

MCMC Physical Therapy Staff



Janae Maier—Physical Therapist

Janae is a native of Wildrose, ND. She is a 2013 graduate of the University of North Dakota with a degree in Physical Therapy. Before coming to Stanley, she had been working in an outpatient orthopedic clinic in Lawrence, Kansas. Janae is most interested in sports injuries, orthopedic rehabilitation, and chronic neurological conditions. She enjoys golfing, hunting, and playing sports in her free time.



Heidi Nielsen—Physical Therapist

Heidi is a native of Stanley. She is a 2014 graduate of UND, with a Doctor of Physical Therapy. Heidi was a traveling therapist for two years working in New Mexico, Oregon, Minnesota and finally Williston before coming to MCMC. She has her certification in dry needling, kinesiotaping & aquatic therapy. She enjoys outdoor activities & anything with animals.



Miranda Aufforth—MSOTR/L

Miranda is a native of Great Falls, MT. She is a graduate of the University of Mary. Miranda has been serving patients at MCMC since March 2005. She has also worked at other rural health facilities in the area, Trinity hospital, and facilities in Northern California. She currently serves as the OT for 5 schools in this region. Miranda is a farm/ranch wife and mother to three children. She enjoys camping, family, photography, and scrapbooking.



Lisa Uran—Physical Therapist Assistant

Lisa is a native of Powers Lake, ND. She is a graduate of Williston State College and has 12 years experience of being a PTA. Before coming to MCMC, she worked at Trinity Rehabilitation Center and the Kenmare Community Hospital. Lisa is married with three children. She enjoys gardening and reading.

Exciting New Services at MCMC Physical Therapy

LSVT Big® - The staff in the MCMC Physical Therapy Department is always striving to enhance the service they can offer to the Stanley area. Do you or a loved one suffer from Parkinson's disease? If so, no matter what stage you are in (early or advanced) we can help manage your physical symptoms of Parkinson's! **LSVT Big**® is a researched and proven treatment for the physical impairments of Parkinson's disease. Through a well-researched combination of movements, we will help you get your mobility back (bigger and controlled movements) and help with your flexibility. This protocol is directed toward the bradykinesia (slowness of movement) and hypokinesia (smallness of movement), the common physical symptoms associated with Parkinson's disease. This protocol requires 16 treatment sessions (4 days/week for 4 weeks), lasting 1 hour each, through repetition and shaping of your new movement, we will teach you how you can control your symptoms and continue having a high quality of life well through your diagnosis. Are you ready to move **BIG** and get your mobility back? Contact the PT Department today for more information!



Dry needling is the introduction of a small filament, sterile needle into a respective trigger point or tender area of a muscle. The goal is to 'deactivate the trigger point' by resetting the nervous system input to the specific muscle by advancing the needle multiple times into the trigger point or using light electrical stimulation. It feels like a finger tapping on your muscle. Usually, results are noticed fairly quickly. Limited range of motion or pain usually improves immediately after the first session. However, it may require two to four dry needling treatments to regain pre-injured/pained state. Typically, four to five days between dry needling treatments to one specific area is recommended as this treatment does have a lasting systemic effect. Dry needling itself is not currently covered by insurances, but if this treatment is appropriate for you, it is available for a \$20 a visit charge, whether you use 1 or 100 needles!"



Physical Therapy Department



Physical Therapy Department

MAILING ADDRESS:

P.O. Box 399
615-Sixth Street SE
Stanley ND 58784

PHONE NUMBER:

701-628-2424, ext. 146

PHYSICAL THERAPY HOURS:

8:00 AM-4:30 PM
Monday-Friday

REFERRALS & INSURANCES ACCEPTED:

All major insurances are accepted.
A doctor referral must be in place before your first visit.



PHYSICAL THERAPY SERVICES

- Aquatic Therapy -
- Dry Needling -
- LSVTBIG -
- Cervical/Lumbar Traction -
- Comprehensive Home Exercise Programs -
- Geriatric Rehabilitation/Fall Prevention -
- Manual Therapy -
- Neuromuscular Re-education -
- Injury Rehabilitation -
- Rockblades® -

TREATMENT DISORDERS:

Our therapists provide hands-on assessment and treatment for patients of all ages with acute, postoperative, or chronic conditions involving the
Foot—Ankle—Knee
Hip—Back/Spine—Neck
Shoulders—Elbows—Wrists—Hands

Common diagnoses that therapists see are
Golfer's Elbow—Tennis Elbow
Tendonitis—Plantar Fasciitis—Bursitis
Sciatica—Sprains—Strains
Rotator Cuff Injury—Low Back Pain,
and Neck Pain/Spasm

Treatment is also available for on the job injuries or neurological conditions such as
Stroke—Multiple Sclerosis
Parkinson's—Traumatic Brain Injury and
Spinal Cord Injury

AQUATIC THERAPY

The Mountrail County Medical Center is attached to the Ina Mae Rude Aquatic Center. The Center features a state of the art warm water therapeutic indoor pool. Depending on your needs, aquatic therapy may be an option to help speed recovery. The warm therapeutic pool helps to decrease spasm and pain and promote muscle relaxation. A ramp and waterproof wheelchairs make it accessible to all who would benefit from aquatic therapy. It also serves as an environment to perform exercises with less joint compression and irritation to improve success with exercise and rehabilitation programs.

Rock Blades®

Therapist uses metal tools with different rates and depth to affect different sensory receptors in our tissues in order to decrease pain, improve range of motion and flexibility, or improve muscle activation.



TREATMENT REGIMENTS:

- We provide our care using
- Strengthening -
 - Stretching -
 - Modalities --
 - Manual Therapy Techniques -
(soft tissue, mobilization)
to improve
 - Fine Motor Skills—Balance—Pain
 - Mobility and Activities of Daily Living -