The past six months have offered celebration, confirmation, and appreciation. The Class of 2019 completed its first year of professional, didactic courses in July, and began its clinical experiences in the fall. We marked the transition from classroom activities to clinical experiences through the Entrance Into Professional Service ceremony. Dr. Laurie Betting (MPT ’99, DPT ’04) provided a superb example of professionalism as the speaker at this year’s ceremony, where we recognized the students and their families.

In August, the Class of 2020 began coursework on campus, quickly learning to eat, sleep, and drink physical therapy. Speaking of that motto, we celebrated the 50th anniversary of the Department of Physical Therapy during the October UND Homecoming activities. There were alumni from the first graduating class in 1970 along with representative graduates from each subsequent decade. Notably, the department was recognized at the SMHS Homecoming banquet where Henry “Bud” Wessman, founding department chair (1967-1993), and Dr. Tom Mohr, associate dean for health sciences and former chair of PT (1993-2014), provided comments about the history and development of the program during their respective tenures. To commemorate the 50th anniversary, we initiated the Physical Therapy 50th Anniversary Scholarship Endowment. The funds in the 50th Anniversary Endowment will help mitigate the $80,000 average debt that graduates of our program accumulate. We are hoping to raise $50,000 for the 50th anniversary and are 50 percent of the way to that goal. Thank you for the many generous donations received. If each of our over 1800 alumni would be able to donate $50 or more we could fully fund this scholarship and reduce the debt of future graduates. Go to this UND Alumni Association and Foundation website to make your gift today.

In November, the department received our official summary of action notification of re-affirmation of full accreditation from the Commission on Accreditation in Physical Therapy Education (CAPTE). CAPTE confirmed that the program was in compliance with all of the Standards and Required Elements for Accreditation of Physical Therapist Education Programs with the next accreditation activity to be held Spring 2027. The program faculty, staff, and students are very proud of this accomplishment. At the same time, we know that it would not be possible without the exceptional support of the UND & SMHS administration and our excellent alumni, dedicated clinical instructors, and supportive clinical sites. I hope you are all as excited as we are about this accomplishment.

After over 30 years at the Department of Physical Therapy, Dr. Bev Johnson retired at the end of December 2017. We held a retirement reception for Bev in November where Henry “Bud” Wessman, Tom Mohr, and I had a chance to recognize Bev for her many contributions to the department, School, and profession. You can still reach out to Bev and send a message or card through the department.

Many of the faculty and their student advisees will be presenting at APTA Combined Sections Meeting in New Orleans, La. You can join the faculty and staff at the UND PT Alumni & Friends reception during CSM on Thursday, February 22, 2018, from 6:30 p.m. to 8:30 p.m. The reception will take place in the Hilton Riverside Durham room at the Hilton on 2 Poydras Street. Please RSVP by February 1st.

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 and professor
Department of Physical Therapy

Physical Therapy 50th Anniversary Scholarship Endowment

- Our goal: $50,000
- 49% has been raised as of January 17, 2018
Ken is a physical therapist and clinical instructor in the acute care setting at Lake Region Healthcare in Fergus Falls, Minn. He also treats patients dealing with vertigo. He said that he gets true enjoyment through serving others and that his enjoyment being a CI is twofold: serving outstanding students and observing them as they serve others. “The challenge of helping students learn to care for others is personally rewarding for me,” he said. “Students also teach me and help me grow in this wonderful profession.”

Ken said that during his own clinical affiliations, he had one CI who noticed that he was struggling with evaluations. His CI formulated a plan to help his understanding of the evaluation process by focusing on one body part, and it worked. During that clinical, Ken said he remained timid and his CI tried to encourage him with these words: “Ken, I know you will never hurt anyone. I just don’t know if you will ever help anyone.” “It sounds harsh,” Ken said, “but I took those words to heart and his honesty helped me to trust what I know so that I could help others. I say this to students because they need to trust what they know.”

In sharing an interesting experience as a clinical instructor, Ken said he will never forget the student who assisted him in treating a patient from China who had a broken pelvis. “The patient was in a hospital where no one spoke his language. He was in severe pain, and we had to gain his trust and teach what he needed to do when he went home to China. We challenged the student to develop a home exercise program in Chinese. She was able to find a translating website, and after she determined his dialect, she was able to prepare a comprehensive program for him to take home. I marveled at the confidence with which she took on my challenge!” Ken said.

When asked about his vision of clinical education for the future, Ken said he believes physical therapists must improve in the area of patient education, helping patients learn how to care for themselves in a more efficient manner as the cost of health care continues to rise. “The PT has the skills that can help curb those costs,” he said. “Clinical education must, in some degree, focus on that.”

“The quality of students that have crossed my path in the past 24 years has truly made being a CI wonderful. In every case, I look at these students not only as peers, but also as if they were a member of my family. For this, I am truly blessed to be a clinical instructor,” he said.

Kyle Herauf, PT, DPT, OCS
Kyle is a physical therapist and clinical instructor at Mountain Land Physical Therapy in Boise, Idaho, where he specializes in orthopedics. He graduated from the UND Physical Therapy Program in 2013 and recently received his OCS board certification. Kyle says he enjoys being a clinical instructor because he loves to teach and learn. “I always tell the students that I want them to learn from the mistakes that I have made and become a better therapist than I am,” he said. “I tell them that at four years out if they are not better than I was at four years out, then I did not do my job.” Additionally, Kyle said that it’s so enjoyable working with students who may have different ideas than he does so both can grow as clinicians as they engage in discussions of why a certain therapeutic approach is favored.

Kyle goes on to say that being a CI has given him a great opportunity for growth, both personally and professionally, as he has learned immensely by teaching the students. He feels that being a CI helps therapists look at their treatment programs and ideas through a different lens and helps ensure an adequate understanding of the “why and what” in treatments. “It also helps you to understand your own biases in how you treat and how you teach. Professionally, I think I see a lot of the same benefits,” he stated. “Becoming a CI makes you responsible for helping facilitate learning in someone and providing them with a good clinical experience. This allows you to become better at setting milestones and situations for people to succeed. This skill can then be used on yourself, patients, students, and community members.”

“I think that the position of CI is one of the most influential in a future clinician’s education, and I feel that if you choose to become one, you must be passionate about making them as successful as can be,” he said. “As we grow, we are in an excellent position to change people’s lives for the better and aid the world in the constant battle against persistent pain and rising health care costs.”

Kyle added he truly feels that PTs are positioned to have a greater positive influence on the world of health care and prevention than ever before, and that it all starts with those student and CI professional relationships. He believes that as each generation of clinicians and students become better, the profession becomes better.
"I have had some great experiences working with students in the clinic," Kyle said. "The first example that jumps to mind is actually from early 2017. We were working with a patient who had longstanding shoulder pain and pain with overhead reaching. After our intervention of manual therapy and exercise therapy, she was able to raise her involved shoulder 20 degrees higher with no symptoms. She was so ecstatic that she hugged each of us. When she left the room, my student turned to me a little bewildered. She remarked that she was very excited for the patient, but that she was not really a ‘hugs person.’ I laughed and told her that in this profession, sometimes you are going to get hugged by the people with whom you work.”

When asked about his vision of clinical education in the future, Kyle said he is hopeful that students will be matched to CIs based on common ground. He said another way to look at it would be to help match those who are weak in an area, such as orthopedics, to CIs who could help strengthen future clinicians in that area.

When it comes to evidence-based practice, Kyle believes that evidence-based practice is an absolute necessity for any clinician—and not just CIs. “I think that you owe it to your patients and yourself to make sure that you are always improving yourself by staying on top of the most recent evidence. However, I think the best clinicians are able to synthesize that evidence with their clinical experience and the patient’s values to come up with the best individual program for each patient,” he said. “These things are even more important if you are a CI because you are helping shape the next generation of clinicians.”

Kyle said he feels fortunate to have had four excellent CIs that taught him so much about the profession. “My most influential CI was during my final clinical. He taught me so many ideas that I still hold close in my treatments,” he said. “He taught me that special tests and anatomical diagnoses are not as important as changing a patient’s symptoms. He taught me how to professionally research and stay on top of the most recent findings in the profession. Most importantly, he helped to facilitate and inspire the passion that I have for physical therapy to this day.”

Reflecting on her own clinical affiliations as a student, Tammy said her first CI struggled with constructive communication, which presented a very challenging rotation. “I learned a lot about what I did not want to do as a CI,” she said. “I later had a phenomenal CI in a pediatric setting who was an example of professionalism, compassion, and creativity. He, and the children I served, lit a fire inside of me, confirming my desire to work with children.”

When speaking of her vision of clinical education, Tammy said she would like to see students have the opportunity to have more short-term rotations throughout graduate school. This would allow them exposure to an increased variety of settings in which they may be interested and visit those not necessarily able to accommodate the student for a full rotation.

In the area of evidence-based practice, Tammy stated that it was not as highly emphasized when she was a student. “The students have so many tools at their disposal for justifying their treatment decisions, which has been a great learning opportunity for me,” she said. “However, I see a lot of results in the research, so that clinical judgment is still so important.”

On a personal note, Tammy says she enjoys sharing her story to show young people that it’s possible to go from meager means to success through hard work and integrity. Professionally, she says she gleans plentiful knowledge of current research from the students while simultaneously sharing her real-life experiences and passion for children.

“One of the greatest compliments I’ve ever received,” Tammy said, “was when a former student contacted me after graduation to tell me that she had accepted a job as a pediatric PT. She told me that I was her inspiration in choosing her career as a pediatric PT.”

Garrett Yamamoto, PT, DPT
Garrett is a 2010 graduate of the UND Physical Therapy Program and is employed at the Rehabilitation Hospital of the Pacific, the only inpatient acute rehab facility in the Pacific. About five years ago, Garrett moved into management after treating mainly orthopedic and neuro patients in the geriatric population. His current role is Manager of Operations where he oversees the inpatient and outpatient therapy departments.

Garrett noted that as a clinical instructor (CI) he enjoys learning new evaluation and treatment techniques taught to his students. He feels that the biggest benefit to being a CI is watching his students improve their skill set during their rotation. “There is self-fulfillment in watching students grow as they move towards being an independent...continued on next page
practitioner,” Garrett said. “It also challenges my skill set as a practitioner to educate my students on why I choose to use certain techniques with patients. It is a bit time consuming, but being a CI helps to build stronger future clinicians.”

Garrett said that as a student he was challenged every day by each of his CIs. He asked them to ask difficult questions to help prepare him to be a better PT. He said his CIs also taught him the value of researching the best evidence-based practices to help support evaluation and treatment techniques. “This is key to being a good CI,” he said. “With our profession moving forward, we need all clinicians to utilize evidence-based practice. This helps us to support what evaluation/treatment strategies we use, and should challenge us as clinicians into what are truly best practice acts.”

Garrett stated that the first student he had was shocked at how strict he was as a CI. After explaining to her that his being “strict” was a way to improve her clinical skill set to become a better therapist, she understood. After her rotation, she went back to school to graduate, and later contacted Garrett to thank him for really challenging her, as it built her confidence and critical thinking as a PT.

Garrett’s vision for the future of the profession is having more training available to all physical therapists to become better CIs. He said that it’s often difficult to determine the level of competence with students at different stages of their education because every school is different regarding when they provide certain courses.

“I feel that being a CI is an honor, privilege, and our responsibility,” he said. “Each clinician should feel that this is part of their professional responsibility to give back to our profession that gives us so much fulfillment and satisfaction.”

BEV JOHNSON:
THANK YOU

Thank you to everyone who sent cards and e-mails to acknowledge my retirement. The notes of appreciation and sharing your success stories and humorous stories were heartwarming. For me, the past 30+ years at UND Physical Therapy has been an awesome journey. Watching students blossom in the program and go on to be clinical instructors and awesome therapists and role models has been amazing. I have relished the opportunity to learn from each student, clinical instructor, and graduate. Now, I look forward to moving on to a new chapter in life and allowing myself more time for family and friends. Thank you again for being part of my professional career and I hope our paths cross again!

Sincerely,
Bev Johnson
HOME COMING

BANQUET

L to R: Kevin and Kim McGarry, Debbie Kennedy, and UND President Mark Kennedy

SMHS Dean Joshua Wynne

Founding UND PT Chair Bud Wessman

Former PT Chair Tom Mohr

PT Class of 1977 with Bud Wessman and Alyson White (center)
KIDS CORNER

Abby and Cameron, children of Mandy (Schumacher) MPT ’03 and Jason Runyan

Addi and Rory, children of Anthony DPT ’15 and Kissandra Pohl

Blake and Dylan, children of Collin DPT ’05 and Amanda Wiggins

James, Jonah, and baby Jude, children of Hayley (Herauf) DPT ’12 and Paul Letvin

Josie and Holly, daughters of Jennifer (Pederson) DPT ’06 and Cass Brekhus

Jadyn and Ethan, children of Myndi (Vondal) PT ’98 and Mark Frey

Everett and Oliver, children of Ricky DPT ’12 and Laura Morgan

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

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

Leah and Anna, children of Kyle DPT ’10, and Jessica Gregerson

Mikaeli and Mackenzie, children of Denise Decker, MPT ’96
Blake, Jace, and Emma, children of Alyssa (Carignan) DPT ’12 and Jon Rollness

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

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

Carter and Emme, children of Brian MPT ’95, and Dena (Wright) MPT ’97 Kittelson

Emily, Logan, and Brennan, children of Mitch DPT ’09 and Jen Wolden

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

Kaylee, Noah, and William, children of Miranda (Johnson) DPT ’12, and Zach Ballard

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

Chuck McCullough, DPT, CEES, CHT

Chuck is a 1992 graduate of the UND Physical Therapy program and is employed at Avera Medical Group Brookings in Brookings, S.D. He specializes in hand therapy (Certified Hand Therapist for over 15 years), industrial ergonomics, and treating runners of all ages. Chuck is also a clinical instructor. Twenty-five years ago, Chuck began his PT career at Rapid City Regional Hospital, in the inpatient rehab setting, before moving over to the outpatient setting to focus on spinal injury. In 1997, he began working in Brookings, a town where manufacturing is quite prevalent and includes the 3M corporation, which makes the medical tape Coban and other medical products, and Daktronics, which makes scoreboards, including those for the Ralph Englestad Arena at UND. Because of the extensive manufacturing in this area, dealing with upper extremity injuries and ergonomics has become a large part of Chuck’s practice.

During the past two years, Chuck has participated in data collection during a study of running and ground reaction forces with obese children. He also directed a study on evaluation (EMG) of muscle activation during resisted band walking. In addition, Chuck has been a frequent guest contributor on a South Dakota Public Television show called “On Call.” All episodes are on the “On Call” Facebook page and at www.prairiedoc.org. His most recent contribution to the show on September 28, 2017, episode #1607, was regarding shoulder issues.

Chuck said he realized physical therapy was his choice of profession while having Sue McLean as a mentor. Sue was part of the first PT class from UND and Chuck said that she offered him invaluable guidance. “After looking at many different professions in health care,” he said, “I found that PT provided the type of patient contact that I was looking for in a job.”

“I love making a difference in a person’s life,” Chuck stated. “Sometimes during our daily work, a person’s physical therapy appointment is what they consider the most important thing of the day. To be part of that and help them get back to work, sport, or just daily life is very rewarding. I also love the challenge. We, as a profession, use problem solving skills every day on the job, and the challenge is very satisfying to me.”

Chuck said that as a clinical instructor, he really enjoys working with students and teaching his skills and showing them how to make custom hand splints, for example. He said this particular skill is most likely one that is not covered extensively in school, but rather something that’s new and fun for the student. He said he also learns from the students and makes it a point of asking them about their opinions, whether it is about patient care or day-to-day operations in the clinic. Chuck said he believes that students give a different view and fresh insight into clinical practice from which he benefits.

“Professionally, I believe it is our responsibility as clinical instructors to provide the best possible affiliation for the students. It is absolutely a means to ‘give back’ to our profession,” he said. “Sue McLean guided me on my professional journey, and I believe she instilled in me the sense of responsibility to give back to the profession.”

The town of Brookings is the home of South Dakota State University, and Chuck said he has tried to provide his time and knowledge to pre-physical therapy students on campus via the pre-PT club or individually. This has included assisting pre-physical therapy students during the process of undergraduate education, mock interviews prior to their interview with a physical therapy program, or just being available to give information or answer questions about the profession.

Chuck said he has always enjoyed working with UND PT students! “Of course I am completely biased when I say that the UND physical therapy students are the best students we have at our facility, compared to students from any other University,” Chuck said. “We love UND students when they come to Brookings, South Dakota! They are professional, and I know that our top-notch instructors at UND have prepared them for their time with us.”

Chuck’s wife of 22 years, Kim, is a teacher. Their daughter, Maddie, is 10 years-old and is busy with music and sports activities. “I am an avid runner, not fast, but I find it is my time for relaxation and stress relief,” Chuck said. “As a family, we love to travel. We have been to many places in the United States, and now that my daughter is older, we are expanding our horizons. We have enjoyed Europe quite a bit, but our biggest highlight was a trip to Sri Lanka last year. I even got a chance to visit with some local physiotherapists. It is great to see that no matter where in the world we practice, the biggest reason we chose this profession is to help people.”
Alex Thompson PT, DPT, CSCS
A 1992 graduate of UND’s PT program, Alex has been employed at West River Health Services in Hettinger, N.D., since 1996. He specializes in general practice, including acute care, outpatient, skilled nursing, and the school system.

Previously, Alex practiced in Thief River Falls, Minn., (1992-1996) and Tarpon Springs, Fla., prior to moving to Hettinger. His research interest is the treatment of vestibular issues including vestibular hypofunction and vertigo. Alex is also a certified strength and conditioning specialist working with area athletes and community members designing and implementing strength and conditioning programs. In addition, Alex volunteers with the Federation of State Boards of Physical Therapists.

Alex said he became interested in the physical therapy profession as a sophomore in high school after injuring his back while playing basketball. His interest in becoming a PT was sparked during treatment for his back injury. He said the most enjoyable part about being a PT is engaging the needs of others and being a positive influence in their lives, not just short term, but long term. “I love getting to know people,” he said. “It provides an opportunity for continual learning and growth. I have been blessed to be a part of others’ struggles and to be trusted by those in need to participate in their healing and recovery.”

Alex encourages new practitioners to recognize that every opportunity to help a patient is a privilege and a learning experience. “Treat patients the way you would want to be treated or the way you would want a loved one to be treated,” he said. “The future is bright and exciting for the physical therapy profession. We are poised to play a vital role in health, wellness, and the prevention of disease. We will play an important role in lessening the burden of an overly strained national health care system. We need to prove that our services now will lessen the cost of health care in the future.”

Alex and his wife, Kathleen, recently celebrated 25 years of marriage. Kathleen is a 1994 graduate of UND’s PT program and has practiced part-time since graduating. She specializes in women’s health and vestibular rehab. Their son, Ander, is 25 years-old and a 2015 graduate of Colorado State University. After graduation, he worked in finance on Wall Street for two years, and now resides in Denver and works for a start-up technology company. Their daughter, Lizzy, is 20 years-old and attends Montana State University, majoring in industrial engineering. She will study abroad in Spain this summer. In his spare time, Alex enjoys reading, theology, bird dogs, and fly rods. He is currently studying Biblical and Theological Studies at Denver Seminary.

ALUMNI! You are important to us and we want to keep in touch!

Please let us know if your contact information has changed by submitting the Alumni Update Form available at med.und.edu/events/contact.cfm or by mailing the following information to:

Department of Physical Therapy
UND School of Medicine and Health Sciences
Suite E321, 1301 N. Columbia Rd. Stop 9037
Grand Forks, ND 58202-9037.

Thank you!

Name: ___________________________________________ Address: ___________________________________________

Phone: ___________________________________________ E-mail: ___________________________________________
PT Class of 1988

Bud and Lorraine Wessman (left) and family

UND Department of Physical Therapy faculty and staff

PT Class of 1985

PT Class of 1975

PT Class of 1977

Bud and Lorraine Wessman with Jim Schill (Class of 1975)
Trail Blazers name Jesse Elis Director of Player Health and Performance

The Portland Trail Blazers have a new Director of Player Health and Performance for the 2017-18 season. Jesse Elis, DPT, will take over the as head of the organization’s medical staff. Elis replaces Chris Stackpole, who spent four seasons as the Director of Player Health and Performance before leaving the organization this summer. Elis is a graduate of the University North Dakota School of Medicine and Health Sciences and a native of Dickinson, N.D. He joins the Blazers after spending two years as the Director of Physical Therapy at EXOS in Phoenix, Ariz. He has worked with the Oakland A’s, San Francisco Giants, and at the Shanghai Research Institute of Sports Medicine in China.

Here is the full release from the Blazers:

The Portland Trail Blazers have named Jesse Elis as their Director of Player Health and Performance. It was announced today by President of Basketball Operations Neil Olshey.

Elis will lead all facets of the Trail Blazers medical staff to collaboratively provide preventative maintenance and rehabilitative health care to Trail Blazers players. He will work closely with the team’s athletic trainers, physicians, strength and conditioning specialists, nutritionists, psychologists and therapeutic specialists to integrate rehabilitative concepts into performance training.

“The addition of Jesse is another step toward developing the finest health and performance staff in the NBA,” said Olshey.

A native of Dickinson, N.D., Elis joins the Trail Blazers from EXOS in Phoenix, Ariz., where he served as the Director of Physical Therapy for the past two years. Prior to joining EXOS, Elis had extensive experience working with athletes as a concierge physical therapist for professional tennis players and working in China with both National and Olympic-based teams.

Elis received his bachelor’s and doctorate (2009) degrees at the University of North Dakota, and completed a three-year post doctorate fellowship in the area of orthopedic manual therapy through the Evidence in Motion program. He also is board certified through the American Physical Therapy Association in both Orthopedics and Sports while also carrying the designation as a Certified Strength and Conditioning Specialist. Maintaining his involvement in continuing education programs, Elis teaches on multiple levels of both lecture and clinically-based courses.


Fargo Orthopedic Surgeon to Accompany U.S. Men's Hockey Team to Olympics

A Fargo orthopedic surgeon who has spent years traveling the world with America’s best hockey players is now headed to the Olympics.

Dr. Phil Johnson will be one of the team physicians on the Men’s Olympic Hockey Team, and training camp is just weeks away.

Dr. Phil Johnson of Fargo is used to seeing athletes in his office. Orthopedic injuries are his specialty. But, Johnson’s office is plastered with memories of high profile hockey games and players.

“If you are having a bad day, just come in here,” said Dr. Johnson.

He’s spent years serving as an Orthopedic physician for USA Hockey Teams, World Juniors, and U18. Now, he will join the Olympic Hockey Team, serving as one of its physicians.

“It is one of those once in a lifetime things. One of the goals you have (as a sports medicine physician) is you always want to get to that elite experience, and there isn’t anything bigger in the amateur world than the Olympics,” said Dr. Johnson.

And, it won’t be just Johnson, the doctor, going. His two daughters will be with him, to watch a game they all love.

“To be on the international stage is humbling, but surreal, when you look at it,” said Dr. Johnson.

Training starts in November in Germany. Johnson will be there. Then it is on to South Korea in February for this tradition on ice.


Editor’s note: Dr. Phil Johnson received his degree in physical therapy from the University of North Dakota in 1980.
Lexi was born on May 23, 2017, to Alishia (Salmen) ’11, and Kyle Daily. She weighed 7 lbs., 3.9 oz., and was 19.5 inches long.

Mitch, ’09, and Jen Wolden are the proud parents of a baby boy born on September 28, 2017. Brennan weighed 8 lbs., 11 oz., and was 22 inches long.