Welcome to another issue of the Department of Physical Therapy Newsletter. The year has gone by quickly and has included not only changes in faculty here at the School, but exciting collaborations that will benefit the program in the future. In July, Dr. Renee Mabey retired after a combined 42 years of service to the University of North Dakota. Renee’s work at UND included 12 years as a clinician for the Medical Center Rehabilitation Hospital in Grand Forks and 30 years as a faculty member. Renee played a pivotal role in the development of many courses within the professional program and created an outcomes and assessment program that has been emulated by many other physical therapy schools. Renee’s expertise in research design and statistical analysis was critical for faculty and students to disseminate scholarly activity to local, national, and international audiences. Renee will be greatly missed, but we celebrate her legacy at UND PT as the newest Professor Emeritus and wish her the best in her retirement.

Recently, we combined resources with the Department of Kinesiology and Public Health in the College of Education and Human Development to create a state-of-the-art motion analysis research laboratory. The laboratory is named the “BiPED” lab and the concept of combining resources into one space grew from a research collaboration between our department’s Dr. Gary Schindler and Dr. Jesse Rhoades from kinesiology. The BiPED motion analysis lab will provide biomechanical assessment of movement for research purposes and implement high impact learning practices in biomechanics for students at UND. Expanding our research capabilities will better prepare graduates to produce and consume physical therapy research. At the same time, we have embarked on a review of the current curriculum with plans to re-organize program content based on systems and areas of the body. We are in the beginning stages of this long-range process to facilitate delivery and enhance retention of program content.

The department continues to recruit and accept excellent students to the professional program. In May, the class of 2019 completed their studies and prepared for licensure. They had a first-time pass rate on the National Physical Therapy Examination of 92% and an ultimate pass rate of 100%, both above the national average. In July, the class of 2021 completed their first year of professional, didactic courses and began clinical experiences in the fall of 2019. We mark the transition from classroom activities to clinical experiences through the Entrance into Professional Service ceremony. Dr. Beverly Johnson, PT, DSc, Associate Professor Emeritus and Geriatric Certified Specialist, provided an illuminating presentation on professionalism in physical therapy to the students and their families at this year’s ceremony. In August, the class of 2022 began classes on campus...quickly learning to eat, sleep, and breathe physical therapy!

There have also been many faculty accomplishments at the local, state, and national level. Notably, Dr. Cindy Flom-Meland completed APTA’s Educational Leadership Institute Fellowship. The ELI fellowship is a 52-week blended learning program to develop leaders who are visionary, innovative, and influential. Additionally, Dr. Steven Halcrow obtained his board certified specialty in orthopedics after successfully meeting all requirements, including the Orthopedic Certified Specialist examination from the American Board of Physical Therapy Specialties. If you are planning to attend APTA Combined Sections Meeting, you will have a chance to catch up with many of our faculty who are presenting at or attending the meeting. The APTA Combined Sections Meeting is in Denver, Colo., during February this year, and we will hold the annual UND PT Alumni & Friends reception in Denver on Thursday, Feb. 13, 2020, from 6 p.m. to 8 p.m. Please keep an eye out for more details and RSVP for this event soon if you will be in Denver!

Finally, we would not 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 contact me or Cindy Flom-Meland, our Director of Clinical Education.

We wish you all Happy Holidays and a Happy New Year!

Dave Relling, PT, Ph.D.
Professor and Chair
UND Department of Physical Therapy
Cory Ash, PT
A 1997 graduate of the UND Physical Therapy program, Cory Ash currently works at RehabVisions in Dickinson, N.D. When not working, Cory and his wife, Natasha, enjoy supporting their three children, A.J. (16), Emily (14), and Eli (10), in their activities. Cory coaches his youngest son’s basketball team as well as coaches baseball. In addition to posing as a “wannabe golfer extraordinaire,” Cory recently added bow hunting to his activities.

Cory’s interest in physical therapy began when his grandmother suffered a severe stroke. He witnessed her overcome adversity with the help of her home health physical therapist as she learned to walk again. His second exposure to physical therapy occurred after he suffered some personal sports-related injuries. His high school guidance counselor was instrumental in pointing him down the path of physical therapy.

After graduating from UND, Cory’s first job was with Therapy Partners at what was then the Dakota Heartland Hospital in Fargo, where he saw both inpatient and outpatient populations. In 1999, he moved to Spearfish, S.D., and began practicing solely in outpatient orthopaedics at Black Hills Physical Therapy. Then, in 2005, Cory returned to North Dakota and began practicing in Dickinson at RehabVisions, where he provides care to an outpatient population.

Since 1998, Cory has been a certified strength and conditioning specialist through the National Strength and Conditioning Association. In 2007 he was board certified in orthopaedic physical therapy—and was recertified in 2017. Cory is an ASTYM-certified provider and, after being trained in Dr. Ma’s Integrative Dry Needling approach, has used dry needling in his practice. He also enjoys seeing patients with vestibular dysfunction.

From 2012-2015, Cory was chair of the NDPTA Quality Assurance committee. Recently, Cory met with North Dakota’s Senate Majority Leader Rich Wardner with the goal of getting Medicaid to reimburse for CPT 97140 Manual Therapy. He believes that given the abundance of evidence supporting the use of manual therapy and the current opioid crisis, “it is an injustice that the North Dakota Medicaid policy essentially tells physical therapists not to touch their patients.”

Considering the future of physical therapy, Cory feels that declining reimbursement will be the biggest challenge, given the aging demographics of the nation and the “skyrocketing” national debt. However, he believes there will always be a demand for high quality care that brings true value to any system.

As a physical therapist, Cory feels fortunate to have entered a profession that has seen a steady increase in the demand for services over the 22 years he has been practicing, something that other professions have not been as fortunate to experience over the same time. “It’s been rewarding to have the opportunity to impact lives in a positive way, and I think that’s all we can hope for while we are here.”

Cory explains that this impact can be made in a variety of ways; his is simply through helping people move in a way that they could not before, or in a way that they did not think was possible. He tells his older patients that he is their partner in the “art of aging gracefully.” He also feels very fortunate to be surrounded by great people with whom he gets to work every day. To new practitioners, Cory says, “Keep the patient at the center of everything you do. Don’t get distracted from why you became a physical therapist. If you always do what is right for the patient, you will have a long and successful career.”

EDUCATION AWARD
Physical Therapy faculty presented at the Education Leadership Conference in Bellevue, Wash., in October. Sue Jeno and Emily Henneman were awarded the Education Innovator Award for Outstanding Platform Presentation by the Physical Therapy Learning Institute.
Sarah Haarstad, DPT
Sarah Haarstad is part of a wonderful interdisciplinary team made up of two physicians, nursing staff, physical therapists, occupational therapists, speech pathologists, rehabilitation psychologists, a recreational therapist, and therapy support aides at the Inpatient Rehabilitation Facility at Altru Health System. As one of the first rehabilitation inpatient programs in the region accredited by CARF (Commission on Accreditation of Rehabilitation Facilities), Altru is celebrating 50 years of accreditation this year. Sarah and her team see patients who have suffered functional loss and have disabling illnesses. They strive to provide their patients with world-class care.

“Our goal is to maximize a patient’s level of functional independence and help them to return to a community setting, whether that is in a home, assisted living, or basic care facility,” she said.

As a graduate of the UND Physical Therapy Program, one of the reasons Sarah enjoys being a clinical instructor is the opportunity to give back to her Alma Mater. In her role as a clinical instructor, Sarah provides students with opportunities to apply what they have learned in the classroom, in addition to helping students learn new skills in real-life situations. Sarah feels that students and their clinical instructors can learn from one another to develop a professional relationship in working together to provide their best care to patients.

“I feel rewarded as a clinical instructor that I can mentor students in the profession,” added Sarah, who views her involvement with clinical affiliations as a chance to teach students what she has learned and to help them grow. In addition to showing students how much she enjoys what she does, she gets to show them how an inpatient rehab facility functions as a whole. “I feel it is important for students to learn and understand how important it is to communicate with those around you from an interdisciplinary team standpoint.”

In the clinical affiliation setting, Sarah believes that evidence-based practice is important. She feels that her role is to get students comfortable with researching and seeing how evidence-based practice drives plans of care. “There is so much literature out there, and I feel that as a clinical instructor I am here to provide guidance through it and assist students in learning to develop clinical reasoning skills.”

Looking back on her own clinical affiliation, Sarah feels lucky to have had great clinical instructors. “Each clinical instructor was able to provide me with multiple learning opportunities along with a welcoming and positive environment,” She said.

Her clinical affiliation experience allowed her to develop her skills as a clinician, applying what she learned in the classroom to real life situations and a variety of patients. She is grateful for UND and the learning environment provided for her that helped build her foundation of skills as a physical therapist.

For new practitioners starting in their professional careers, Sarah has this message: seek out as many learning opportunities as possible in order to grow both professionally and on a personal basis. Continuing education courses and seminars allow clinicians to stay up-to-date on evidence-based practice and gives them the ability to provide the best individualized care for patients. In addition to continuing education, Sarah encourages building professional relationships.

“You need to be comfortable in asking questions and learn as much as you can from your co-workers,” Sarah said. “These relationships and the ability to effectively communicate with other disciplines helps in developing individualized care plans.”

When considering the future of clinical education, Sarah would like to be able to create more learning opportunities for students and would like to see more clinicians become clinical instructors. “You are only able to simulate so much in the classroom, but providing real-life situations is very beneficial,” she added. She wants to see students work together—and feel comfortable in thinking out loud and bouncing ideas off one another. Working together and learning from each other plays a vital role in becoming a better clinician, she said.

Maren Kludt, DPT, FAAOMPT
Based in Kirkland, Wash., Maren Kludt works at MTI Physical Therapy, a private practice outpatient orthopedic clinic that specializes in manual therapy interventions. Maren graduated from the UND Physical Therapy Program in 2014 and specializes in orthopedic manual therapy. She completed a Residency and Fellowship program with the Ola Grimsby Institute and is currently a fellow with the American Academy of Orthopedic Manual Physical Therapists.

“High quality physical therapy care is important to me as a clinician in so far as it helps to evolve our occupation and improve the patient experience,” Maren said. As a Clinical Instructor, Maren is able to pass on this passion to her students to help them feel confident and competent as they enter the field. She enjoys seeing patient progress in critical thinking, intervention selection, and interactions from the start of the clinical experience to the end.

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Maren enjoys having students for an affiliation as she feels they keep her up-to-date on new and changing techniques in the clinic. Having students with her in-clinic also gives Maren's patients a chance to hear and learn about the thought process and science that goes into the care they receive. She is grateful for the knowledge and experience gained during her time at UND and feels blessed to be able to stay connected to the campus by having students involved in her clinic. Maren still appreciates UND for producing such high-level therapists for the profession.

“All of my UND students have been fantastic and have gone on to have successful careers,” she said.

When reflecting on her own clinical affiliation experience, Maren feels truly lucky to have had four great clinical instructors who taught her a tremendous amount before she entered the profession. Her last CI, now her boss and good friend, has been a positive mentor for her over the past five years. Working at MTI with her mentor has helped shape Maren into the therapist she is today, and she is thankful for a positive experience and outcome.

“I always thought that I would live and work in the Midwest after graduation,” Maren admitted, “but after being a student at MTI, I couldn’t resist taking a position at the clinic, and I can’t imagine my life any other way.”

In her role as a clinical instructor, Maren sees evidence-based practice as an important aspect of clinical affiliations. “Because of how fast our field is changing, it is important to stay up-to-date with recent evidence and be open to changing the way we may have learned a technique,” she said. She feels that having student learners in the clinic is a great way to improve her own evidence base and to make sure that the most effective interventions are being utilized.

Maren hopes that the future of clinical education will remain a time for teaching and instructing future clinicians rather than an opportunity for students to treat patients independently to increase provider caseload. She feels that the time spent with students is valuable in helping them grow and expand their knowledge.

“As our profession continues to expand in complexity, it will be imperative for students to have more mentoring and clinic time to have a solid foundation of skills that best serve their patients as independent clinicians,” Maren explained.

To those starting in their professional careers, Maren encourages everyone to keep learning and not to be afraid to look up information or ask for help: “Find a work environment that supports your professional development,” she added.

She also tells her students to be confident in their skills during their interactions with patients and to always treat the patient as a person first. If therapists can do this, they will find patients are nearly always appreciative of the care they receive.

Jerry Knute, PT

Jerry Knute is a part of the North Valley Health Center, a rural health facility in Warren, Minn. NVHC offers a variety of medical, rehab, and emergency services to the people of Northwestern Minnesota. Providers at the clinic primarily see patients with musculoskeletal pain and injury, sports injuries, cardiac needs, and a variety of activities related to geriatric patients.

When he was a student, Jerry really enjoyed his clinical instructors and wanted to make the clinical experience enjoyable for his students. His own clinical instructors were always open to listen to his suggestions and questions and would offer help when he was stuck. He was able to become more comfortable in developing his own skills by using their skills as a model. Jerry views the clinical affiliations as a mutual teaching experience: “It is always good to keep up on the techniques the students have learned, along with teaching them skills that I have acquired over the years,” Jerry said.

Jerry is currently in his final year as a Clinical Instructor and, as he gets closer to retirement, is pleased that he will be turning the profession over to a group of young, qualified therapists. He feels satisfied to see their skill and confidence develop and grow as their experience with patients increases. Jerry enjoys seeing the relationships develop between his students and their patients.

“I think that any of my current and former students will tell you that my relationships with all my patients tend to include a substantial amount of humor,” he added with a laugh. “It’s wonderful to hear our patients tell my students that they are becoming just as mean as I am.”

When considering evidence-based practice, Jerry believes that, in addition to offering experience, clinical instructors should be encouraging their students to research literature relating to patients they are seeing during their clinical affiliations. “We are probably all aware that future reimbursement for all medical services is going to be determined by the quality of care and results obtained,” he said.

Jerry also feels that the future of physical therapy will involve the development of more complex privileges for each therapist similar to that seen in military physical therapists, which will, in turn, make the need for the development of more residency-type programs necessary.
Jerry noted that even as the health care system evolves, he feels “rural hospitals will still offer an excellent setting for students to develop their initial hands-on skills and build their self-control in treating patients.”

Jerry advises new practitioners not be afraid to say “I don’t know—I will ask someone or I will look it up.” He has found that when he has reached a point where he thinks that he is “God’s gift to medicine,” something quickly comes along to humble him.

Since 1991, Jerry has been working as a Clinical Instructor, and in all those years he has greatly enjoyed working with the UND Physical Therapy Department. “I would like to take this chance to express my gratitude to them. I would also like to express my gratitude to all of my students for allowing me to be part of their professional education and for putting up with me. It has been a wonderful experience!”

**RENEE MABEY RETIRES**

June 19, 2019

Renee Mabey receives a plaque from Dave Relling that celebrates her thirty years of service to UND Physical Therapy.

**GRADUATION HOODING CEREMONY**

May 10, 2019

*Front Row (Left to Right):* Brandon Forister, Kristyn Bergh, Raevyn Haugland, Kalie Maiden, Analise Richtsmeier, Alyssa Wagner, Rebecca Lynch, Haley Mertens, Brecca Wahlund, Riley Wilson; *2nd Row (Left to Right):* Tyler Snellings, Kody Strum, Andrew Nelson, Ryan Cook, Tracie Boehmlehner, Kelsey Bell, Leah Jensen, Alyssa Sandry, Allison Kopp, Mekenzie Scheresky, Thomas Linner, Travis Rinkenberger; *3rd Row (Left to Right):* Daniel Garcia, Brianne Halbur, Samantha Forsch, Hannah Bucholz, Jayla Greene, Renee Hoffman, Paige Slemmons, Jay Mittlieder, Mercedes Stein, Adam Lutz, Marit Mikkelsen, Erin Arndt, Ashley Jobe, Sterling Hubbard, Mitchell Karbo; *Back Row (Left to Right):* Zachary Peterson, Micah Hale, Shane Omdahl, Danielle Gamel, Ashlee Wiebe, Trevor Roppel, Taylor Doeden, Jake Leverington, Zachary Huot, Jeremy O’Keefe, Anthony Peterson, Casey Murphy, Jeremy Korthuis, Justin Hett, Connor Camrud
WHITE COAT CEREMONY

July 11, 2019

Front Row (Left to Right): Abigail Stroup, Delaney Faiman, Erin Bussman, Anna Murphy, Hannah Gregg, Mackenzie Dumm, Megan Siebert, Hannah Brennan, Kayana Trottler, Winter Monette, Lauren McIntosh; 2nd Row (Left to Right): Jayce Turner, Colin Renfandt, Kaley Stotz, Mary Therese Gray, Morgan Bicker, Brianne Halstead, Alissa Dahle-Koch, Lydia Jacobson, Brita Karolus, Brianna Erickson, Paige Mriden, Erin Syverson, Alyssa Theede; 3rd Row (Left to Right): Taylor Nord, Jacob Todd, Zachary Burtsfield, Samantha Miller, Martina Mack, Mary Haman, Kaitlyn McClaii, McKinley Bender, Kaiann Arellano, Morgan Burrer, Hannah DeKrey, Amy Svir, Hannah Riveland; Back Row (Left to Right): Austin Stueve, Cassidy Stienessen, Kelsey Knutson, Mark Geerdes, Jacob Fixell, Riley Ryan, Lucas Keller, Ashley Bergerson, Ellie Hagen, Brian Illing, Brooke Rehm, Stacy Remer