

From the Chair

It has been an exciting spring and summer at UND PT. The graduating class of 2016 received their doctoral hoods at the Department of Physical Therapy Convocation and Conferring of hoods ceremony on May 14. There were 52 graduates and more than 400 guests in attendance on a beautiful spring day for Grand Forks. Twenty-five of the graduates successfully completed the National Physical Therapy Examination (NPTE) in April while the remainder of the class will be taking the exam in July. A majority of graduates reported accepting employment throughout the upper Midwest. Notably, four graduates accepted residency positions in orthopedics, sports or geriatrics. Residencies are a growing trend for graduates of entry-level programs who want to specialize in a specific area of physical therapy practice. In fact, at UND PT, we are excited to have our second resident begin the accredited [sports physical therapy residency](#) directed by Dr. Gary Schindler.



In June, we welcomed a new faculty member to the program, Dr. Kristin Johnson. Kristin received her entry-level physical therapy degree from the College of St. Scholastica in Duluth, Minn., and her Doctor of Physical Therapy from Regis University in Denver, Colo. She is an American Board of Physical Therapy Specialties certified specialist in neurologic and geriatric physical

therapy. Her clinical and teaching experiences will augment the program's lifespan and neuro-rehabilitation expertise. We are very excited to have Kristin on faculty.

The past few months have also been bittersweet. We left the building that has been home to the program for the past 30 years. Many historic documents, pictures and memories were rediscovered as faculty and staff prepared for the transition to the new space. On July 13, the movers transferred all of the department's equipment and materials to the new building. Faculty and staff worked exceptionally hard to provide the students with a sound summer educational experience while sorting, purging and packing three decades of materials. The challenges of moving affirmed the dedication and exceptional character of the faculty, staff and students that have been a long-standing tradition at UND PT.

Our new address is 1301 N. Columbia Rd. I hope that you will be able to join us for the grand opening of the new building on Oct. 14. The school will be hosting tours of the new building throughout that afternoon along with other [Homecoming week events](#). Finally, keep an eye open for information about celebrating the 50th anniversary of UND PT during the fall of 2017.

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



DPT Class of 2016

Maurie Steinley, PT, DSc, SCS



A 1989 graduate of the UND Department of Physical Therapy, Maurie has practiced in a variety of areas including acute care, long-term care, and home health, but his primary area has been orthopedic/sports medicine. He was also a full-time assistant professor in the Department of Physical Therapy at the College of St. Scholastica in Duluth, Minn., for six years. Maurie currently provides patient care at Viverant, a private practice with seven clinics in the Minneapolis area and throughout Minnesota. He also serves as the clinic's clinical manager.

Maurie received his Doctor of Science in Sports Specialty Physical Therapy from Rocky Mountain University of Health Professions in Provo, Utah. He is a board-certified sports clinical specialist and his clinical special interests are the shoulder, overhead athletes and golfers, but he also continues to enjoy treating all orthopedic areas.

For those just beginning their professional careers, Maurie said it will be important for them to seek employment opportunities where they are encouraged to grow as a professional. "Never be satisfied with status quo," he said. "Always be searching for ways to advance your knowledge and your ability to help others."

Maurie said he is hopeful the PT profession is able to continue to educate the public and advance their knowledge, recognizing that physical therapists are movement scientists and experts in helping people improve their function and returning to the things they enjoy. He believes that the profession will encounter some unique challenges in the evolving health care environment, but is hopeful that these challenges can be met to become an even stronger and thriving profession. "A big part of this will need to be ongoing education, not only of the public, but with insurance carriers to recognize that early access to physical therapy can benefit their participants for a faster recovery thereby saving health care dollars," he said.

"I have thoroughly enjoyed being in a profession where I can help people," he continued. "It has been a wonderful experience seeing people improve their health and function whether that meant a return to going for walks with their spouse, gardening or returning to the field of play. I have also had many opportunities to mentor young physical therapists and see their careers thrive as they become outstanding physical therapists. Another big change my profession brought to my life is that I met my wife at work!"

Maurie and his wife Lori, a physician assistant, have been married for 22 years. They have two children. Their son Tyler, 20, is a junior at Winona State University in Winona, Minn., majoring in music business, and their daughter Shayla, 18, will be an incoming freshman at Northern State University in Aberdeen, S.D., this fall where she will major in biology with plans to attend graduate school to become a physician assistant. She will also be playing softball for the Northern State Wolves. In his free time, Maurie enjoys spending time with his family as well as golfing and hunting.

Kurt Otto, PT

Kurt Otto graduated from the UND Department of Physical Therapy in 1989 and is employed at CentraCare Health based in St. Cloud, Minn., which includes flagship St. Cloud Hospital. His current role is vice president, specialty division, which includes the service lines of cardiovascular, oncology, neurosciences (including rehabilitation), nephrology, gastrointestinal, pulmonology and sleep. He also has responsibility for supply chain, support services, pharmacy, imaging/radiology, and the Department of Workplace and Patient Diversity.



Previously, Kurt served as staff physical therapist and manager of rehab services at Cambridge Medical Center in Cambridge, Minn. (1989-1999); outpatient services director (2003-2007) and director (2007-2010) at Sister Kenny Institute in Minneapolis; service line director, cardiovascular services at Regions Hospital (2007-2010); service line director, neurosciences/spine/rehab at St. Cloud Hospital (2010-2012); and vice president, ambulatory and support services at St. Cloud Hospital (2012-2016).

When asked about his advice to new practitioners, Kurt stressed being familiar with concepts of the triple aim: improve quality, improve the patient experience, and reduce cost/increase value. "In the volume-to-value transition, physical therapy and all rehab professions will play a greater role in prevention," he said. "Physical therapists practicing at the top of their license have an opportunity to provide services that meet the triple-aim intent. Physical therapy is still a very strong profession and a great career choice."

Kurt and his wife Linda (a 1989 UND Physical Education graduate) live in St. Cloud and are mostly empty nesters. They have two children: Jamie, 25, and Jace, 22. They continue to enjoy all sports, following the Twins in the summer and the Wild and UND hockey in the winter. Kurt says he plays as much golf as he can and does a lot of reading. "Linda and I have started to travel more," he said. "We still get back to Grand Forks a couple times each year to catch a football game or hockey series, which includes several trips to the Red Pepper."

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David Owan, PT

David graduated from the UND Department of Physical Therapy in 1989 and started his career working in an acute care hospital in Billings, Mont., where his main focus was developing a cardiac rehab program and working on a burn team. In 1990, he moved to Spokane, Wash., where he worked in a hospital-based orthopedic outpatient clinic until 1993. From 1993 through 2001, David practiced in a variety of settings including nursing homes, small rural hospitals, school districts, outpatient clinics and as a consultant. In 2001, he opened Youthful Horizons Therapy (YHT) with three employees and managed its growth over the past 15 years. YHT currently has 35 employees: five pediatric PTs, one pediatric PTA, four pediatric OTs, nine pediatric speech therapists, one developmental specialist, three family resource coordinators, four orthopedic PTs and two massage therapists.

David said he enjoys working with orthopedic clients and, until five years ago, his continuing education was focused in this area. As owner of a private practice, he said that most of his continuing education over the past five years has been in the administrative/insurance area. "I have always had a passion to help

kids in our community," David said. "I am a strong advocate for kids to have access to our services. With families having higher deductibles and co-pays, parents have had to limit the services their children need." In order to help families get the services their children need, David formed a non-profit foundation called Elevations: A Children's Therapy Resource Foundation, which provides grants to families to help cover the cost of therapies and equipment.

As new graduates and practitioners go through the interview process, David encourages them to ask employers about their mentorship programs. As great as the PT programs are, David feels that new practitioners should learn twice as much in their first year of work as they did in all of their schooling and that this can only occur with a good mentorship program. "With the changes in health care, I think these are very challenging times for our profession," he said. He remains optimistic as there is a strong lobbying effort to advocate for the profession. "As long as we work together, new opportunities will present themselves and we will not only survive, but grow as a profession," he said.

Focus on Clinical Instructors

Jonathan Beck, PT

Jonathan, a 2011 graduate of the UND Physical Therapy Department, is a physical therapist in the inpatient rehab setting at Altru Health System in Grand Forks. He enjoys working with neuro patients and individuals requiring higher-level balance activities.

Jonathan said he is thankful for the UND program and for the knowledge and skills it has provided for him, and that he hopes to continue to give back by being a clinical instructor. As a clinical instructor, Jonathan said he enjoys seeing his students using the skills and knowledge they have obtained in school and applying them to the "real world" to assist patients to improve their overall function. "I also enjoy teaching my students some 'on the job tricks of the trade,'" he said. "I love to show my students the importance of going above and beyond to motivate patients and improve their overall status while having fun with therapy. I really enjoy watching them grow as therapists, watching their skills and confidence grow during their clinical." He believes everyone has different methods and ideas to treat certain patients and he enjoys learning from his students, then using the ideas to better himself as a therapist in order to improve function in his patients.

In particular, Jonathan said a patient and family member needed a listening ear during a difficult time. His student provided them this opportunity by listening and "giving them all the time in the world" and not rushing them. "The student realized the importance of listening to patients and family members, and this was exactly what was needed in this situation," he said. "Taking the time to listen is a great attribute to have as a physical therapist in order to better the patient's overall experience and provide world-class care to patients and their family members."

"Health care is always changing in one way or another, and one must be aware of these changes to adapt their PT skills to this new knowledge," he continued. "Patients are ambulating the day of total hip or total knee arthroplasty. As some individuals are going home the same day after a partial total knee, therapists must be

able to educate the patient on a home exercise program, how to ambulate with walker/crutches, and how to negotiate stairs. We also must be aware of other things such as the type of nerve blocks used and different type of precautions based on the type of surgery (anterior approach total hip arthroplasty)."

Jonathan is hopeful that the current process for clinical affiliation continues, as it is really important for students to have a hands-on experience in a wide variety of areas throughout the PT curriculum.

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Jennifer Iverson, PT, OCS

Jennifer is employed at Sanford Health SouthPointe Clinic in Fargo, N.D., specializing in outpatient non-operative and post-operative orthopedics and sports medicine. She is an orthopedic-certified specialist and although she treats conditions of the whole body, she says she most enjoys treating patient with extremity issues.

As a clinical instructor, Jennifer is passionate about teaching and enjoys working with students who are excited about the PT profession and eager to learn. She feels that mentoring a student helps her stay current on her own education and expertise as a clinician in order to give the student a good learning experience. In addition, she says being a clinical instructor helps her become a better physical therapist for her patients.

Jennifer said she was very fortunate to have great CIs throughout her clinical experiences as a student and that many of her CIs blocked off time during the week to provide mentorship beyond what she learned in school and also to prepare for upcoming patients. She said those experiences were wonderful as they provided welcome feedback and practice while challenging her knowledge. She also had the opportunity to explore her interest in various areas of PT. "Many of my CIs were very passionate about our profession, and that passion excited a similar passion in me," she said. "I think another aspect of PT that I learned from my mentors was that PT is all about people. If you are not able to effectively connect with your patients, actively listen and do what is best for the patient, this is not the profession for you. Many of my mentors/CIs exhibited this selfless skill."

In sharing her thoughts on evidence-based practice in her role as a CI, Jennifer feels that students need to rely more heavily on evidence for the decision-making as their experience is limited. As a CI, she tries to steer students toward evidence and resources when they have questions rather than giving them the answers outright. She also tries to instill in students that even though the evidence may say to treat a certain way, common sense and patient expectations are still important factors in their treatment plans. "Almost always, that means giving patients good education on what to expect, why you are doing what you are doing and what are the desired results," she said. "Then see if the patient's goals and your goals/outcomes are the same and modify as needed."

Jennifer also feels that CIs need to be the "experience" part of evidence, helping students think outside of the school setting. Students need to be given clinical examples of patients seen in the past and various treatments options that may not have as much, or any, evidence of support but were still successful in treating the patient. Jennifer also encourages her students to be purposeful and open-minded when choosing continuing education courses to assist them in expanding their knowledge where their interest lies. She feels the credentialing courses offered by the APTA are very beneficial and useful for mentoring a student, as well.

Jennifer believes that as reimbursement and documentation continues to change in the PT practice, the model of clinical education has and will change, as well. "I think clinical education is getting more challenging from a time standpoint due to the above factors," she said. "It is very challenging to see the expected number of patients, mentor the student and read all the documentation required as well as adhere to reimbursement policies. That being said, I think it will be increasingly hard to have

more than one student to mentor at a time. Ultimately, the 'perfect clinical education' experience in my mind would be a teaching/learning model where there could be a set time of 1:1 mentoring with your student as well as with patients. We try very hard to achieve this in our clinic within reason, but it becomes difficult when patient volumes are high. I anticipate continued growth with residency and fellowship programs as PT continues to be more specialized."

Kirk Hayes, PT, MPT, ATC, Cert MDT

Kirk is the rehab director at RehabAuthority in Grand Forks, N.D. He specializes in treating patients with neck and back pain.

Also a clinical instructor at RehabAuthority, Kirk said he enjoys giving back to the profession, loves to teach and that joy comes from mentorship. "I wouldn't be where I am if clinicians were not willing to accept me as a student," he said. "Students bring an energy into the clinic that is infectious. Having students keeps me on top of my game."

Kirk believes that a person must thoroughly know something before adequately teaching it. He also noted a quote from Mother Teresa, "A life not lived for others is not a life."

In reflecting on his clinical affiliations as a student and how his clinical instructors helped in molding his career, Kirk said, "From affiliations, you take interventions you like, along with the treatment philosophies, and apply them to your practice as it fits with your personality. You eat the fish and spit out the bones."



Focus on Students

UND-PT participates in Spin for Kids

Spin for Kids is an annual indoor race on stationary bikes that began at Altru Health System in 2009. Each team consists of eight members, each member riding for 20 minutes. Prior to race day, each rider raises pledges to support the race mission, which is to raise money for children with special needs and their families often facing lifelong medical bills and expenses.

Spin for Kids was held on Saturday, April 16, at the Red River High School Gymnasium in Grand Forks, N.D. All ages were welcome to participate. There were three divisions of riders: kids (three teams), amateurs (37 teams), and elite (nine teams).

Over the first five years, Spin for Kids raised \$218,000. The grand total raised this year alone was \$177,936.78. The seven physical therapy groups raised \$6,762.75! A team of elementary-aged kids won the award for top pledges, raising \$8,127.31. Incredible!



1.

Photos:

1. Spinions
2. The Pain Train
3. The Handlebar Neuropaths
4. Stationary Stallions
5. Pedaling Pixies
6. The Profs and Progeny
7. #ferdakids
8. Pedal 4 Peds



Above: Members of all eight teams



2.



3.



4.



5.



7.



8.



6.

Stork Report



— **B**orn to **Travis, DPT '10, and Shawna Cochran**, Ella was born on Jan. 21, 2016, weighing 7 lbs., 14 oz. and measuring 19 inches long.

— **W**alter Blendermann was born to **Pam (Peter), DPT '11, and Kevin Blendermann** on Nov. 3, 2015, weighing 5 lbs., 8 oz. and measuring 19.75 inches long.

