

PT MESSENGER

Roller Named First Dean of School of Health Sciences



The University of Mary is pleased to announce that Dr. Joellen Roller, Chair of the Department of Physical Therapy, has been selected to serve as the first Dean of the School of Health Sciences

in July 1, 2010. Dr. Roller has served the university with distinction since 1995. She has served as program Director of the Physical Therapy Department, Chair of the Division of Human Performance Science, and was promoted to the rank of Professor in 2009. Dr. Roller holds two doctorates, one in Educational Leadership from the University of St. Thomas and a second in

Physical Therapy from the University of North Dakota. She has served as a physical therapist for more than 23 years, and as an educator for more than 15 years. She has a distinguished record of scholarship and has published in the Journals of Physical Therapy Education, Neurology, and Aquatics.

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The University of Mary now has a campus in Rome, Italy! Check out www.umary.edu for details!

107 DPT students will be enrolled in the professional program in Fall 2010

PT Program Announces Leadership Change



Dr. Mary Dockter has been chosen as Chair of the Department of Physical Therapy beginning July 2010. Mary has been with the PT Program since 1998 and has served in the capacity of Director of Clinical Education. Mary holds a BS in PT from the University of North Dakota, M.Ed. in College

Teaching from the University of Mary, and a PhD in Higher Education from the University of North Dakota. She has published and presented in the areas of women's health, service-learning, and professional practice areas. She has been actively involved in the NDPTA and APTA – most recently completing her role as Director of Education for the Section on Women's Health during which time the Section was granted permission to award Women's Health

Specialist Certification. Mary has taught primarily in the areas of professional practice issues, integumentary management, and women's health. She initiated the first PT Service-Learning team to Guatemala in 2002 and has led 6 teams to Guatemala. In 2008, Mary initiated the first in-country GOD's CHILD Project Service-learning team, for which the project was awarded a \$10,000 Make a Difference Day Award and was awarded the Higher Education Teacher of the Year Award by the Bismarck-Mandan Chamber of Commerce in 2004.



University of Mary Reorganizes Academic Programs

The University of Mary, under the direction of President Fr. James Shea, is undergoing major changes in its organizational structure beginning July 1, 2010. The Academic Programs will now be contained in four schools:

School of Arts and Sciences, School of Education and Behavioral Sciences, School of Business, and School of Health Sciences. The Program in Physical Therapy will join the Occupational Therapy, Athletic Training, Exercise

Science, Respiratory Therapy, Nursing, Rad Tech, and Clinical Lab Sciences in the School of Health Sciences.

Thank you to all the incredible clinical education faculty! We appreciate all that you do!



Dr. Jody Eckert will assume the duties of Director of Clinical Education in the fall of 2010. Jody came to the University of Mary 2008 and has provided instruction primarily in clinical education,

kinesiology, and orthopedics courses. She has also provided direction as a clinical instructor in the pro-bono clinic on campus. Jody earned her Doctorate of Physical Therapy from Boston University, her MPT at the Mayo College of Medicine and a BA in Exercise Science from Concordia College in Moorhead, MN. She has published and presented research in the area of

orthopedics and is currently working on acquiring an Orthopedic Specialist Certification through the American Board of Physical Therapist Specialists. She is a member of the APTA, and the Orthopedics and Education Sections. Jody is an Advanced APTA Credentialed Clinical Instructor. She also holds an OSHA Certification in Ergonomics Program Management since 2007.

New Faculty Announcement



Dr. Teresa Seefeld, PT, DPT, ATC will join the University of Mary Program in Physical

Therapy in the fall of 2010. Her primary teaching responsibilities will be in kinesiology and orthopedics. Teresa holds a BS in Biology and Athletic Training from the University of Mary, a MPT and t-DPT from the College of St. Catherine. She previously served as the curriculum coordinator and assistant athletic trainer in the athletic

training department at the University of Mary. In addition, Teresa practices in the area of geriatrics on a help out basis for a local rehabilitation firm. Prior to joining the University of Mary athletic training education program in the Fall of 2001, she was a staff physical therapist with St. Alexius Medical Center.

2010 Research Colloquium a Success

The 13th Annual University of Mary Scholarship Colloquium was on Friday, April 30, 2010 in the Bismarck Civic Center. Over 250 healthcare professionals attended the conference. The Colloquium is an interdisciplinary event featuring a keynote speaker and student representatives from the University of Mary

Programs in Athletic Training, Exercise Science, Occupational Therapy, Nursing, and Physical Therapy. A total of 41 – research papers were presented as platform presentations by students from each of the above programs. The purpose of the Colloquium is to celebrate the *scholarship of discovery* as our students' present

new knowledge in their respective field of study. Abstracts of all the research projects can be found at the following Web address:

<http://www.umary.edu/pdfs/abstract.pdf>

A highlight of this years Colloquium, was the keynote address presented by Stacey Haugen, MSN, RN, CNS,

a clinical specialist in mental health who has a private practice in Bismarck, North Dakota specializing in the treatment of anxiety disorders. Stacey's talk was entitled, *Stress Management and Self Care*. Her presentation focused on how healthcare providers can manage personal and professional stress.

PT Student Research

The Effects of Three Different Neuromuscular Electrical Stimulation Patterns on the Strength of Contraction and the Fatigue Resistance of the Quadriceps Femoris Muscles
Alex J Broughton, Ben R. Larsen, Josh W. Dinius, Mac J. Cimbura

Effectiveness of Water-Based Versus Land-Based Exercises on the Berg Balance Test Scores in Community Living Older Adults
Savannah Crawford, Karessa Korneck, Aimee Lang, Jennifer Nelson, Caitlyn Zundel

A Description of Clients Receiving Primal Reflex Release Techniques
Heather Mattson, Lisa Sanchez, Brittany Kirkey, Aundrea Riehl

The Influence of the Abdominal Hollowing and Pelvic Tilt Maneuvers on Electromyographic Activity of the Multifidus and Internal Abdominal Oblique Muscles
Shaun Susan Biddle

The Effects of a Home-Based, High Intensity Interval Program on the VO₂ max and Body Composition in Air National Guard Members: A Before and After Design
Jake R. Tesch, Matt P. Bakkum, Darin M. Erp, Cole A. Monson

Section on Women's Health Members' Perceptions of Mentoring First Professional Students in Clinical Education
Chelsey Stark, Serena Fred, Leann Johs, Jill Bakkum

Use of the Wii Fit Gaming System Compared to Traditional Therapy to Improve One-Legged Stance time in a Population of Retired Citizens
Brian E. Aasby, Anthony B. Christensen, Erin A. Engel, Mindy A. Fisher

The Effects of a Wellness Program on Children Living in a Rural North Dakota Community
Jenna Drey, Amber Swanson, Will Kucera, Ryan Lorenz

Faculty Accomplishments

Dockter M, Stark C, Fred S, Johs, L, Bakkum J.(class of 2010) (Submitted Spring 2010):
Section on Women's Health Members' Perceptions of Mentoring Entry-Level Students in Clinical Education. *Journal of Women's Health Physical Therapy*.

Rich N, Dockter M, Abraham K, Borello-France D. Integrating Evidence in Practice: Writing a Case Report. Pre-conference Course. APTA CSM. San Diego, CA. Feb 2010

Parker M, Davis M (class of 2009). 10% Burst Modulated AC Augments Force in Healthy Fatigued Quadriceps Femoris: A Single-Case Design. Poster presentation. APTA CSM. San Diego, CA. Feb 2010

Kollman R (class of 2009), Parker M. Electromyographical Analysis of Selected Lower Extremity Muscles during a Single-leg Squat on a Declined and Level Surface.

Dr. Parker was also reelected to the Executive Committee of the Clinical Electrophysiology and Wound Management Section of the APTA for another 3 year term. He serves on the Executive Committee as the Section's Publications Chair.



Class of 2010 Student Awards

Since its inception in 2006, the PT faculty has awarded the Outstanding Physical Therapy Student Award at the graduation banquet. The award is given on the basis of the 3 parts of leadership as defined by the University of Mary.

Servant Leadership- Outstanding record of service during the physical therapy program.

Benedictine Values - Practices and role models the Benedictine Values

Competences:
Professional: Student is at entry level or above in all areas of professional competence. Student has consistently demonstrated positive attitude in group dynamics and in the classroom. Contributes actively to the course via discussion, excellent

presentations, and projects.
Scholarship: Student demonstrates leadership in the research process; has an outstanding GPA and consistently, an inquiring mind.
Environmental Contexts: Student consistently promotes the profession; Active in the Student PT Association; Demonstrates a keen interest in the activities of the profession and professional organization.

The faculty congratulate Jacob Tesch and Alex Broughton, co-winners of the 2010 Outstanding Student award. In addition, the following students were recognized as nominees for the award: Anthony Christianson and Caitlyn Zundel. In addition, the PT faculty recognized Kaessa Korneck with a 2010 Leadership Award for outstanding leadership and service to the program. Kaessa served as class president all 3 years of the graduate program.

Congratulations University of Mary DPT Class of 2010

Congratulations to the 30 Doctors of Physical Therapy who successfully completed all requirements of the University of Mary Program in Physical Therapy. The 13th graduating class participated in a separate hooding ceremony in addition to being hooded on stage at the University of Mary graduation on May 1, 2010.

The graduates are:

Brian Aasby
Jill Bakkum
Matt Bakkum
Shaun Biddle
Alex Broughton
Tony Christensen
Mac Cimbura
Savannah Crawford
Josh Dinius
Jenna Drey

Erin Engel
Darin Erp
Serena Fred
Mindy Hochhalter
Leann Johs
Brittany Kirkey
Kaessa Korneck
William Kucera
Aimee Lang
Ben Larsen
Ryan Lorenz
Heather Mattson

Cole Monson
Jennifer Nelson
Aundrea Riehl
Lisa Sanchez
Chelsey Stark
Amber Swanson
Jake Tesch
Caitlyn Zundel



University of Mary
Physical Therapy
2010

R. Krutson

Class of 2010

- **Serena Fred** has accepted a position with Spotsylvania Regional Medical Center in Fredericksburg, VA. She will work in the areas of inpatient, outpatient, pediatrics and rehab.
- **Will Kucera** was recently hired at St. Alexius Medical Center in Bismarck for the acute and transitional care units.

Class of 2009

- **Sarah Roehrich** is currently working at St. Gabriel's hospital in Little Falls, MN and residing in St. Cloud MN. She is engaged to Jesse Schuchard, with a planned wedding on May 14, 2011 in Bismarck.
- **Nicki Jones** and her husband are living in Savannah, GA. Nicki is working at Candler Hospital in the outpatient setting. Her patient population consists of orthopedics, strokes and amputations but I am also the only physical therapist that does wound care, aquatic therapy and pediatrics. My husband has just deployed for another year long tour to Afghanistan.
- **Melissa Berends** is working at 2 different clinics through the Institute for Athletic Medicine Fairview, Plymouth and Maple Grove, MN. The clinic specializes in orthopedics, sports medicine and I also specialize in Women's Health. She and her husband are expecting their first baby in September

Class of 2008

- **Krista (Mathern) Bakkedahl** and her husband Bryce will be moving from Seattle to Billings, MT. Krista recently accepted a position at the Billings Clinic West location where she will be treating Orthopedic and Pediatric caseloads. Their daughter, Laila, is 9 months.
- **Brittany (Rieker) Bettenhausen** is employed by Innovative Rehabilitation in Missoula, MT
- Andrew Schock was married to Kristin in Oct 2009. They live in Detroit Lakes where Andrew is employed at Meritcare Detroit Lakes.

Class of 2006

- **Lacy (Boshee) Schiwal** and her husband Josh are expecting a baby boy in late August. Lacy continues to work at Dixie Regional Medical Center in St. George Utah as a pediatric therapist.
- **Missy Taylor** continues to work at St. Alexius Medical Center in Bismarck. She and her husband welcomed Paige Marie on April 15, 2010. Paige joins brother Drew.
- **Krissy (Roberts) Martin** is currently at Billings Clinic Aspen Meadow, a SNF. She is doing one 1/2 day of women's health through Billings Clinic Urology department.
- **Brooke (Monson) Erstad** has successfully completed the requirements to become ASTYM certified. She has also recently completed the requirements to become CAPP (certificate of achievement in pelvic floor PT) through the SOWH. She and **Kameron Ihry-Hodem** are the owners of APEX PT in West Fargo. Kameron also completed the requirements for ASTYM certification.

Class of 2003

- **Amber (Marshall)Arthur** welcomed a baby boy on November 26, 2009. Alex John joins his sister Aliese. Amber is working part-time for Billings Clinic Miles City in an outpatient clinic with a concentration in women's health.
- **Eric Jundt** is working in Fargo at Sanford - Meritcare in an outpatient setting. He recently got accepted to MBA school and is working on his OCS and CSCS certifications.

Class of 2000

- **Leah (Glass) Stahl** is working at Bethany on 42nd in Fargo. This new facility consists of a SNF, short term rehab and TCU. Leah and her husband reside in West Fargo with their 2 sons, Griffin and Ian.

PTCAS Initiated Spring 2010

The University of Mary used the Physical Therapy Centralized Application System for the first time during the spring 2010 admissions process. This year, there were 180 applicants. PT and University of Mary faculty, clinicians, and 3rd year students conducted 70 interviews in mid-March. For fall 2010, there are 36 incoming 1st year students; of those, 6 matriculated through the early-entrance program. Statistics for the new class show that 21 students have bachelor's degrees in various programs of study; 11 states and 2 countries are represented; and there are 26 females and 10 males in the incoming group.