

MCMC Physical Therapy Staff



Heidi Nielsen—Physical Therapist: Heidi is a native of Stanley. She is a 2014 graduate of UND, with a Doctorate of Physical Therapy. Heidi has experience working in different settings around the nation as a traveling therapist before coming back to MCMC. She has her certifications in kinesiotaping, functional dry needling, and LSVT Big®. She enjoys playing and attending sporting events, outdoor activities, and has a 'soft spot' for all animals.

Zachary Mravec – Physical Therapist: Zachary grew up in Ohio. He earned a Doctorate of Physical Therapy at Cleveland State University. Zachary specializes in treating vestibular conditions, has a certification in kinesiotaping, and is a Licensed Massage Therapist. He enjoys spending time in nature, participating in sports, and traveling with his wife.

Taylor Mravec - Physical Therapist: Taylor was born and raised in the mountains of Colorado. She lived in Seattle for many years where she worked as a professional ballet dancer. She graduated from Cleveland State University with a Doctorate of Physical Therapy. Taylor specializes in dance medicine, with further certifications held in treating performing artists of all genres, kinesiotaping, and conditions of the pelvic floor. She loves dancing, reading, and traveling with her husband.

Lisa Uran – Physical Therapist Assistant: Lisa is a native of Powers Lake, ND. She is a 2002 PTA graduate of Williston State College. Before coming to MCMC, she worked at Trinity Rehabilitation Center and Kenmare Community Hospital. Lisa is married with four children. She enjoys gardening, reading, attending her children's sporting events, and helping on their family ranch.

Exciting 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:

701-628-8646

PHYSICAL THERAPY HOURS:

8:00 AM-4:30 PM

Monday-Friday

REFERRALS & INSURANCES ACCEPTED:

All major insurances are accepted.

Andago V2.0

Mountrail County Health Center has the only intensive and versatile overground gait therapy within a five state radius. The Andago V2.0 provides our therapists with a versatile tool for overground gait training by sensing and reacting to the patient's movement by providing stabilization. This empowers the patient with the unique ability to "walk" physiologically and safely wherever they wish to go, opening up a new perspective in over ground therapy.



PHYSICAL THERAPY SERVICES

- Aquatic Therapy -
- Dry Needling -
- LSVTBIG -
- Cervical/Lumbar Traction -
- Comprehensive Home Exercise Programs -
- Geriatric Rehabilitation/Fall Prevention -
- Manual Therapy -
- Dance Medicine -
- Injury Rehabilitation -
- Performance Sport Enhancement -
- Pain Prevention (modalities, heat, ice) -

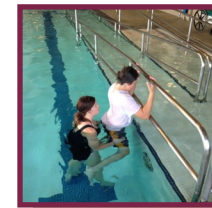
Common diagnoses that therapists see are
Golfer's Elbow—Tennis Elbow
Tendonitis—Plantar Fasciitis—Bursitis
Sciatica— Sprains—Strains
Rotator Cuff Injury—Low Back Pain,
Neck Pain/Spasm—Incontinent— Dizziness
and Concussion Rehab

Pelvic Health Therapy

Pelvic Health Therapy includes treatments for all genders with urinary or fecal incontinence and/or frequency as well as pain during intercourse, burning with urination, or other pelvic pain. Other painful areas that may benefit from pelvic health rehabilitation may include: buttock, hip, rectum, tailbone, penis or testicles, vagina, pelvic floor, abdominals, and/or low back. The pelvic floor muscles may be spastic or weak due to pregnancy/child birth, surgery (including cesarean section), disuse or trauma.

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.



Vestibular Rehabilitation Therapy

Vestibular Rehabilitation Therapy includes exercises designed to address symptoms related to vestibular and balance impairments. Common symptoms that may benefit from vestibular and balance rehabilitation include: dizziness and/or blurred vision with head movements, neck tightness, imbalance or needing to hold onto objects when walking, headaches, vertigo, frequent falls, and generalized 'dizziness/wooziness/foggy head' feelings. Rehab programs may only take 1-2 sessions while others may need continued treatment for a few months.

Occupational Therapy Services

Mountrail County Medical Center also offers Occupational Therapy services with **Miranda Aufforth**. Miranda has been contracted privately to MCMC since 2005. She also serves as the OT to schools around the region. She is a Great Falls, MT native who graduated from the University of Mary. Miranda is a farm/ranch wife and mother of five children. She enjoys camping, family and scrapbooking.