driven me to stay engaged and passionate about my career even at the age of 50.” Whether it’s picking up their grandchild or crossing the finish line of the Boston Marathon, Shannon said that PT has given her the opportunity to come alongside her patients and get them back to doing what they love.

Shannon also serves as a clinical instructor for UND PT students. “My experience in MAT has given me the opportunity to work with several pro athletes,” she said. “One of my students was able to come with me on a home visit to treat a Minnesota Vikings player. As a result of her applying her classroom knowledge during her clinical internship, she was able to perform ROM and MMT with minimum shaking!”

In the future, Shannon feels that it would be beneficial if PT students spend time in clinical settings outside of just physical therapy (i.e. acupuncture, chiropractic, and personal training). She believes these opportunities would help cultivate an understanding of the broad spectrum of the medical field, deepen the respect for what other professionals can offer, and possibly create more of a team approach. She is hopeful that the entire medical field will turn to a more holistic approach to treatment, in which different health professionals can appreciate what each specialization offers. “It concerns me how there appears to be an unwritten hierarchy in the health world, and we are quick to criticize others to make ourselves look better,” she said. “Unfortunately, I believe our ego takes our eyes off of the patient and limits the effectiveness of our treatment.”

When reflecting on her own clinical experiences as a student, Shannon said that her clinical instructor never failed to emphasize the importance of connecting with patients. “No matter how small it was, he managed to find some common ground with every patient,” she said. “He took the time to learn more about his patients’ interests for the sole purpose of having more engaging conversations. The positive effect of forming a relationship between you and your patient should never be underestimated.”

Shannon has been married to her husband Bob, a fellow UND graduate, for 27 years. Together, they have three children Sammie, Alec and Finna. “Our family is very active and spends a lot of our time biking, running, hiking and playing sports,” she said. “Other than enjoying the outdoors, I spend the majority of my time outside of work volunteering at our church, running around to the kids’ sporting events and sneaking in a cheeky afternoon read from time to time.”

Lori Mildon, DPT

A 1990 graduate of the UND School of Medicine and Health Sciences Department of Physical Therapy, Lori has practiced in a variety of settings including a transitional care unit nursing home, home care, acute care, outpatient rehab neuro, ortho, and general physical therapy. Lori currently provides patient care at Lakeview Hospital in Stillwater, Minn., specializing in the areas of lymphedema, wound care, vestibular, cancer rehabilitation, headaches, Reike, and myofascial release. In addition, she has developed a falls prevention/osteoporosis program for the county and has coordinated the lymphedema program in St. Croix Valley.

For new practitioners, Lori encourages them to have fun with the patients, treating each as an individual, not a diagnosis. “Avoid tunnel vision,” she said. “Don’t worry about test results so much. Go on what they tell you and what you see. Trust your gut.”

For the future of the profession, Lori sees more challenging reimbursement, increased insurance issues and more documentation for justification. She also sees a continual need for highly trained therapists.

Lori has four boys and five grandchildren. In her spare time, she enjoys outdoor activities such as canoeing, hiking, skiing and camping. She also enjoys reading and playing with her grandchildren and being with family.
Focus on Alumni (Continued from page 2)

Denise Montagne, PT

Denise received her degree in physical therapy in 1990 from the UND School of Medicine and Health Sciences Department of Physical Therapy. She lives in Nevada and is self-employed, specializing in orthopedic manual therapy (Pilates) and animal physical therapy (equine/canine). Denise has also practiced in hospital-based acute and rehab areas, traumatic brain injury, and outpatient PT, and has owned a private practice clinic for 13 years.

Denise said that being a physical therapist has taught her many ways to enhance the lives of her patients, friends, family and furry friends. “I’ve gained a tremendous amount of medical knowledge about care of the human body,” she said.

For those just beginning their professional careers in physical therapy, Denise encourages them to keep their mind open to all the possibilities of the profession and to keep learning. She also stated that it’s important to foster good health, both physically and emotionally, to prevent burnout.

For the future of physical therapy practice, Denise said she feels there will be more of a push for less human contact. “We are expected to live a lot longer and to stay up against gravity for many more years,” she said. “We need to be at the forefront of keeping the musculoskeletal and neuromuscular systems alive and healthy through hands-on guidance, exercise protocols and education.”

Denise is married. In her spare time, she enjoys singing, hiking, skiing, biking, and canine/equine activities.

Kory Zimney, PT, DPT

Kory received his master’s degree in physical therapy in 1994 from the UND School of Medicine and Health Sciences Department of Physical Therapy and completed his tDPT through Des Moines University in December 2010. After graduation, Kory took a position in Gillette, Wyo., at Campbell County Memorial Hospital practicing primarily in general outpatient orthopedics for his first year of clinical practice. He later moved to the hospital’s Occupational Work Hardening Center, working for another two years primarily in that setting, gaining experience in on-site ergonomic evaluations and functional capacity evaluations along with return to work for injured employees. Kory then moved to a position at the Occupational Medicine Clinic in Sioux City, Iowa, for St. Luke’s Regional Medical Center (now St. Luke’s UnityPoint) on an interdisciplinary team (occupational med physician, on-site nursing, drug and post-offer screenings, ergonomics, and on-site wellness) and then became department manager after a year at St. Luke’s. He continued in that role for eight years while treating patients on a part-time basis. Not wanting to give up patient care, Kory resigned his position as manager to move back into full-time patient care and soon started online classes through Des Moines University for his position as manager to move back into full-time patient care on a part-time basis. Not wanting to give up patient care, Kory resigned his position as manager to move back into full-time patient care and soon started online classes through Des Moines University for his position as manager to move back into full-time patient care and then moved to Cherokee Regional Medical Center in Cherokee, Iowa, to help as a senior staff PT to mentor and assist with two newer graduate staff therapists and the newer manager of the department. After one year, he returned to Mercy Medical Center and worked solely in the Business Health outpatient clinic with an interdisciplinary team. In January 2011, he began teaching the tDPT online program at the University of South Dakota (USD), continuing to work at Mercy and doing some occasional adjunct work for its traditional program as well. In the summer of 2013, Kory moved into the full-time tenure track position of assistant professor at USD, but continued to practice at Mercy Business Health on a PRN basis. Kory continues to teach and do research at USD and is enrolled in the PhD of Physical Therapy program through Nova Southeastern University, based in Ft. Lauderdale, Fla. His primary research is in pain neuroscience education for various pain conditions, and therapeutic alliance and trust during the patient encounter. In addition, Kory provides weekend continuing education course instruction as a senior teaching faculty with International Spine and Pain Institute.

Kory said the physical therapy profession has opened doors he did not know existed and has introduced him to some amazing people. “It has pushed me intellectually to work toward a deeper understanding of a person going through a pain experience and what that means from a biological, psychological, and social perspective for that person going through that experience,” he said.

For those just beginning their PT careers, Kory would encourage them to stay humble but be proud of being a PT. “This profession has very significant benefits to add to society and health care,” he said. “Continue to increase your knowledge so it gets to the point that you recognize there is so little you know compared to what needs to be known, and then continue to learn more so that gap of what you know and how much more there is to learn only gets bigger.”

Kory feels the PT profession will continue to become more high-tech and high-touch and will be the primary starting point for musculoskeletal and other movement-based health issues in health care.

Kory and his wife Tina, a school nurse, live in Sioux City, Iowa. They have four children: Tyler (age 20), Lexie (safely home in Heaven), Ella (age 11), and Lanie (age 7).
Isabelle, Kinsey and Thomas, children of Tami (Iverson), DPT '05, and Scott Parker

Drew, Zach and Paige, children of Dave, BSPT '91, and Laura Relling

Isabelle, Gavin and Autumn, children of Jennifer (Skjefre), MPT '98, and Mark Frey

Anna and Leah, daughters of Kyle, DPT '10, and Jessica Gregerson

Bella and Evan, children of Heather (Ten Braak), DPT '07, and Dustin Martinson, DPT '07

Blake and Dylan, sons of Collin, DPT '05, and Amanda Wiggins

Emily and Noah, children of Allison (Breker), DPT '12, and Mark Buske

Jadyn and Ethan, children of Myndi (Vondal), MPT '98, and Mark Frey

Embry, daughter of Sasheen, DPT '13, and Justin Laducer

Savannah, daughter of Alishia (Salmen), DPT '11, and Kyle Daily
Addison and Rory, children of Michele (Brien), MPT '00, and Jon Morse

Benjamin and Zachary, sons of Michele (Brien), MPT '00, and Jon Morse

Bentley and Ella, children of Kaylee (Rundquist), DPT '14, and Jason Breidenbach

Blake and Jace, sons of Alyssa (Carignan), DPT '12, and Jon Rollness

Brayden, Nora and Jonah, children of Emily (Hassenstab), DPT '04, and Chris Kuhn, DPT '04

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Chayson, son of Callie (Hanson), DPT '13, and Josh Greene

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Emily and Logan, children of Mitch, DPT '09, and Jen Wolden

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Joey and Oliver, sons of Laura (Glassman), DPT '11, and Tim Fugleberg

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Joey and Oliver, sons of Laura (Glassman), DPT '11, and Tim Fugleberg

Joey and Oliver, sons of Laura (Glassman), DPT '11, and Tim Fugleberg

Mason and Rylan, children of Tracy (Foltz), DPT '08, and Tyler Kirchner

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Mason and Rylan, children of Tracy (Foltz), DPT '08, and Tyler Kirchner

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

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

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

William, son of Brady, DPT '12, and Ashley Swenson

William, son of Brady, DPT '12, and Ashley Swenson

William, son of Brady, DPT '12, and Ashley Swenson

William, son of Brady, DPT '12, and Ashley Swenson

Hazel, daughter of Heidi Hansen, DPT '16, and Daniel Weise

Hazel, daughter of Heidi Hansen, DPT '16, and Daniel Weise

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Jillian and Luke, children of Maureen (Landsberger), MPT ’95, and Wayne Riley

Oliver, son of Ricky, DPT ’15, and Laura Morgan

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

Caleb and Henley, children of Jessica (Woehl), DPT ’02, and Mike Dorrington

Jordan, Sam and Rylee, children of Jamie, DPT ’15, and Rob Bowman

Conner, Olivia and Chloe, children of Heather (Phillips), DPT ’05, and Chris Lundeen

Emma and Logan, children of Kristin (Citterman), DPT ’08, and Nate Riess

Flint and Xander, sons of Jill (Ament), DPT ’07, and Todd Gibbon

Eva, Halle, Harmon and Lucy, children of Jessica (Holicky), DPT ’08, and Matt Price

Amelia, Lincoln and Tucker, children of Amanda (Nelson), DPT ’06, and Matt Kvein

Caleb, Micah, Ian, Anaya and Elsie, children of Lisa (Koel), MPT ’00, and Tony Schneider

Jocelyn and Keegan, children of Beth (Enerson) Millage, DPT ’03
**Focus on Clinical Instructors**

**Mandy Keefe, PT, DPT**

Mandy is a 2009 graduate of the UND School of Medicine and Health Sciences Department of Physical Therapy. She is a partner at Physical Therapy Center of Wyoming, working primarily in outpatient orthopedics. She specializes in women’s health, which is about 25 percent of her practice.

She said that as a clinical instructor, she enjoys collaborating with students and watching them grow into more confident, well-rounded PTs. “I enjoy teaching and explaining different processes to treating patients and having the student carry over to their treatments of patients,” she said. “I learn something new from every student, which makes being a clinical instructor exciting for me.”

On a personal level, Mandy said she grows as an educator as she is challenged by each student. She enjoys the challenge of teaching in various ways to help the students learn and adjust to each situation. She said she takes each student as a personal challenge to teach them as much as she can and allow them as much patient experience as possible to prepare them for graduation. Professionally, Mandy enjoys collaborating with students who are constantly researching evidence-based evaluations and treatments, learning something new from every student. “Students bring back the fundamentals that are sometimes lost in day-to-day practice,” she said. “Evidence-based practice is where I start as a CI to get the students thinking about what would be best for the patient. It is fascinating to watch the students think about what they have learned in school and research, and then to come up with a plan. Then, when the patient does not fit the ‘mold’ of what ‘should’ work for treatment, the students get creative and come up with a plan that is personalized to the patient.”

Mandy spoke of a recent student having an interest in women’s health and that she wanted the student to gain as much experience as possible with this patient population. Mandy said that the area of women’s health can be challenging for students as there are many emotional and psychological aspects that come along with the physical aspects. She and the student started together with the patient evaluation, and they were able to watch the relationship and trust between her student and the patient grow with each treatment. The student adapted to the patient and was able to gain her respect and trust as a student PT. This patient was sad to see her leave and had appreciated the hard work and effort in helping her progress.

Reflecting on her own clinical affiliations as a student, Mandy said she learned how to treat the person and not the diagnosis. She went on to say that each of her clinical instructors took a different approach with patients, and she learned how to adjust for different personalities of patients. She feels that this is something that can’t be taught in PT school and that she depended on her experiences with her CIs to help mold how she interacted with her patients. She said she would like to see more PTs contributing to clinical education in the clinic. “We were all students at one time and need to recognize that this is the way we shape the future of PTs,” she said. “It is a win/win situation for the students and the CIs to learn from each other and grow as a profession.”

Mandy said being a CI has been more rewarding and educational than she ever could have imagined. “I respected all of my CIs for the time and effort they put into making me a better PT,” she said. “I want to continue the hard work and effort with every student I have to help in educating future PTs.”

**Tyler Burcham PT, DPT, Cert. MDT, CSMT**

Tyler is a 2009 graduate of the UND School of Medicine and Health Sciences Department of Physical Therapy and is employed at RehabAuthority in Fargo, N.D. He works in outpatient orthopedics with an emphasis in McKenzie-driven spine care treatment.

“Being a clinical instructor is very important to me,” he said. “It is another reason to stay on top of the latest trends and research as I know that students will always come in with great questions and knowledge.” Tyler said he enjoys being a CI on many levels and that he wants to be a part of the many great learning experiences that take place during clinical affiliations and help mentor the next generation of PTs.

As a business owner, Tyler said that it is always important for him to have a good understanding of the needs of new professionals and how to help them succeed in their careers. Additionally, he said that the students help to keep him on his toes and challenge him to be a better communicator and clinician.

“My time as a student helped to shape me as a clinician and instructor,” he said. “As a student, you are exposed to a few different clinicians and their tendencies. You have the responsibility to pull from them the knowledge that you need and want to develop your own clinical skills.” Tyler stated that he likes to make sure the students understand why he chooses to perform manual therapy, and also why he may not do a technique. He said he also learned various communication styles from his CIs. “I learned very quickly that I liked the immediate and clear feedback,” he said. “That is something that I try to accomplish when mentoring any student that I may have. I remember being a student and working day in and day out, studying toward this idea of treating patients. I enjoy being an instructor and being there to help bridge the gap between the books and the patients, and between the science and art of physical therapy.”

Tyler feels the future of clinical education is bright and that the PT profession has done a great job of positioning itself as the gatekeepers for musculoskeletal injuries. He believes the evolution of clinical education will be one where final clinical affiliations are longer, allowing more in-depth knowledge to be gained in a specific area of treatment and thus helping students to gain more knowledge and experience in an area that they hope to practice after graduation.

“Evidence-based practice is important to me as a clinician and instructor,” he said. “I feel that the day we stop learning should be the day we retire from practicing. There are so many intelligent people in the world of physical therapy that are trying to drive our profession forward daily. It is important that we use the knowledge at our fingertips to drive our patient care toward better outcomes.”
Stork Report

Lincoln, son of Brittany (Griffith), DPT ’16, and Trevor Johnson, was born Sept. 12, 2016. He weighed 7lbs., 6 oz. and was 20 inches long.

Olive Beadle was born Sept. 9, 2016, and was 6 lbs., 8 oz. and 18.5 inches long. The proud parents are Derek, DPT ’13, and Noel Beadle.