

# Physical Therapy



**Lucas Barbknecht, DPT**

Lucas works in outpatient, with a focus on orthopedics and aquatic therapy. He serves as lead for our Quality Assurance Committee. He is a certified clinical instructor and has been trained in wheelchair assessments. Lucas graduated from the University of Wisconsin – La Crosse in 2009. He currently resides in Onalaska, WI.



**Brianna Frisch, DPT**

A Winona area native, Brianna has set her focus since 2001 on the outpatient setting, specifically orthopedics, aquatic therapy, lymphedema, and wound care. Currently she helps to support home care. She graduated from Des Moines University in Iowa. She is certified in manual lymphatic drainage, and is both a student clinical instructor and a Kinesio Tape certified instructor. She lives in Lewiston, MN.



**Leah Koepp, DPT**

Leah graduated from Des Moines University in Des Moines, IA with a doctoral degree in physical therapy in 2013. Her clinical strengths include manual therapy techniques and strain-counterstrain. She will be supporting work conditioning and functional capacity evaluations in addition to outpatient treatments. She will be moving to Winona.



**Travis Kramolis, MPT**

Travis works in outpatient therapy with a special interest in sports medicine and orthopedics, with plans to become board certified in that area in the near future. He also helps to support physical therapy in the home care setting. He is a 2006 graduate of University of Wisconsin – La Crosse and resides in Holmen, WI.

# Physical Therapy



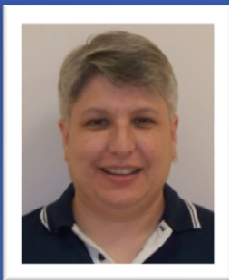
**Linda Kuhn, PT**

Linda began practicing in 1982 and currently works primarily in acute care, serving as the acute lead, with outpatient special interest in women's health and orthopedics. She too is a certified clinical instructor and is a graduate of Mayo Clinic's PT program. She lives here in Winona, MN.



**Ben Mahaffey, DPT**

Ben is a 2013 graduate of St. Scholastica University in Duluth, MN with a doctoral degree in physical therapy. His clinical interests lie in serving both the acute care and outpatient therapy settings. He lives in Galesville, WI.



**Mary McGaver, MPT**

Mary has been practicing as a physical therapist since 2002, in addition to maintaining her Athletic Training certification. She supplements the acute care services of Winona Health and plans to pursue physician assistant studies in the near future. She lives here in Winona, MN.



**Diane Montgomery, PT**

Diane works in the outpatient setting with interests in vestibular rehab, fall prevention/balance, orthopedics, pain management, and pediatrics. She has also had focused training in strain/counterstrain and treatment of neck and back pain. She is McKenzie certified and is a certified clinical instructor. She graduated from Northern Illinois University in 1985 and resides in Houston, MN.

# Physical Therapy



**Valerie Mullen, MPT**

Valerie lives with her family here in Winona. She graduated from the University of St. Augustine for Health Sciences in St. Augustine, FL in 1997. She has experience in acute care and outpatient and is studying to sit for her Orthopedic Specialist Exam in the spring of 2013. She enjoys muscle energy techniques, foot orthotics, and all types of orthopedic treatments.



**Stephanie Rae, DPT**

Stephanie graduated from the University of Wisconsin – La Crosse in 2009 and currently lives in Holmen, WI. She has special interests in orthopedics, vestibular rehab, Pilates, and sports medicine. She is a certified personal trainer through the National Strength and Conditioning Association and enjoys teaching group exercise classes.



**Kristi Raadt, MPT**

Kristi graduated from the University of Minnesota in 2008 and has since become a certified clinical instructor. She works in outpatient and acute care settings and has special interests in orthopedics, women's health, and pediatrics. She currently lives here in Winona, MN.



**Steve Seltz, PT**

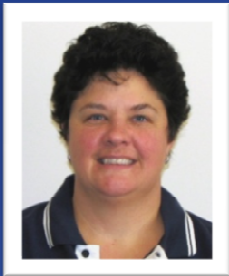
Steve works in the outpatient setting and is interested in orthopedics, geriatrics, and manual therapy. Steve graduated from the University of Minnesota and has practiced since 1974. He has lived and been actively involved in Winona, MN for many years.

# Physical Therapy



## Linda Shepardson, PT

Linda graduated in 1993 from the University of Wisconsin – La Crosse. She is currently working in the home care setting as both a therapist and as the Therapy Home Care Coordinator, with a background in orthopedics. She has interest in geriatrics and medically complex conditions. Linda resides in Dakota, MN.



## Cindy Teske, PT

Cindy works in the both the outpatient and home care settings and has special interest in chronic pain and women's health. She is certified in manual lymphatic drainage and strain/counterstrain. Cindy is also a certified clinical instructor and an assistant instructor for the Jones Institute. She graduated from North Western University in 1988 and currently lives outside Winona, MN.



## Becca Cleland, PTA

Having graduated in 2001 from Western Technical College in La Crosse, WI, Becca is interested in lymphedema, women's health, and pediatrics. She plays an integral part in scheduling and electronic medical record support for all of the rehab settings, including Therapy, Cardiac Rehab, and Occupational Health. She coordinates much of the therapy services day-to-day activities. She is a resident of Dodge, WI.



## Julie Gregory, PTA

Julie has been practicing since 1998 and works in the outpatient setting with interest in neurological and orthopedic patients. She graduated from Western Technical College in La Crosse, WI and is a certified STOTT Pilates instructor. She is the clinical coordinator for our PT and PTA students. Julie resides here in Winona, MN.



# Physical Therapy



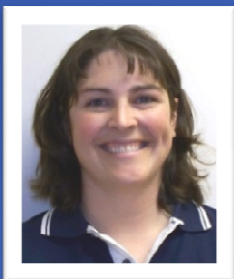
**Teri Lee, PTA**

With a variety of experience in home health, outpatient, and long term care, Teri is interested aquatic therapy, employee health, and work conditioning. She graduated in 1995 from Western Technical College in La Crosse, WI, and is certified in Kinesio Tape. She leads our Staff Development Committee. Teri currently lives in Holmen, WI.



**Chad Vix, PTA**

Chad is interested in sports medicine and Biodex testing and has experience in acute care, home care, long term care, and currently works in our outpatient clinics—both in Winona and Rushford. He graduated in 2003 from Western Technical College in La Crosse, WI. Chad is a certified clinical instructor and lives in Houston, MN.



**Veronica Wry, PTA**

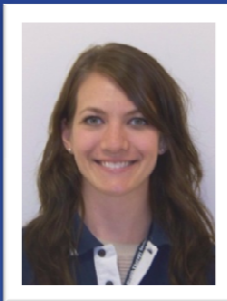
With experience since 2000 in geriatrics, long term care, and treatment of person's with disabilities, Veronica now works for Winona Health in the home care setting, where she facilitates scheduling and provides clinical care. She graduated from Western Technical College in La Crosse, WI and calls Galesville, WI her home.

# Occupational Therapy



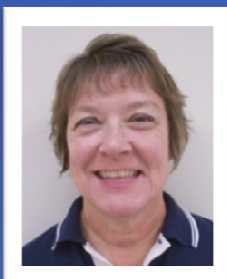
**Kristin Biesanz, OTR/L**

Although having a diverse background in multiple settings, Kristin's passion is in providing occupational therapy services in the home care setting. She is a 2001 graduate of the University of Wisconsin-La Crosse and has since achieved certification as a Lymphedema Therapist. She lives in the Winona, MN area.



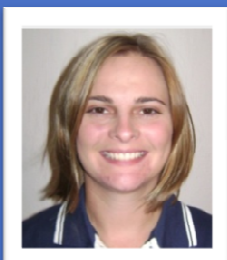
**Emily Stommes, OTR/L**

Practicing since 2010, Emily has experience in acute, home care, and long term care settings, and currently works primarily in outpatient and home care. She is interested in pediatrics, work conditioning, therapy for the shoulder, and lymphedema treatment. She has been trained in wheelchair assessments and is a certified lymphedema therapist. Emily graduated from the University of Wisconsin – La Crosse and lives in Rochester, MN.



**Judy Jorgensen, OTR/L**

A current resident of Minnieska, MN, Judy received her OT degree from the University of Wisconsin – Milwaukee in 1978. She has a passion for serving the acute care patient population, as well as experience and training in treating both cognitive & swallowing disorders. She is trained in wheelchair assessments.



**Amy Lathrop, OTR/L**

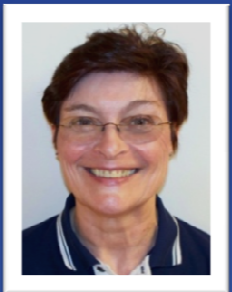
A 2006 graduate of the University of Wisconsin - La Crosse, Amy works in outpatient, acute care, and home care. She has special interest in pediatrics and also works in the schools. Amy resides in La Crescent, WI.

# Occupational Therapy



**Becky Meyer, COTA**

After graduating from Kirkwood Community College in Cedar Rapids, IA, Becky has been able to work since 1995 with all ages in a variety of settings including long term care, outpatient, acute care, and home care. Her primary employment is through St. Anne's of Winona, but she has been working at Winona Health in a variety of ways since 1995 – currently as back-up support. She lives in Goodview, MN.



**Barb Parent, OTR/L**

Barb works mostly in the outpatient setting with back-up support to acute and home care, and experience also in long term care. She has interest in the treatment of CVAs and dementia, as well as hand therapy, lymphedema, and orthopedics. She is a certified lymphedema therapist. Barb graduated in 1971 from the College of St. Catherine in St. Paul, MN and now lives in Winona, MN.



**Brittany Payne, COTA**

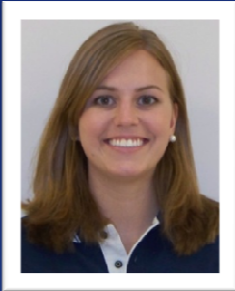
Brittany is 2012 graduate of Western Technical College in La Crosse, WI. She supports both acute and home care. Her interests include all therapy settings, where she enjoys diversity and learning new techniques. Prairie Du Chien, WI, is where she currently calls home.



**Amy Prince, COTA**

Amy is 2011 graduate of Western Technical College in La Crosse, WI. Her interests include outpatient therapy and pediatrics. She also supports acute care here at Winona Health. In addition to her occupational therapist assistant expertise, she has a psychology degree and served as a pharmacy technician for several years. Onalaska, WI, is where she calls home.

# Speech-Language Pathology



**Megan Karr, CCC, SLP**

Megan travels from La Crescent, MN to support Winona Health's speech therapy services. She is a Master's level graduate of the University of South Dakota - Vermillion in 2012 and enjoys a wide variety of therapy settings, diagnoses, and age groups.



**Carol Meyer-Boldon, CCC, SLP**

Carol has experience working with all ages especially in the areas of treating stroke, and speech, language, and swallowing dysfunction. With such experience Carol has developed special interest in the adult population, but has enjoyed great success in pediatrics as well. She graduated from the University of Wisconsin - Eau Claire in 1982 and now resides in La Crosse, WI.

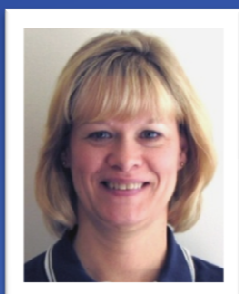


# Massage Therapy



## Vickie Blong, MT

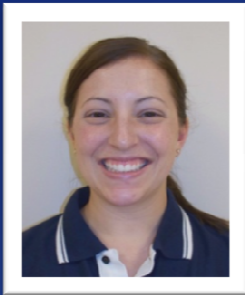
Vickie received her training from Sister Rosalind's School of Professional Massage in Rochester, MN and is nationally certified. She is well-versed in a wide variety of traditional massage techniques, including deep tissue and Swedish massage. She has since developed additional skills in sports massage, hot stone, and pregnancy massage. She works in a variety of Winona Health settings, including Outpatient Therapy, Rushford Clinic, and Hospice/Palliative Care. She has previously operated her own massage therapy business and was instrumental in the development of the Massage Therapy Program at Southeast MN Technical College here in Winona, where she resides.



## Donna McBride, MT

In 1999, Donna also graduated from Sister Rosalind's School of Professional Massage in Rochester, MN. Prior to that, she spent many years as a CNA. She enjoys working with all ages, from infants to the elderly. She has experience with massage for Hospice patients, infant massage, labor and delivery support, lymphatic drainage, hot stone massage, Reiki pain management, and reflexology. Her specialties include deep tissue and Swedish massage. She too covers massage in Outpatient Therapy, Inpatient Services, Lake Winona Manor, and Hospice. She is working on specialty certification in geriatrics. Donna is nationally certified and has her own business on the side. She lives in Galesville, WI.

# Therapy Support Staff



**Beth Gappa, Rehab Aide**

Beth graduated from Winona State University with a degree in Athletic Training in 2008. She has had experience working with a variety of patients, from the athletic population to assisting with treatment of stroke and spinal cord injury patients. She currently leads our Public Relations Committee. She works in the outpatient rehab department and resides in Goodview, MN.



**Kristen Robotcek, Rehab Aide**

Kristen lives here in Winona and is pursuing a future in the Occupational Therapy field. Meanwhile, she enjoys helping here in our department. She is a 2012 graduate of St. Mary's University with a degree in Human Services.

# Therapy Support Staff



**Kindra Engel, Medical Secretary**

Kindra is a 2011 graduate of Winona State University in exercise science. She works primarily in Cardiac Rehab, but serves as back-up support for the outpatient therapy department in a clerical role. She has a background in years of customer service experience and lives here in Winona.



**Cathy Stark, Medical Secretary**

Cathy started working for Winona Health as a medical secretary in the ED department and has since worked with the Winona Area Ambulance Service, Lake Winona Manor, and now here in the Outpatient Therapy Department. She serves a integral piece of insurance and customer service support. Cathy graduated from MN SE Technical College and has been working in the secretarial field since 1985. She calls Winona her home.



**Cheryl Vaughn, Medical Secretary**

Originally from Winona, Cheryl began her experience in 1978 working in admitting and medical records. She continued work in the outpatient therapy department with the special task of scanning, data entry, and scheduling support. Cheryl graduated from Minnesota Southeast Technical College and resides in Goodview, MN.



**Beth Wolfe, Medical Secretary**

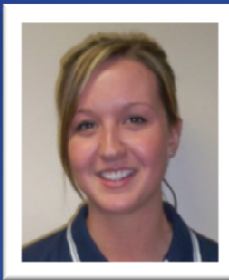
Beth travels from Fountain City, WI. She achieved her degree from Southeast Technical College as a Medical Administrative Secretary in 2012 and has several years of customer service experience under her belt. She supports much of the scheduling support for therapy.

# Cardiopulmonary Rehab



**Carly Christianson, CRS**

Carly is a local resident of Winona and graduated in 2012 from Winona State University with a bachelor's degree in cardiac exercise science. She works primarily in Cardiac Rehab but also assists with holter/event monitoring support.



**Kindra Engel, CRS**

Kindra is a 2011 graduate of Winona State University in exercise science. She works primarily in Cardiac Rehab, supporting both rehab and diagnostic efforts (holter/event monitors and stress testing, but serves as back-up support for the outpatient therapy department in a clerical role. She has been trained in External Counterpulsation Treatment techniques and lives here in Winona.



**Amy Schmidtknecht, CRS**

Amy supports Winona Health's Cardiopulmonary Rehab department and diagnostics (holter/event monitors and stress tests), serving patients through her degree in Cardiac Rehab Science. She is a 2012 graduate of Winona State University and lives in Fountain City, WI.

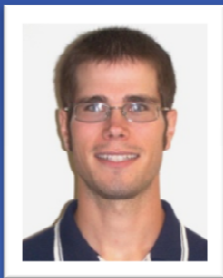


# Cardiopulmonary Rehab



## Lynn Sprain, MS, RT, RCEP

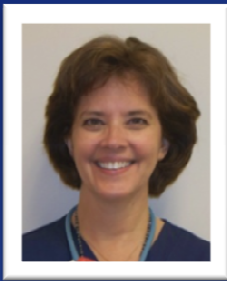
Travelling from La Crosse, Lynn has been with the Cardiac Rehab program since its inception and continues as Team Lead. With her Master's of Science from the University of Wisconsin – La Crosse, exercise physiologist certification, and respiratory therapist license, Lynn has been practicing in the field of respiratory care, pulmonary rehab, and cardiac rehab since 1985. She also performs smoking cessation instruction and assists with pacemaker checks in her role with Winona Health. She has served as adjunct faculty to the Winona State University Cardiac Exercise Science program and has training in External Counterpulsation Treatment techniques .



## Paul Whitesitt, CRS, CES

Paul is a certified exercise specialist. He concluded his training from Winona State University in 2008 and has served as adjunct faculty for the WSU Cardiac Exercise Science program. He supports both cardiac rehab and diagnostics (holter/event monitoring and stress testing) in his Cardiac Rehab Specialist role and has undergone External Counterpulsation Treatment training. Winona is where he calls home.

# Occupational Health



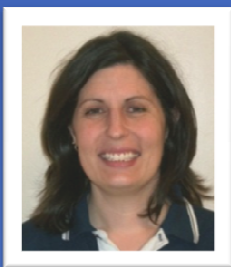
## **Cathy Johnson, RN, BSN, COHN-R**

Cathy is a 1983 graduate of the University of North Dakota in Grand Forks, ND and has dedicated a large portion of her career to the field of Occupational Health. Through her career, Cathy has been employed by worker's compensation insurance as a case management nurse, spent considerable time in industrial settings, and has succeeded in supporting the medical management of the injured worker as an Occupational Health nurse. She is certified as an occupational health nurse, hearing conservationist, is intimately aware of OSHA regulations, and is certified in occupational spirometry. She lives here in Winona, MN.



## **Kristy Johnson, LPN**

Kristy travels from Minnesota City to provide nursing support for Occupational Health. She received her LPN degree from Minnesota Southeast Technical College in 1993 and has used her degree in a variety of settings to broaden her knowledge of nursing. She is certified in occupational spirometry and audiometry.



## **Christina Nitti, DNP**

Having been with Winona Health since 2006, Christina is currently the primary provider for the Occupational Health department. She received her Bachelor of Science in Nursing from the College of St. Benedict in St. Joseph, MN in 1996. She later completed her Master of Science in Nursing in 2006 from Frontier Nursing University in Hyden, KY and most recently completed her Doctorate of Nursing Practice through the University of Minnesota. She is certified as a DOT Medical Provider. She is fluent in Spanish and lives here in Winona.

# Occupational Health



## **Monica Siegfried, Medical Secretary**

Monica graduated in 2010 from Winona State University with a bachelor's degree in biochemistry. She is actively pursuing plans to return to school and pursue a degree as a physician assistant or nurse practitioner. Meanwhile, she is serving a vital role in coordinating client services for Occupational Health and tackling much more than her medical secretary title suggests. She lives in Lewiston, MN.



## **Crystal Stickler, ATC, ATR, CEAS**

Crystal is a certified ergonomist and athletic trainer with a diverse background in sports medicine, ergonomics, work comp, restricted duty, and education. She has experience with work space and work technique assessment, industrial athlete programs, physical demand assessments, post offer screens, functional capacity evaluations, and in-clinic assessment and rehab. She is a 2005 graduate of Bethel University in St. Paul, MN and later became a Certified Ergonomics Assessment Specialist from the Back School of Atlanta, GA in 2010. She is undergoing certification to become a Worker's Compensation Healthcare Provider and lives outside of Winona.