Greetings! The past year included some major changes to the UND Department of Physical Therapy. In May, Sherri Johnson retired after 21 years in her position as administrative secretary. Sherri provided a friendly face to everyone who visited, substantial contributions to the daily working of the department, and was key in assuring our outcomes data and special ceremonies were completed with excellence. She is now enjoying her photography hobby and visiting grandkids on a regular basis. Dr. Peggy Mohr retired at the end of 2018 as well after 27 years as a faculty member. Peg was instrumental in the development of the pediatrics curriculum, secured over $2 million in grant funding for programs to support North Dakota families and children with special needs, and instituted team-based learning into the curriculum, along with many other accomplishments. Peg was recently recognized as the newest UND PT Professor Emeritus, joining Beverly Johnson, PT, DSc, GCS, and the founding chair Henry “Bud” Wessman, PT, JD. While it was sad to see Sherri and Peg leave, we are very grateful for their contributions to UND PT and wish them the best in their retirement.

The department performed a personnel search during the summer and received many excellent applications. We were excited to have Anna Pendleton join the department in August as an administrative secretary. Anna has been a wonderful addition to the department, although she may be missing her native California during this cold and snowy winter. Anna has taken on the role of alumni newsletter editor and multiple other projects. A faculty search in the fall produced two first-rate new faculty members: Dr. Emily Henneman and Dr. Mohamed Elhamadany. Emily’s experience is in home health and hospice care, but she has practiced across the lifespan. Mohamed has extensive experience in pediatrics, including his recognition as a Pediatric Certified Specialist. Both Emily and Mohamed have already demonstrated great enthusiasm in their teaching and we are excited to have them on faculty. Please see the biographies of Anna, Emily, and Mohamed in this newsletter.

In May, the class of 2018 completed their studies and prepared for licensure. They had a first time pass rate on the National Physical Therapy Examination of 96 percent, about 4 percent above the national average. A recent survey revealed 96 percent of the class was able to find places of employment, including 63 percent of the class locating in North Dakota or Minnesota. In July, the class of 2020 completed its first year of professional, didactic courses and began clinical experiences in the fall of 2018. We mark the transition from classroom activities to clinical experiences through the Entrance into Professional Service ceremony. Dr. Phil Johnson, MD (BSPT), provided an excellent talk at this year’s ceremony that recognizes the students and their families. In August, the class of 2021 began classes on campus...quickly learning to eat, sleep, and drink physical therapy! Finally, the class of 2019 began final clinical experiences in January and are excited for graduation in May.

Many of the faculty and their student advisees presented at the APTA Combined Sections Meeting in Washington, D.C. Our annual UND PT Alumni & Friends reception had over 40 people attend, the largest gathering to date. It was great to catch up with so many of you. If you plan to attend a future CSM, please look for us at this reception.

This past year has seen outstanding giving by alumni and friends of UND PT. The Physical Therapy 50th Anniversary Scholarship Endowment, to commemorate the 50th anniversary of UND PT, surpassed the half-way mark toward our goal of $50,000. We also received generous endowments from Larry Mullins (UND PT, 1975) and David & Donna Severson (UND PT, 1971) to develop student scholarships in their names. This brings the total number of UND PT endowed scholarships to ten. The scholarships help to mitigate student loan debt, which has averaged $80,000 per student for the past few graduating classes. If you would like to contribute to one of these scholarships or develop an endowment of your own, please contact the UND Alumni Association & Foundation (undalumni.org/SMHS) to make your gift today.

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.

Take care and please stop by if you are in the Grand Forks area!

Dave Relling, PT, PhD
Associate Professor and Department Chair
Department of Physical Therapy
Shannon Maixner, PT

Shannon Maixner is the owner of Fitness Focus, an outpatient facility in Mahtomedi, Minn. At her clinic, Shannon focuses mainly on orthopedic and sports therapy. She specializes in muscle activation techniques (MAT) to further her effectiveness as a physical therapist, and is a certified strength and conditioning specialist (CSCS) and holds a certification in Stott pilates, both of which support her belief that a holistic approach to treatments yield the most beneficial results.

As a clinical instructor, Shannon enjoys building her students’ confidence. She uses the foundation of each student’s knowledge to help them see the larger picture necessary to successfully treat patients. “It is always rewarding to watch my students gain confidence and become more comfortable with their care,” she noted. When students are more confident, they are more relaxed and able to think clearly, which drastically improves the care they provide. She remembers how much she needed that knowledge during her clinical affiliation and is happy knowing that she is providing the same for her students. Her experience with MAT has given her the chance to work with several professional athletes and she has extended that opportunity to some of her students. One of Shannon’s students was able to accompany her on a home visit to treat a Minnesota Vikings player. Her student was able to apply her classroom knowledge during her clinical internship and was able to perform ROM and MMT with minimal shaking (due to nerves).

Shannon views clinical affiliations as a great opportunity for students; students are able to apply the principles learned in the classroom to the client care they provide, deepening their understanding of the material. It exposes students to what they will encounter in their future careers. Affiliations expose students to what they will encounter and are an opportunity to teach students how to carry themselves and interact with coworkers and patients.

Looking back on her own clinical affiliation as a student, Shannon recalls the importance of connecting with her patients, something that her clinical instructor never failed to emphasize. “No matter how small the issue was, he managed to find some common ground with every patient,” she said. Shannon believes that the positive effect of forming a relationship between physical therapist and patient should never be underestimated.

Evidence-based practice is an important facet in Shannon’s role as a clinical instructor. She believes that “evidence-based practice is important in evaluating and determining the plan of treatment for a patient.” However, Shannon reminds us that it is still important to refrain from generalizing and remember that each patient is unique with different expectations and preferences: “Just because there is evidence supporting a course of treatment for a certain condition, does not mean that this treatment should be applied universally with the expectation of replicating the treatment’s success.” She says that it is understandable that students tend to rely heavily on supporting evidence, but she encourages them to ask questions of professionals who have more clinical experience and integrate both clinical experience and evidence-based techniques into their treatment plans.

When looking to the future of clinical education, Shannon hopes to see students spend time in clinical settings that are outside of physical therapy-settings, such as acupuncture, chiropractic, and personal training. By doing so, students would understand the broad spectrum that is the medical field and deepen the respect they have for what other professionals can offer. It could also have the added benefit of creating a team approach to patient care. Shannon is concerned about the apparent, but unwritten, “hierarchy” in the health world and how quick to criticize some are in order to make themselves feel better. “Unfortunately, I believe our ego sometimes takes our eyes off of the patient and limits the effectiveness of our treatment.”

To new practitioners, Shannon has a message: be open-minded and humble. She urges everyone to take advantage of every opportunity to learn, and to know the limits of one’s knowledge and to be willing to ask other therapists and medical professionals for help. In closing, she counsels, “the most important thing to remember is to never underestimate the magnitude of the effect you can have on each and every patient, both mentally and physically.”

Ryan Schrock, PT, DPT, CSCS, Board Certified Neurologic Clinical Specialist

Located in Gillette, Wyo., Ryan Schrock is co-owner of Rehab Solutions, a physical therapy clinic specializing in pain conditions, orthopedic and sports rehabilitation, vestibular rehabilitation, pelvic rehabilitation, and multi-system conditions such as Parkinson’s disease, Multiple Sclerosis, and cancer rehabilitation. Ryan graduated from the UND Physical Therapy Program in 2008 and is a board certified neurologic clinical specialist dedicated to neurologic, vestibular, and concussion rehabilitations. He also holds a certification from the National Strength and Conditioning Association as well as a Herdman Vestibular Competency Certificate of Achievement.

As a clinical instructor, Ryan enjoys being an advocate for the physical therapy profession. The role of clinical instructor gives him the opportunity to serve patients through improved and optimal physical...continued on next page
therapy care on a national level. He feels his attitude toward clinical instruction goes back to his time as a student while he was involved in clinical affiliations: “I was fortunate that each of my instructors focused on true patient care and being plugged into their community.” As a result, Ryan tries to carry a little bit of each of them in order to “pay it forward” in his clinical instruction.

Ryan observes colleague interaction as a valuable opportunity for both student and instructor to learn and view patient care through a new perspective. “All too often, clinical students lack this self-realization that they are a medical colleague. But clinical affiliations should provide students this learning opportunity,” he says. Ryan finds joy in partnering with students to establish that value. Ryan makes a point to talk with students regarding the art of negotiation and recognizing self-worth as a medical professional, specifically as a new graduate, noting that “Each student harbors unique talents, life experiences, and skills that truly benefit patients.”

In looking to the future of clinical education, Ryan is interested in both observing and working towards residency and fellowship-format continuing education in the post-doctorate arena. Ryan feels that the question of the future of clinical education is currently rooted in financial concerns from a personal and reimbursement standpoint. However, he is hard-pressed to stand against improving the quality of care that is provided to patients.

To new practitioners starting out in their professional careers, Ryan stresses the understanding of professional value and recognizing opportunity. “The new physical therapist should realize they are trained and tested as a valued member of the transdisciplinary model of care we are working towards,” he says. He also urges new professionals to recognize that they have a daily opportunity to collaborate with their “extra-professional” colleagues and to remember that everyone in medical care has a call to serve their patients.

We started 2019 by welcoming Mohammed Elhamadany and Emily Henneman, two new assistant professors, to the Physical Therapy Department.

Mohammed Elhamadany, BSPT, MS, Cairo University; PhD, Physical Therapy for Pediatrics and Pediatrics Surgery, Cairo University; DPT, Dominican College; Pediatric Certified Specialist.

Over the past 20 years, Dr. Elhamadany has been evaluating and treating children and adults with developmental disabilities in a variety of clinical settings. As an APTA-credentialed clinical instructor, he provided excellent clinical experiences for students from a variety of DPT programs. He has served as an expert in numerous professional and organizational committees, including a safe patient handling committee. Dr. Elhamadany is teaching in the areas of pediatrics, research, statistics, evidence-based practice, and geriatrics. Areas of research interest are primarily pediatrics, EMG, motion analysis, therapeutic modalities, disease and functioning taxonomies, and virtual reality.

Emily Henneman, PT, DPT, University of Minnesota.

Dr. Henneman teaches in the areas of cardio-pulmonary care, physical therapy across the lifespan, administration, and case management. Her clinical background includes working with the geriatric population in the home health and hospice setting. Dr. Henneman is actively involved in the Home Health Section of the APTA. Areas of interest include pediatrics, geriatrics, home health, telehealth, and hospice.

This past August, we also welcomed Anna Pendleton, a new administrative secretary, to the department. Anna serves as the departmental receptionist and provides secretarial support to the department as well as support to multiple aspects of Outcomes Assessment Research and Program and Student Learning Assessments. Graduating from the University of California, Riverside with a BA in History, Anna also holds Certificates in College Admissions Counseling and Teaching English to Speakers of Other Languages (TESOL) from the University of California, Riverside Extension. Anna recently relocated to North Dakota from California where she worked in International Education Programs.
KIDS CORNER

Savannah and Lexi, children of Alishia (Salmen) DPT ’11 and Kyle Daily

Blake, Emma, and Jace, children of Alyssa (Carignan) DPT ’12 and Jon Rollness

Blake, Emma, and Jace, children of Alyssa (Carignan) DPT ’12 and Jon Rollness

Embry, daughter of Sasheen DPT ’13 and Justin Laducer

Embry, daughter of Sasheen DPT ’13 and Justin Laducer

Haylee, Noah, and Micah, children of Miranda (Johnson) DPT ’12 and Zach Ballard

Ben and Zach, sons of Michele (Brien) DPT ’00 and Jon Morse

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

Savannah and Lexi, children of Alishia (Salmen) DPT ’11 and Kyle Daily
Rylee, Jordan, and Sam, children of Jamie DPT ’15 and Rob Bowman

Halle, Kaden, and Brynn, children of Kari (Lettenmaier) DPT ’02 and Jeff Braaflat

Kenly and Tatum, daughters of Heather (Sletten) DPT ’07 and Jon Studsrud

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

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

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

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

Kenly and Tatum, daughters of Heather (Sletten) DPT ’07 and Jon Studsrud
Jason Burud PT, DPT, SCS

Graduating from the UND Physical Therapy program in 1994, Jason Burud works at the Sanford POWER Center in Fargo as the Manager of Therapy and Rehabilitation where he specializes in sports physical therapy. Residing in Fargo, Jason and his wife, Kim (a fellow physical therapist with Sanford), have four children: Joshua (23) lives in Atlanta, Ga., Austin (20) is a junior at UND in commercial aviation, Gabrielle (16) is a junior at Fargo North High School, and Kyle (13) is in seventh grade. When not at his clinic, Jason enjoys playing golf, exercising, coaching PeeWee hockey, and traveling to the lake on weekends and to Arizona (especially in February).

As a high school athlete, Jason had an early interest in anatomy and physiology: “Like many people, I had an injury in high school and was referred to physical therapy.” This was his first introduction to physical therapy and he thought it was a great way to combine his love of sports with his interest in how the body moves and works. While in high school, Jason had the opportunity to shadow Mike Kroke, a physical therapist and his cousin—and UND alum. Mike was able to answer many of Jason’s questions and helped cement his decision to become a physical therapist.

Since graduating in 1994, Jason has been in the outpatient orthopedic world. He first worked at PT-OT Associates in Fargo until 1997, when he joined what was then called MeritCare under the direction of UND alumnus Keith Leikas. Then, in 2011, he accepted the position of manager of Sports Physical Therapy at the POWER Center. In his current position, Jason works closely with Sanford POWER in Bismarck and Sanford POWER in Sioux Falls, S.D., developing and implementing programs to help improve care of athletes of all ages.

In 2014, Jason became a board certified clinical specialist in Sports Physical Therapy. He has a special interest in treating all types of sports injuries, including overuse injuries, running injuries and assessments, and biomechanical movement evaluations to determine the cause of many of these frustrating and lingering injuries for both competitive and recreational athletes. At his clinic, he also performs comprehensive ACL Return to Play evaluations, which includes assessment of movement via high speed video analysis from which an individualized plan of care is developed based on objective criteria. This provides the athlete, parents, and physician with valuable information to help them make a smart and safe decision regarding when they can return to sport following the ACL repair.

Sanford POWER Center has a close relationship with Sanford Sports Science Institute (SSSI), a relationship of which Jason feels very fortunate to be a part. “SSSI assists us with many research projects that have clinical significance,” he said. His clinic is currently taking a closer look at Blood Flow Restriction training as well as biomechanical markers that affect ACL patients following surgery and beginning to quantify a safe score based on the athletes’ ability for shock absorption, avoiding medical collapse, trunk stability, pelvic stability, and ability to utilize hip strategy. The institute’s research can be found in an article titled “Blood Flow Restriction Resistance Exercise as a Rehabilitation Modality Following Orthopaedic Surgery: A Review of Venous Thromboembolism Risk” in the January 2019 issue of the Journal of Orthopaedic and Sports Physical Therapy.

Four years ago, under the leadership of Gary Schindler, DPT, PhD, Jason was a part of the committee and group that organized the Sports Physical Residency program in conjunction with UND’s Physical Therapy program, a project of which he is very proud to have been a part. Currently, Jason functions as one of the mentors for the Sports Physical Therapy resident.

At his clinic, Jason and his team are currently working on developing their cash-based model for continued supervised training for the later stages of rehab following ACL surgery to further work on strengthening, movement re-training, and sport-specific demands, allowing athletes to gain more confidence and feel better about their transition back to full competition. With this program, they will be working closely with their certified athletic trainers, biomechanists, and strength and conditioning specialists. He feels that the physical therapists and the sports medicine team do a great job of working with athletes post-operatively up until the point that the athlete is cleared to return to sport. However, they may not see the athlete to help with a gradual return to their sport after the clearance. “I think we need to do a better job of getting athletes back to their sport safely with sport and position training, reactionary training, and to educate the athlete, parents, and coaches on a safe return to play continuum,” Jason said.

Unfortunately, most (if not all) insurance companies do not pay for this extensive treatment and training, which is why Jason and his team are developing their cash-based model.

Helping people is at the core of Jason’s love of physical therapy: “I like the challenge of assessing orthopedic and sports injuries to determine the cause of a patient’s symptoms and help them develop a plan of care that allows them to get back to an active lifestyle.” Jason believes that physical therapists can have a huge impact on people’s quality of life by helping them stay active and do what they love to do. “Many folks come up to us years later to thank us for helping them; we may not remember their name, but we all remember what injury they came to see us for.”

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Throughout his career, being actively involved in the physical therapy profession has allowed Jason to take numerous continuing education courses and to meet many outstanding practitioners. His involvement in the Sports Physical Therapy section of the APTA, Sanford Sports Medicine Symposium planning committee, and managing a Sports Physical Therapy clinic has allowed him to network with both national and international speakers and leaders of the physical therapy profession, including Christopher Powers, Dan Lorenz, Bryan Heiderscheit, Mike Reinhold, Blaise Williams, and Rob Manske.

For all the new graduates, Jason has two pieces of advice. First, following graduation, for the first two-to-four years, Jason urges new graduates to attend as many continuing education courses as possible that include lab work to help further evaluation, palpation, and treatment skills before “specializing” in a technique: “Once you have a strong base and know more about what is available, then think about becoming specialized.”

His second piece of advice is to utilize evidence-based practice to help obtain better outcomes for patients. He adds that to do this correctly, one must avoid “cherry-picking” the evidence and using poorly designed studies from predatory journals to support treatment. He recommends thinking of it as a dart board where the bull’s eye is made up of treatments that are proven and as you move away from the center, the treatments are supported by less and less evidence. “Begin with treatments that we know are proven (bull’s eye) and, as needed, move outward to lesser proven techniques.” There are many techniques and treatments that do not have much supporting evidence, but Jason says not to discount those yet, but to use your best judgement and ask “does this make sense?”

When thinking about the future of physical therapy, Jason comes back to the issue of health insurance. He thinks that there is occurring a gradual transition from insurance-based treatments to cash-based in the outpatient physical therapy world. Even with insurance, many patients have high deductibles and, because of this, they are becoming more conscious of how much is being charged and are requesting/demanding quality treatment with quick results and positive outcomes. “We need to make sure we are using outcome measures and then using this information to market our services to the public. Physical therapy continues to be the leader in rehabilitation and movement training and we should and can be our own advocates through improved marketing and education campaigns.”

Kory Zimney PT, DPT, CSMT
A 1994 graduate of the UND Physical Therapy program, Kory Zimney currently resides in Sioux City, Iowa, with his wife Tina, who is a school nurse; his three children, Tyler (22), Ella (13), and Lanie (9); and their family pug, Daisey. Kory is currently working as an Assistant Professor at the University of South Dakota in the Department of Physical Therapy and as a Senior Faculty with the International Spine and Pain Institute in Story City, Iowa. He specializes in persistent pain and pain neuroscience.

Previously, Kory was practicing mostly in community-based hospitals in a variety of settings. These included: acute, skilled care, acute inpatient rehab facility, home health, and outpatient. It was the latter that he worked most with, working in outpatient therapy with musculoskeletal disorders and occupational medicine.

With research interests in pain neuroscience education and therapeutic alliance, Kory has had the opportunity to be part of several studies. At the International Spine and Pain Institute, Kory is part of a research group headed up by fellow senior faculty member, Adriaan Louw. They are looking into how pain neuroscience education can improve outcomes while, at the same time, gaining a better understanding of how to best deliver that education. In his role at the University of South Dakota, Kory is working on the further development of interprofessional pain neuroscience educational content and programs for the School of Health Sciences.

Currently, Kory is working on a large research project to finish his dissertation. In it, he is looking at the specific area of trust between patients and PTs within the therapeutic alliance. This multi-site trial aims to develop measurement tools and looks at how trust between patients and therapists may change over the course of the plan of care and how that change might affect outcomes.

Kory’s interest in physical therapy started with a requirement; both he and family members had a need for physical therapy. He was impressed by the progress and return to function that come with physical therapy. As an athlete in high school, Kory was interested in the idea of movement and exercise and found a perfect fit with physical therapy. During college, before starting in the physical therapy program, Kory had the opportunity to work at Great Plains Physical Therapy and Fitness Center in Grand Forks. This opportunity coupled with the influence of UND alumnus, Cliff Lafreniere, who was a significant role model for Kory, solidified his decision to become a physical therapist.

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When asked what he likes best about being a physical therapist, Kory said that there are so many things that it is hard to pick the best one: “While some medical procedures can save a life, physical therapy has a chance to put meaning and purpose back into life through movement and restoring function,” he said. Kory enjoys being a part of a profession that understands the importance of movement in life and finds it very fulfilling to be able to diagnose and treat someone’s movement difficulty, working with them to get back to their life. And it’s not just working with patients that is special to Kory; the network of fellow physical therapists (both here in the U.S. and internationally) has been a significant part of his career. “Being a physical therapist is about becoming a part of a very special family of health care providers,” he said.

In thinking about the future of physical therapy, Kory believes that it is as bright and promising as it has ever been. The students who are becoming physical therapists have a level of quality that Kory finds impressive. He sees great strides in both the commitment to research and the utilization of evidence-based practice within the profession. For new practitioners, Kory stresses the importance of committing to core values: accountability, altruism, compassion and caring, excellence, integrity, professional duty, and social responsibility. These values, when combined with ethical behavior, self-awareness, and lifelong learning, can “transform your life and the lives of those you care for.”

“I cannot imagine doing anything other than being a physical therapist. The ability to help others through what I have learned through my career is something I truly value. Being involved in research and education, to be able to further what we, as PTs, do every day in helping people move and function better has been life changing.”