

MCMC Physical Therapy Staff

Heidi Nielsen, PT, DPT

Heidi is a native of Stanley and graduated from the University of North Dakota School of Medicine and Health Sciences in 2014 with a Doctor of Physical Therapy. She has her certification in LSVT BIG, Functional Dry Needling Level 1, and experience treating pelvic health concerns.

She lives on her family farm with her husband and enjoys weekends at the lake, gardening, attending and playing sports, and reading.

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.

Sarah Croteau

Sarah was born in Bismarck, North Dakota, and moved to Stanley with her mother in 2006. After graduating from Stanley High School, she attended Bismarck State College, where she focused on Fine Arts.

Sarah brings several years of administrative experience to her role, including valuable experience gained from running her own business. Outside of work, she enjoys spending quality time with family and friends.

Allison Brown, CNA/Restorative Aide

Allison was born and raised in Michigan but is now calling North Dakota home. She started as the MBH Restorative Aide in 2023 with an additional 5 years of CNA experience prior. Allison has always had a heart for taking care of people and loves what she does. When she is not helping residents, she is a wife and mother of 3 and enjoys camping, being outdoors, and spending time with the people she loves.

Miranda Darlinton, MSOTR/L



Mountrail County Health Center

Physical Therapy Department



Mailing Address

PO Box 399
615–Sixth Street SE
Stanley, ND 58784

Phone Number

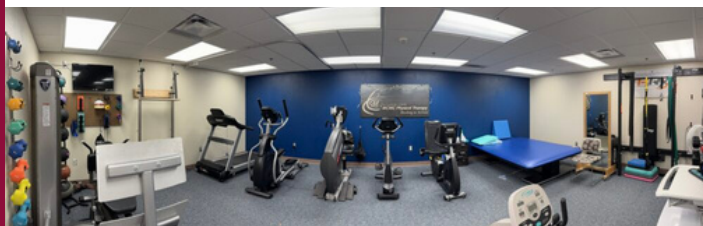
701-628-8646

Physical Therapy Hours

8:00 AM–4:30 PM
Monday–Friday

Referrals & Insurances Accepted

All major insurances are accepted.



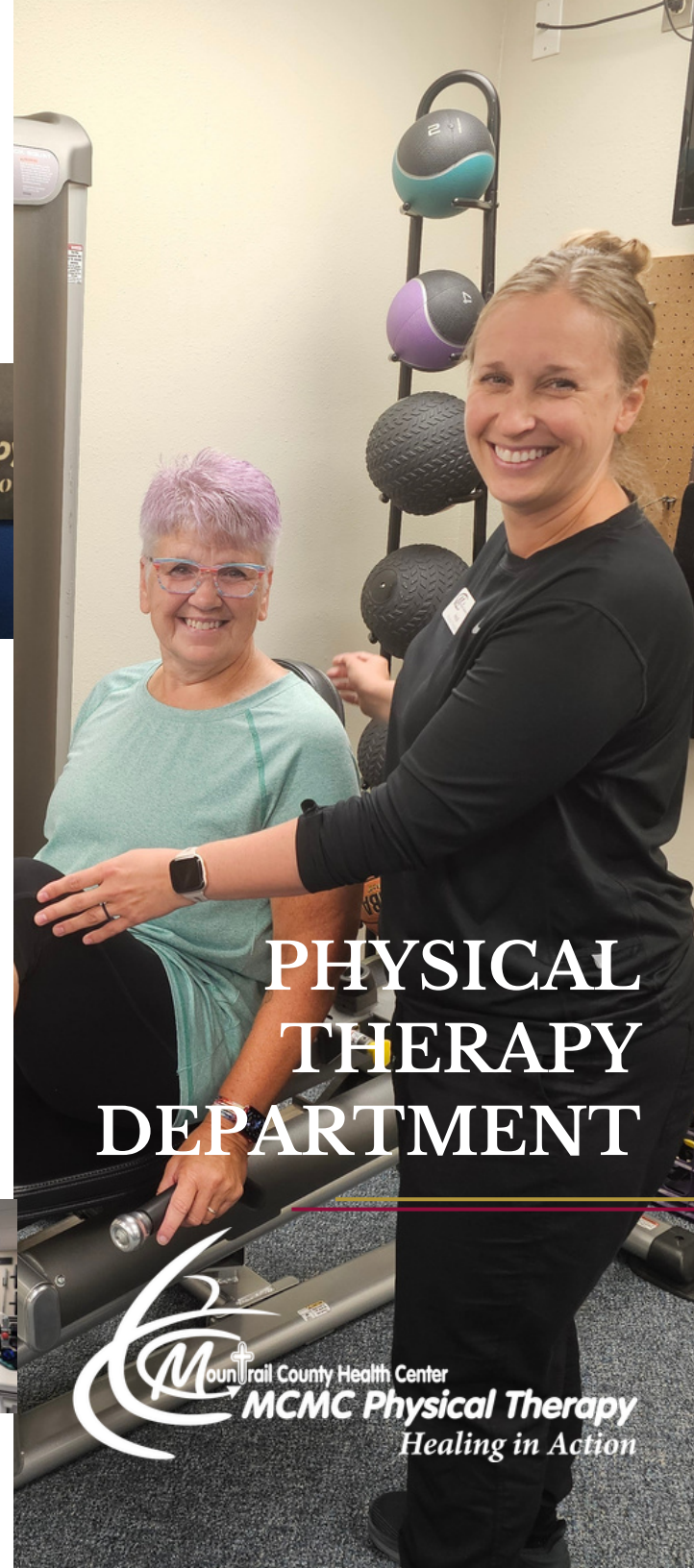
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 Mountrail County Health Center
MCMC Physical Therapy
Healing in Action

Move BIG. Live BIG with LSVT BIG®

The MCMC Physical Therapy Department is proud to offer **LSVT BIG®**, an evidence-based treatment program designed to help people with **Parkinson's disease** improve movement, mobility, and quality of life—no matter what stage of the disease they're in.

LSVT BIG targets common Parkinson's symptoms like **slowed and smaller movements** through specialized exercises that promote bigger, more controlled movement and improved flexibility.

The program includes **16 one-hour sessions** over **4 weeks** (4 days per week), giving you the tools and confidence to better manage your symptoms long after treatment ends.

Ready to move BIG and regain your mobility? Contact the MCMC Physical Therapy Department today to learn more!

Vestibular Rehabilitation Therapy

Vestibular Rehabilitation Therapy uses specialized exercises to **improve balance, reduce dizziness, and restore confidence** with movement.

It may help with:

- Dizziness or vertigo
- Blurred vision with head movement
- Balance problems or frequent falls
- Neck tightness
- Headaches
- "Foggy" or woozy sensations

Treatment plans are personalized, **with some patients improving in just 1–2 visits** while others benefit from continued therapy.

Dry Needling

Dry needling is a safe, effective treatment that uses a thin, sterile needle to target tight muscles and trigger points, helping reduce pain, improve mobility, and restore normal muscle function.

Many patients **notice relief after their first treatment**, though **2–4 sessions** may be recommended for lasting results. Treatments are typically spaced **4–5 days apart** for the best outcomes.

Cost: Dry needling is **not currently covered by insurance**, but it is available for a **small fee per visit**, regardless of the number of needles used.

Interested in learning if dry needling is right for you? Contact the MCMC Physical Therapy Department today.



Exciting Services at MCMC Physical Therapy

- Aquatic Therapy
- Dry Needling
- LSVT BIG®
- Cervical/Lumbar Traction
- Comprehensive Home Exercise Programs
- Geriatric Rehabilitation/Fall Prevention
- Manual Therapy
- Pelvic Health
- Injury Rehabilitation
- Performance Sport Enhancement
- Pain Prevention (modalities, heat, ice)

Common diagnoses that therapists see are:

- Golfer's Elbow
- Tennis Elbow
- Tendonitis
- Plantar Fasciitis
- Concussion Rehab
- Bursitis
- Sciatica
- Sprains
- Strains
- Dizziness
- Rotator Cuff Injury
- Low Back Pain
- Neck Pain/Spasm
- Incontinence



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 overground therapy.



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
- 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.



Occupational Therapy Services

Occupational therapy helps people regain confidence and independence in everyday activities. Through adaptive equipment and activity modifications, our therapists help individuals stay independent at home, school, and in the community. Contact the Therapy Department to schedule an appointment today.

