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Introduction

At Sanford Orthopedics & Sports Medicine, we are tremendously proud of the nationally recognized program we’ve built. The program includes the region’s largest and most-experienced team, leading-edge research programs, state-of-the-art facilities and strong, trusted relationships with our community partners.

Our team is specially trained to provide exceptional care for athletes of all ages, at all skill levels, who are involved in a wide range of sports and activities. From elite athletes and college competitors, to weekend warriors and little league players, our specialists are all committed to making every athlete better, safer and healthier.

Our multi-disciplinary team helps our patients prevent or recover from an injury, learn how to safely push their own limitations and refine their performance for maximum results.

Choose the Experts.
Choose Sanford Orthopedics & Sports Medicine.
Sanford Health is the leading sports medicine provider for the NCAA Division I, Division II, Division III, NAIA, and Junior College teams across our footprint as well as semi-professional and high school teams. We have long recognized the value of reaching beyond our facilities to support our communities. Collaborating with health-related organizations and causes has enabled us to have a deeper, broader influence on health and wellness.

Sanford Health takes great pride in partnering with the most elite athletes in our region as the exclusive sports medicine team for our partners.
From start to finish

At Sanford Orthopedics & Sports Medicine, we care about the whole athlete and want to help in every aspect of the athletic life cycle.

We offer a continuum of care that involves:

- **INJURY PREVENTION**: Our specialists focus on educating athletes how to perform and train appropriately for their sport. This includes teaching biomechanics, proper duration and intensity levels, and good nutrition habits.

- **TREATMENT**: We have expert physicians and surgeons to treat our athletes with the latest in surgical and non-surgical techniques when injuries do occur.

- **RETURN TO PERFORMANCE**: Our dedicated teams work with athletes to help them return to their previous level of play or better.

- **INNOVATION**: Our knowledgeable sports scientists are conducting cutting edge research to improve athletic health and performance through scientific discovery and accessible athlete services and education.

One team can do it all

Regardless of the injury or ailment, our physicians offer the expertise needed to achieve the best possible outcomes. Sanford Orthopedics & Sports Medicine has a depth of services and specialties to treat sprains, strains, tears, breaks, joint pain and concussions. Our team is comprised of expert physicians with years of experience in diagnosis, surgery and nonsurgical treatments.

We provide primary care for sports medicine, orthopedic surgery and podiatry. Our program also represents a broad array of sub-specialty areas that include hip and knee, foot and ankle, sports medicine, shoulder and elbow, hand, spine, trauma and pediatrics.
TRUST THE EXPERTS LEADING THE NATION’S CONVERSATION ON CONCUSSION SAFETY

Program offers individualized care with a comprehensive approach

Keep your patients safe all season long with the current clinical diagnosis and care tools and education resources offered by our concussion specialists.

Our program:
- Is involved with national-level concussion research and developing return-to-play guidelines
- Is a certified ImPACT™ consultant site
- Offers baseline as well as post-injury testing
- Is backed by research conducted at Sanford Health

To refer a patient, call:
Bemidji (218) 751-9746
Fargo (701) 417-6171
Aberdeen (605) 226-5500

Healthy Youth Sports app now available.

We care about sports. And more importantly, we care about kids who play sports. This free app, provided by the National Youth Sports Health & Safety Institute, is a one-stop shop for coaches, parents and athletes across the nation to access the latest resources in youth sports, health and safety.

Exchange ideas and groundbreaking best practices. Enjoy informative interviews from our youth sports safety experts. Engage in real-time conversations with others who share your passion and commitment.

Our goal is to give every child the best, healthiest and safest sports experience ever.

The Healthy Youth Sports app is available through the App Store (iPhone) and Google Play (Android).

Verle Valentine, MD, FACSM
Sanford Health – Sioux Falls

Donella Herman, MD
Sanford Health – Sioux Falls

Jeffrey Lystad, MD
Sanford Health – Fargo

Nicholas Smith, MD
Sanford Health – Fargo

Mark Carlson, MD
Sanford Health – Bemidji

Jon Kolberg, MD
Sanford Health – Bismarck

Jacob Miller, MD
Sanford Health – Aberdeen

Kate Higgins, PsyD
Sanford Health – Sioux Falls

Thayne Munce, PhD, FASCM
Sanford Health – Sioux Falls
The science behind sports safety

The Sanford Sports Science Institute (SSSI) is a trusted resource and recognized leader in sports medicine research, athletic assessments, providing the most current educational information and developing guidelines and policy for safe and appropriate exercise, training and sports participation – especially for youth athletes.

The SSSI drives innovative sports medicine research at Sanford Health in the Sioux Falls and Fargo Sports Science and Biomechanics Laboratories, at the Environmental Physiology Laboratory in Sioux Falls, and by conducting field-based research at various athletic venues. The SSSI is housed in the Sanford Fieldhouse and the Sanford Pentagon in Sioux Falls, SD and the Sanford South University Campus in Fargo, ND. Research focused on concussion, sports nutrition, exercise physiology, injury prevention, sports biomechanics, and rehabilitation enhances all aspects of the continuum of care at Sanford. The SSSI’s integrated clinical partners (Sanford Orthopedics and Sports Medicine Physicians, Sanford POWER, Sanford Sports Physical Therapy and Sanford Athletic Training) at Sanford ensure the research endeavors at the SSSI reach the Athletes and Patients that come to Sanford Health.

The SSSI also provides professional services for all athletes and active individuals. Services include detailed physiological and sweat evaluations in a controlled environmental chamber, comprehensive gait analysis, fitness testing, sport nutrition consults, resting energy expenditure, body composition evaluation and assessments on the athletic field. Additionally, the experts at the SSSI conduct presentations and seminars for teams and organizations and participate in policy and guideline development for safe participation in sports.

The National Youth Sports Health & Safety Institute (NYSHSI) is a partnership between Sanford Health and the American College of Sports Medicine. The NYSHSI is a recognized leader and advocate for advancing and disseminating the latest research and evidence-based education, recommendations and policy to enhance the experience, development, health and safety of our youth in sports. NYSHSI encourages all youth sports organizations to adopt and implement elements from its Seal of Best Practices to provide a safer and more enjoyable sport environment.
Our home turf

Sanford Health is committed to the health of everyone in our region, young and old, rural and urban. This includes giving them the opportunities and the resources to stay healthy. At the Sanford Sports Complex, we apply the science of health care to the arena of sports.

We consider the facility a game-changing destination for athletes interested in a wide-range of activities including: basketball, football, hockey, tennis, volleyball, soccer and wrestling. If it involves kicking, running, jumping, hitting, shooting and scoring, you’ll be able to do it at the Sanford Sports Complex.

The 162-acre complex is home to the Sanford Pentagon, Sanford Fieldhouse, Scheels IcePlex, Huether Match Pointe tennis facility, Power and Grace Gymnastics and even retail shopping, restaurants and hotels.
Be A Better Athlete

Sanford POWER is the regional leader in offering individualized programming for athlete development, sport performance training and injury prevention. Our holistic training programs incorporate the latest in technology and scientific research combined with expert coaching to improve mobility, strength, speed, agility, and explosive power. From recreational to professional clients the POWER Program is designed specifically with the athlete in mind.

The POWER Sports Performance Program teaches techniques based on scientific principles supported by the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ASCM) and USA Weightlifting. We also provide education on nutrition, hydration, sleep and recovery strategies which are key components to improved athletic performance.

Sanford Health has an integrated team of medical, sports performance and nutrition experts who provide POWER services. We are backed by the largest orthopedic and sports medicine group in the region. Our sports medicine professionals are the regions trusted resource to evaluate and treat injuries when they occur, and we work together with our POWER team experts to return clients back to top performance levels quickly and safely.

POWER works closely with the Sanford Sports Science Institute on research initiatives, which address training, competition and rehabilitation for athletes of all ages and abilities. Most notably, these efforts have led to the development of the Sanford SCORE athletic assessment program. The Sanford SCORE Assessment provides a composite rating of athleticism and is used at Sanford POWER to assess athletes, track their improvements and guide individualized training programs.

Ready, set, play again.

The Sanford Health sports physical therapists are committed to getting patients back to an active lifestyle following a sports–related injury, trauma, surgery or overuse. Our team of experienced physical therapists is passionate about working with athletes from the initial injury to the integration of a sport–specific exercise program.

Our state–of–the–art facilities allow patients to perform the appropriate activities or techniques to help us determine if they are ready to return to performance or if further supervision and training is required.

Our highly trained physical therapists coordinate care with the POWER Center’s exercise physiology staff through the Return to Performance Program. This program is the connection between an athlete’s completion of physical therapy and fully returning to play. It is an individualized injury–specific program that is administered by our Return to Performance team in collaboration with the physical therapist.
Headline: Ready, set, play… again.

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Strong community connections

The certified athletic trainers at Sanford Orthopedics & Sports Medicine are extending the reach and impact of the expertise they provide. They work with individuals, athletes and teams across the footprint to help them prevent and treat injuries aiming to keep athletes performing at their best.

Our athletic trainers are well-known for their work with athletes and coaches at area schools and colleges, as well as with professional teams and providing coverage at regional events. We also provide educational services with injury-prevention techniques and a return-to-performance program for athletes to optimize their return to sport while mitigating risk of re-injury.
Regional Resources

SANFORD ORTHOPEDICS & SPORTS MEDICINE CLINIC
ORTHOPEDIC SURGERY TEAM
Julie Wetering, Clinic Director
(605) 328–2663

ATHLETIC TRAINER OUTREACH
Tryg Odney, MA, ATC
Athletic Training Manager
(605) 312–7808

SPORTS PHYSICAL THERAPY
Melissa Moyer, PT, DPT, SCS, ATC
Manager, Therapy & Rehabilitation
(605) 312–7843

SPORTS CONCUSSION PROGRAM
Verle Valentine, MD, FACSM
Medical Director
(605) 328–2663

POWER
Scott Hettenbach, MS, CSCS, TPI L2
Director - POWER Sports Performance
(605) 312–7809

SANFORD SPORTS COMPLEX
Kevin Lampe, Executive Director
(605) 312–7900

SANFORD SPORTS SCIENCE INSTITUTE
Lisa MacFadden, PhD, Director
Thayne Munce, PhD, FACSM
Associate Director, Exercise Physiology
Verle Valentine, MD, FACSM
Co-Medical Director
Phone: (605) 312-7870

Partners

AUGUSTANA UNIVERSITY
SIOUX FALLS SKYFORCE
SOUTH DAKOTA STATE UNIVERSITY
UNIVERSITY OF SOUTH DAKOTA
NORTHERN STATE UNIVERSITY
MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
REGIONAL HIGH SCHOOLS
Sioux Falls Region
Athletic trainers

**TRYG ODNEY, MA, ATC**
Athletic Training Manager
tryg.odney@sanfordhealth.org
(605) 312-7808

**SARA BORTSCHELER, MS, ATC**
Augustana University
sara.bortscheller@augie.edu
(605) 274-5543

**LEXY DRAYTON, MS, ATC**
Sioux Falls Roosevelt High School
alexandra.drayton@sanfordhealth.org
(605) 328-2873

**SEAN DUFFY, ATC**
Tea Area High School
sean.duffy@sanfordhealth.org

**BRIAN FOX, ATC**
Sioux Falls Lincoln High School
brian.fox@sanfordhealth.org

**ZACH GILLETTE, ATC**
Brandon Valley High School
zachary.gillette@sanfordhealth.org

**KRISTEN HAMMAN, MS, ATC**
Sanford Sports Complex
kristen.hamman@sanfordhealth.org
(605) 312-7926

**JOSH KLAASSEN, ATC**
Sioux Falls Christian High School
joshua.klaassen@sanfordhealth.org

**JORDAN LINDBERG, ATC**
Augustana University
jordan.lindberg@augie.edu
(605) 274-4332

**CARRIE MCCLOSKEY, MS, ATC**
Orthopedic Clinic
carrie.mccloskey@sanfordhealth.org
(605) 328-1782

**CHELSEA MILES, MS, ATC**
MN Schools
chelsea.miles@sanfordhealth.org

**KYLE JOHNSON, MA, ATC**
Return to Performance/
Parker Area High School
kyle.johnson@sanfordhealth.org
(605) 312-7805
Sioux Falls Region
Athletic trainers

AUSTIN MUELLER, ATC
Sanford Sports Complex
austin.mueller@sanfordhealth.org
(605) 312-7926

CATHY PETRA, MS, ATC
South Schools
catherine.petra@sanfordhealth.org

MELISSA MOYER,
PT, DPT, SCS, ATC
Manager, Therapy & Rehabilitation
melissa.moyer@sanfordhealth.org
(605) 312-7843

BRETT FISCHER, PT,
DPT, SCS, ATC
brett.fischer@sanfordhealth.org
(605) 312-7844

DUSTIN SCHRAMM, ATC, CSCS
Sioux Falls Skyforce
dustin.schramm@sanfordhealth.org

CHAD URBAN, ATC
Brandon Valley High School
chad.urban@sanfordhealth.org

ADAM MOEN, PT, DPT, CAFS
adam.moen@sanfordhealth.org

LEVI POLE, PT, DPT
levi.pole@sanfordhealth.org
(605) 312-7845

SCOTT ROGGENBUCK,
ATC, CSCS
Sioux Falls Roosevelt High School
scott.roggenbuck@sanfordhealth.org
(605) 328-2873

KATIE SHEARER, ATC
Sioux Falls Lincoln High School
katie.shearer@sanfordhealth.org

MATT ROLLAG, PT,
DPT, ATC
matthew.rollag@sanfordhealth.org
(605) 312-7804

DALE SCHLIMGEN, PT,
OCS, SCS, ATC
daie.schlimgen@sanfordhealth.org
(605) 312-7842
POWER Staff

SCOTT HETTENBACH, MS, CSCS, TPI L2  
Director, POWER Sports Performance  
scott.hettenbach@sanfordhealth.org  
(605) 312-7809

HUNTER GLASCOCK, CSCS, USAW L1  
hunter.glascock@sanfordhealth.org  
(605) 312-7800

JESSE HAINES, CSCS  
jesse.haines@sanfordhealth.org  
(605) 312-7800

EMILY HOGAN, MS, CSCS, TSAC-F  
Emily.Hogan@SanfordHealth.org  
(605) 312-7800

JIM LLOYD, CSCS  
jim.lloyd@sanfordhealth.org  
(605) 312-7800

PAUL LUNDGREN, MS, CSCS, USAW L1  
paul.lundgren@sanfordhealth.org  
(605) 312-7800

BRAD RILLING, CSCS  
brad.rilling@sanfordhealth.org  
(605) 312-7800

KAITY McCoy, CSCS  
kaitlyn.mccoy@sanfordhealth.org  
(605) 312-7800

CHARLEY SMOOK, MS, CSCS  
charley.smook@sanfordhealth.org  
(605) 312-7800

JORDAN SOUKUP, MS, CSCS  
jordan.soukup@sanfordhealth.org  
(605) 312-7800
Regional Resources

SANFORD ORTHOPEDICS & SPORTS MEDICINE CLINIC
ORTHOPEDIC SURGERY TEAM
Leann Pedersen, Manager
(701) 417-6014

ATHLETIC TRAINER OUTREACH
Brad Reed, MS, ATC
Athletic Training Manager
(701) 417–6171

SPORTS PHYSICAL THERAPY
Jason Burud, PT, DPT, SCS
Manager, Therapy & Rehabilitation
(701) 234–8999

SPORTS CONCUSSION PROGRAM
Jeffrey Lystad, MD
Sports Medicine Physicians
(701) 417-6000

POWER
Randy Martin, MS, CSCS, ACSM
EP-C, USAW L1
POWER Manager, Fargo
(701) 234–8999

SANFORD SPORTS SCIENCE INSTITUTE
Lisa MacFadden, PhD, Director
Benjamin Noonan, MD
Co-Medical Director
(701) 234-8999

Partners

NORTH DAKOTA STATE UNIVERSITY
MINNESOTA STATE MOORHEAD
CONCORDIA COLLEGE
UNIVERSITY OF JAMESTOWN
NORTH DAKOTA STATE COLLEGE OF SCIENCE
VALLEY CITY STATE
FARGO MOORHEAD REDHAWKS
FARGO FORCE
AMERICAN GOLD GYMNASICS
MAYVILLE STATE
REGIONAL HIGH SCHOOLS
Fargo Region
Athletic trainers

BRADLEY REED, MS, ATC
Athletic Training Manager/
Horizon Middle School
bradley.reed@sanfordhealth.org
(218) 284–7421

MEGAN BERGAN, ATC
Fargo North High School
megan.bergan@sanfordhealth.org
701–446–2447

TERRA BILLIET,
MATrg, ATC
West Fargo High School
terra.billiet@SanfordHealth.org
(701) 499-1826

MIKE BOGENREIF, MS, ATC
Oak Grove Lutheran High School
michael.bogenreif@sanfordhealth.org
(701) 373-7156

DON BRUENJES, MS, ATC
Concordia College
don.bruenjes@sanfordhealth.org
(218) 299–4208

KELLY BURNS, ATC
Shanley HS, Kindred High School
kelly.burns@sanfordhealth.org
(701) 893–3216

BEN CARPENTER, ATC
Mayville State University; May
Port C-O High School
benjamin.carpenter@sanfordhealth.org
(701) 788–4602

TONY HANECA,
MED, ATC, CSCS
Moorhead High School
tony.haneca@sanfordhealth.org
(218) 284–2412

LEVI TANDE
levi.tande@sanfordhealth.org
(701) 446–2049

PHIL FAUGHT, MS, ATC
Central Cass High School
phillip.faught@sanfordhealth.org
(701) 356–7652

Megan Billiet, ATC, ATC
Sanford Health
Terra Billiet
Sanford Health
Mike Bogenreif, ATC
Sanford Health
Bradley Reed
Sanford Health
Kelly Burns
Sanford Health
Ben Carpenter
Sanford Health
Tony Haneca
Sanford Health
Levi Tande
Sanford Health
Phil Faught
Sanford Health
Fargo Region
Athletic trainers

NIKOLE KOEHN, ATC
Moorhead High School
nikole.koehn@sanfordhealth.org
(701) 238–7436

CHARLES MEEK, MS, ATC
MSU Moorhead
charles.meek@sanfordhealth.org
(218) 477–2626

RACHAEL OCHS, ATC
Fargo South High School
rachael.ochs@sanfordhealth.org
(701) 446–2049

JARED STEEN
Davies High School
jared.steen@sanfordhealth.org
(701) 446–5777

BRENDA POTTER, ATC, CKTP
American Gold Gymnastics
brenda.potter@sanfordhealth.org
(701) 280–0400

JACLYN RUDONI, ATC
Thief River Falls High School
jaclyn.rudoni@sanfordhealth.org
(218) 681–7432

SHANTELL SCHUTT, ATC
Wahpeton HS
shantell.schutt@sanfordhealth.org
(701) 642–2604

HEATHER BATES, MS, ATC
heather.bates@ndscs.edu
(701) 671-2309

KATHLEEN VESTA, MS, ATC
Concordia College
kathleen.vesta@sanfordhealth.org
(218) 299–4989

KEITH WIEDRICH, MA, ATC, CSCS
MSU Moorhead
wiedrich@mnstate.edu
(218) 477–2626

SCOTT WITTE, MA, ATC
Fargo Davies High School
scott.witte@sanfordhealth.org
(701) 446–5777

SHANE WINKENWADER, ATC
Dilworth Glyndon Felton High School
shane.winkenwader@sanfordhealth.org
(701) 522-2427
MATT MCMANUS  
FM RedHawks and Concordia College  
matthew.mcm anus@sanfordhealth.org  
(218) 299–4208

SHANNON OLSON, ATC  
Sheyenne High School  
shannon.olson@sanfordhealth.org  
(701) 499–3305

SEAN OWENS, ATC  
Breckenridge High School  
sean.owens@sanfordhealth.org  
(218) 643–2694 ext. 4219

TOM PETERSON, ATC  
West Fargo High School  
thomas.peters on@sanfordhealth.org  
(701) 499–1826

KATHY STOMPRO, ATC  
Carl Ben Eielson MS  
Central Cass High School  
Northern Cass High School  
kathy.stompro@sanfordhealth.org  
(701) 446–1772

STACY STONER–DOCKTER, MA, ATC  
Sanford Orthopedics & Sports Medicine Clinic  
stacy.dockter@sanfordhealth.org  
(701) 417–6061

BARB SWEET, MS, ATC  
Lisbon High School  
barbara.sweet@sanfordhealth.org  
(701) 683–4106

THOMAS TRUEDS ON, ATC  
Detroit Lakes High School  
thomas.truedson@sanfordhealth.org  
(218) 846–2123
Sports Physical Therapy

JASON BURUD, PT, DPT, SCS
Manager, Therapy & Rehabilitation
jason.burud@sanfordhealth.org
(701) 234-8999

SCOTT BROWN, PT, DPT, OCS, SCS
scott.brown@sanfordhealth.org
(701) 234-8999

JJ FERGUSON PT, DPT, SCS
jeffrey.ferguson@sanfordhealth.org
(701) 234-8999

KATHY WOKEN, PT, SCS, ATC
kathleen.woken@sanfordhealth.org
(701) 234-8999
POWER Staff

RANDY MARTIN, MS, CSCS, ACSM EP-C, USAW L1
Manager, POWER Sports Performance
randy.martin@sanfordhealth.org
(701) 234-7907

TRAVIS ANDERSON, MS, CSCS
travis.anderson@sanfordhealth.org
(218) 477-2890

BRETT BEIL, CSCS
brett.beil@sanfordhealth.org
(701) 234-8999

HANNAH BRESKE
hannah.breske@sanfordhealth.org
(701) 234-8999

RYAN CARLSON, MS, CSCS, USAW SPC
ryan.carlson@sanfordhealth.org
(701) 234-8999

AL KRAFT, MS, ATC, CSCS
al.kraft@sanfordhealth.org
(701) 234-8999

DYLON MASLOSKI
dylan.masloski@sanfordhealth.org
(701) 234-8999

KENDALL RAILING, CSCS
kendall.railing@sanfordhealth.org
(701) 234-8999

BRYCE SCHMITT
bryce.schmitt@sanfordhealth.org
(701) 234-8999

SAM THIELEN, MS, CSCS
samuel.thielen@sanfordhealth.org
(701) 234-8999

BRANDON TOOTHAKER,
MA, CSCS, USAW
brandon.toothaker@sanfordhealth.org
(218) 299-3059
Bemidji Region
Athletic trainers

ARYN DESHANE, MS, ATC
aryn.deshane@sanfordhealth.org
(218) 333-5899

JON LAAKSO, MS, ATC
jon.laakso@sanfordhealth.org
(218) 333-5899

MATT MORRIS, MS, ATC
matthew.morris@sanfordhealth.org
(218) 333-5899

ALEXANDRIA SAND, MS, ATC
alexandria.sand@sanfordhealth.org
(218) 333-5899
Partners

BAGLEY HIGH SCHOOL
BLUE OX MARATHON
BEMIDJI STATE UNIVERSITY
BEMIDJI HIGH SCHOOL
BEMIDJI MIDDLE SCHOOL
OAK HILLS CHRISTIAN COLLEGE
REGIONAL HIGH SCHOOLS
WALKER-HACKENSACK-AKELEY SCHOOL DISTRICT
Regional Resources

SANFORD ORTHOPEDICS & SPORTS MEDICINE CLINIC
ORTHOPEDIC SURGERY TEAM
Mike Neff, PT
Orthopedics Sports Medicine Director
(701) 323-6197

SPORTS PHYSICAL THERAPY & ATHLETIC TRAINING
Todd Leingang, MPT
Sports Medicine & Outpatient
Physical Therapy Manager
(701) 323-6702

Samantha Stroh, ATC
Lead Athletic Trainer
(701) 471-9799

SPORTS CONCUSSION PROGRAM
Sports Concussion Program
Jon Kolberg, MD
Sports Medicine Physician
(701) 323-8999

POWER
Mike Salwei
POWER Manager, Bismarck
(701) 323-1125

Bismarck Region
Athletic trainers

SAMANTHA STROH, ATC
Lead Athletic Trainer
SOSM Clinic
Bismarck State College
samantha.stroh@sanfordhealth.org
(701) 471-9799

NADINE BREW, PTA, ATC
UTTC/Bismarck HS
nadine.brew@sanfordhealth.org
(605) 881-1043

JUSTIN BUELGIE, ATC
PRN Coverage
Occ Med Clinic
justin.buelegen@sanfordhealth.org
(701) 226-0531

EMILY BYRNE, ATC
Washburn HS/Wilton HS
emily.byrne@sanfordhealth.org
(775) 219-7121

DEAN CHUMLEY, ATC
Century HS
dean.chumley@sanfordhealth.org
(612) 220-9903

SEAN COMETTO, ATC
BPS Middle Schools/Legacy HS
sean.cometto@sanfordhealth.org
(307) 315-2635

Partners

BISMARCK BOBCATS
BISMARCK LARKS
BISMARCK PUBLIC SCHOOLS
BISMARCK STATE COLLEGE
DICKINSON PUBLIC SCHOOLS
DICKINSON STATE COLLEGE
MANDAN PUBLIC SCHOOLS
NEW SALEM-ALMONT HIGH SCHOOL
SHILOH CHRISTIAN SCHOOL
UNITED TRIBES TECHNICAL COLLEGE
WATFORD CITY HIGH SCHOOL
WASHBURN HIGH SCHOOL
WILTON HIGH SCHOOL
Bismarck Region
Athletic trainers

JORDAN DAVIS, MS, ATC
Legacy HS
jordan.davis@sanfordhealth.org
(701) 226-8094

BRENDON EHRlich, ATC
BPS Middle Schools/Century HS
brendon.ehrlich@sanfordhealth.org
(701) 202-2823

TROY GUPTILL, ATC
PRN Coverage
troy.guptill@sanfordhealth.org
(605) 515-3892

COLIN HULM, ATC
Dickinson HS
colin.hulm@sanfordhealth.org
(701) 471-4500

ASHLEY MORAST, ATC
Mandan Middle School
ashley.morast@sanfordhealth.org
(406) 853-3924

DOUG NICKELS, ATC
Mandan HS
douglas.nickels@sanfordhealth.org
(605) 848-2853

NICHOLE SOMMERS,
DPT, ATC
PRN Coverage
nichole.sommers@sanfordhealth.org
(701) 730-1267

BRUCE SCHUMACHER, ATC
PRN Coverage
bruce.schumacher@sanfordhealth.org
(701) 471-7276

BLAINE STEINER, MS, ATC
BPS Hockey/Bobcats
blaine.steiner@sanfordhealth.org
(701) 527-1948

LEAH WASHINGTON, ATC
Watford City HS
leah.washington@sanfordhealth.org
(307) 258-0748

ALICIA WELLS, MS, ATC
Bismarck HS
alicia.wells@sanfordhealth.org
(605) 848-2376

CANDY VANDERWAL, MS, ATC
Shiloh Christian School
candace.vanderwal@sanfordhealth.org
(701) 315-0345
Sports Physical Therapy

TODD LEINGANG, MPT
Sports Medicine & Outpatient Physical Therapy Manager
todd.leingang@sanfordhealth.org
(701) 323-6702

BRANDON DIRK, DPT, OCS, CSCS
brandon.dirk@sanfordhealth.org
(701) 323-1125

JODY ELKIN, MPT
jody.elkin@sanfordhealth.org
(701) 323-8840

JESS FRIEDT, DPT
jess.friedt@sanfordhealth.org
(701) 323-6837

BRYAN GUTHMILLER, MPT
bryan.guthmiller@sanfordhealth.org
(701) 323-6837

MIKE IBACH, MPT, ATC
mike.ibach@sanfordhealth.org
(701) 323-6837

NICHOLE SOMMERS, DPT, ATC
nichole.sommers@sanfordhealth.org
(701) 323-1125

JEFF WETZEL, PT
jeffrey.wetzel@sanfordhealth.org
(701) 323-1125

POWER Staff

MICHAEL SALWEI, CSCS, USAW-WSPC, CF-L1
Manager, POWER Sports Performance
michael.salwei@sanfordhealth.org
(701) 323-1125

NICK JOLLIFFE, MS, CSCS, USAW-WSPC
nicklaus.jolliffe@sanfordhealth.org
(701) 323-1125

CHRIS RIVINIUS, CSCS, USAW-WSPC, ACSM-CPT
christopher.rivinius@sanfordhealth.org
(701) 323-1125

TROY GUPTILL, LAT, ATC, CSCS, USAW-WSPC, NRAEMT
Athletic Trainer/Return to Performance Specialist
troy.guptill@sanfordhealth.org
(701) 323-1125
Regional Resources

SANFORD ORTHOPEDICS & SPORTS MEDICINE CLINIC
Ashley Erickson, Executive Director
(605) 626-4215

SPORTS PHYSICAL THERAPY & ATHLETIC TRAINING
Nicole Sumner, MS PT
Director, Therapy & Rehabilitation
(605) 626-4380

SPORTS CONCUSSION PROGRAM
Jacob Miller, MD
(605) 226-5500

POWER
Sam Herauf, CSCS USA-W
(605) 725-8100

Partners

IPSWICH SCHOOL
LANGFORD SCHOOL
WARNER SCHOOL
ABERDEEN CENTRAL HIGH SCHOOL
NORTHERN STATE UNIVERSITY
Aberdeen Region
Athletic trainers

Brandon Tetrault, MS, LAT, ATC, PES
Head Athletic Trainer
Northern State University
brandon.tetrault@northern.edu
(605) 626-7733

Shannon Curtin, MS, LAT, ATC
Northern State University
shannon.curtin@northern.edu
(605) 626-7733

Vicki Hanline, MA, MS, LAT, ATC
Northern State University
vicki.hanline@northern.edu
(605) 626-7733

Elizebeth Otten, MS, LAT, ATC
Warner High School, Langford High School, Ipswich High School
elizebeth.otten@sanfordhealth.org
(605) 626-4380

Jordan Shangreaux, MS, LAT, ATC
Aberdeen Central High School
jordan.shangreaux@sanfordhealth.org
(605) 725-8100

Tanner Wolf, MS, LAT, ATC
Aberdeen Central High School
tanner.wolf@sanfordhealth.org
(605) 725-8100

Sports Physical Therapy

Scott Swanson, DPT
scott.swanson@sanfordhealth.org
(605) 626-4380

Alexa Miesbauer, DPT
alexa.miesbauer@sanfordhealth.org
(605) 626-4380

Elaine Horner, PT
elaine.horner@sanfordhealth.org
(605) 626-4380

Lisa Grandpre, DPT
lisa.grandpre@sanfordhealth.org
(605) 626-4380

Lacey Galbraith, DPT
lacey.galbraith@sanfordhealth.org
(605) 426-6040
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