After crossing the finish line at this year’s state cross country meet, Clayton Anderson soon learned that Perham High School’s boys cross country team secured first place in the state championship meet. The 17-year-old captain and second runner for the team credits Dr. Robb Reed with helping him overcome a hip injury and end the season with a successful run.

“The beginning of the year started out really well, and then our coach started cranking up our training a bit,” Anderson explains. “After one really hard workout, my left hip started hurting me quite a bit. I knew we had the Perham meet coming up soon and I was worried about the pain in my hip.”

Anderson’s coach, Jeff Morris, recommended that he see Dr. Robb Reed who practices Chiropractic and Sports Medicine at Perham Health. “Dr. Reed is my go-to person when it comes to getting my athletes back to competing quick. He is extremely helpful and always makes their health the priority,” says Morris, who serves as Perham High School’s head boys and girls cross country coach.

Clayton Anderson first met with Dr. Reed at Perham Health’s New York Mills Clinic in October. Dr. Reed recalls, “Clayton had developed a significant issue with hip mobility that greatly affected his stride and ability to run efficiently or pain free. Acupuncture proved to be a valuable tool in helping to release the trigger points and muscle spasm. This then allowed us to be able to stretch and use kinesiology tape to regain a more efficient and pain free stride, all while maintaining an active training schedule.”

Anderson says he had seven or eight appointments with Dr. Reed, with each visit focused on treating his hip through a combination of stretches, acupuncture, and the application of kinesiology tape. Dr. Reed explains that he uses acupuncture and dry needling techniques to treat both acute and chronic musculoskeletal injuries.

“I have found a high rate of more rapid improvement with this than some of the other modalities that have been used for years. We have many success stories in the local athletic programs,” he notes. Since he had never experienced an injury similar to his hip pain before, Anderson says the injury started affecting him not just physically, but also mentally. After being treated by Dr. Reed, he was thrilled to discover he had run his fastest race of the whole year.

“I feel that he helped boost me both mentally and physically,” Anderson comments. “Dr. Reed had a very positive outlook about my injury and I could tell that he really cared about my improvement. He definitely saved my season. I feel that he also had a serious impact on my team because he was able to help several of my teammates as well.”

One of Perham High School’s youngest varsity runners, seventh grader Lauryn Rustad, is another local athlete who benefitted from the treatment she received through Dr. Reed and Perham Health’s sports medicine program. At just 12 years old, Rustad started the year running cross country on the junior high team and eventually earned herself a spot on the varsity team near the end of the season.

The teams of New York Mills softball player Sierra Gerber (left) and Perham High School cross country runners Clayton Anderson and Lauryn Rustad (right) were all state champions this past year helping to bring home the gold for their respective schools. Thanks to the timely and effective treatment they received through Perham Health’s sports medicine program, the student athletes overcame a variety of injuries in order to successfully compete.
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“When I was running mostly JV races, my Achilles first started bothering me. I would feel this pounding pain in my right foot,” she explains.

Coach Morris encouraged her to schedule an appointment with Dr. Reed. Rustad saw him three times at Perham Health’s New York Mills Clinic. “He did acupuncture on my foot, taped it for me, and told me to start icing it,” she recalls. In addition to needling and taping, specific joint manipulation techniques were used to optimize injured joint function.

“After seeing Dr. Reed just three times, I was right back on my feet,” says Rustad. “Every time I would race, I would set a personal record.”

She remembers seeing Dr. Reed after one of her races and was impressed by how he took the time to ask how she was doing after her run. “Dr. Reed is amazing because he is not just great about working with our student athletes in his office, but he is also out in the community constantly volunteering at different events. He works as an EMT at home football games and is a constant presence at many sporting activities, including our home cross country meets,” notes Coach Morris.

Joining Dr. Reed in providing onsite coverage at local sporting events are fellow Perham Health sports medicine providers Vince Pankonin, D.C. and Pete Anderson, DPT. If athletes do suffer an injury, they are able to receive the chiropractic, physical therapy, or occupational therapy services they need through Perham Health. Primary care providers are included in their patients’ care plans and, when needed, referrals are provided for specialists in orthopedic surgery or neurology.

“Perham Health’s sports medicine program is great to have in our own community because of the availability of professionals to treat our athletes just a few minutes from the high school,” confirms Coach Morris.

By the time of the state cross country meet this fall, Lauryn Rustad’s foot was no longer bothering her and she was positioned as her team’s seventh runner. This placement allowed her to add points for her team, which played a significant role in her team winning the state championship. The girls’ team won by just one point, meaning Rustad’s contribution was critical to the team’s first place finish.

“I know I wouldn’t have even been able to run at state if I hadn’t gone to see Dr. Reed,” Rustad says, mentioning how thankful she is for the excellent local care she received for her Achilles pain. “I would definitely go to him right away if I ever have another injury.”

In addition to treating athletes on Perham High School’s state champion boys and girls cross country teams, Dr. Robb Reed provided treatment for 16-year-old Sierra Gerber from the state champion New York Mills High School girls softball team. “It’s pretty cool for me to have three student patients on three separate champion teams,” admits Dr. Reed.

Gerber says she first started noticing pain in her shoulder when she was in eighth grade. While playing dodgeball in ninth grade, the pain suddenly got worse. This prompted her to go see Dr. Reed during one of his regular visits to New York Mills High School. The school has an arrangement where student athletes can sign up at the high school office if they wish to receive advice about an injury.

“Dr. Robb Reed provides an important resource for both students and parents. He is always available to help answer questions or address concerns a student may have,” says Matt Radniecki, athletic director for the NYM school. “Dr. Reed helps advise our athletes on what they can do to help get them back participating and helps parents determine if further medical services are needed. He is an important part of our team.”

After visiting with Dr. Reed at her school, Gerber started scheduling appointments with him at the clinic in New York Mills. The treatments helped and her shoulder didn’t bother her for the rest of softball season her freshman year. However, the pain returned the following year and Gerber once again sought assistance from Dr. Reed. He gave her advice on how to treat the injury and taught her some specific stretches to target the areas that hurt whenever she threw the ball.

Gerber says she is thankful she was able to receive treatment before softball season started this past year. By the time the season officially began, she was already free of pain. “We made it to state for the fifth time in a row and then we won,” she proudly mentions. “Once my shoulder stopped hurting, I was...”
Diabetes educator helps patients prevent and manage diabetes

For the many patients affected by diabetes, having a certified diabetes educator on their care team can help them better control the disease and make decisions that support a healthier lifestyle. As a Registered Nurse and Certified Diabetes Educator, Rose Mader is focused on educating and empowering the patients she works with.

Mader joined Perham Health’s care team this past August. A Perham native, she returned to the area after having spent the last 36 years working with the Mayo Clinic in Rochester, Minnesota. While in Rochester, she spent 27 years serving as a diabetes educator.

“I provide education for patients regarding all types of diabetes, including, but not limited to, both type 1 and type 2 diabetes and gestational diabetes,” Mader explains. “My role is to help my patients affected by this disease, in both individual and group settings, understand and manage diabetes.”

She is available to patients by appointment at the Perham Health Clinic in Perham most days. She is also available at Perham Health’s New York Mills Clinic two Tuesdays each month. Patients can request a diabetes education consultation through their health care team. Most insurance companies will pay for some diabetes education every year. Perham Health also offers diet education through Gwen Horter, registered dietitian.

Mader works with patients who use insulin pumps and sensors to manage their diabetes, as well as those on various insulin and drug programs prescribed by their physicians. She is also a part of the health care team that sees patients in the Perham Hospital.

In addition to helping patients manage their diabetes, she is one of the lifestyle coaches for the Diabetes Prevention Program in Perham. Three Diabetes Prevention Program classes started this January, with classes meeting weekly for 16 weeks and then monthly the following six months.

“This program centers on lifestyle changes,” Mader says. “Goals of increasing activity to 150 minutes per week and a healthy diet (lowering fat intake) have resulted in a weight loss of 7 percent of one’s body weight. Studies show this decreases the risk of type 2 diabetes by 58 percent.”

She adds, “I feel a great sense of accomplishment when I help people and make a difference in their life either by improving their knowledge and understanding of diabetes, helping them to use new skills and tools to better manage their diabetes, or empowering them to have better control of their diabetes so they feel healthier and decrease the risk of chronic complications.”

Mader earned her BSN, RN from the College of St. Benedict in St. Joseph, Minnesota. As a certified diabetes educator (CDE), she specializes in diabetes education and management. To maintain her certification, she continues to receive education on the study of diabetes, its complications, and new advances in treatments.

Mader and her husband, Greg, have three married children and six grandchildren—with one more on the way. In her free time, she enjoys reading and taking walks with her husband. This past fall, the couple walked each of the streets and trails in Perham. “We are also looking forward to spending more family time at our Boedigheimer Lake property,” Mader says. “Our five-hour drive from Rochester is now reduced to just 12 minutes.”

In addition to acupuncture and the application of kinesiology tape, Dr. Reed used a combination of stretches to help cross country runner Clayton Anderson regain hip mobility and run free of pain.

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finally able to focus on improving rather than just trying to do whatever didn’t hurt my shoulder.”

According to Dr. Reed, sprain and strain injuries are some of the most common injuries Perham Health’s sports medicine team works to treat. “Unfortunately, we also end up seeing and being involved with injuries of a more serious nature that may require surgery or emergency room evaluation such as fractures and dislocations,” he says. “Perham Health Sports Medicine has a number of providers who have received or are receiving extra training in concussion management and post-concussion rehabilitation. In the clinic, we deal with the acute and chronic residuals of these injuries.”

In addition to treating athletes who participate in cross country, softball, football, volleyball, swimming, and gymnastics, the sports medicine team also sees athletes involved in more non-traditional sports such as motocross and equestrian and rodeo events. Perham Health’s medical staff and the staff at Nelson Therapy Center have access to cutting edge treatments and therapies available locally for athletes facing a variety of injuries.

“For me, the most rewarding part of my job is the relationships I’ve developed—from student athletes and their families to the area coaches and administration. It is fun to see how hard these kids work, the goals they set and work to achieve, and how their efforts can pull communities together,” concludes Dr. Reed. “Being able to be a small part of that process is so very rewarding to me.”
Hospitalist provides patients with continuity of care

Starting this past fall, Perham Health introduced a new model for how patients are cared for during their stay in the hospital. Instead of being seen by their primary care providers, patients will now have their care managed by a hospitalist who only sees patients in the hospital.

Stepping into this new role is Judy Bellanger-Dahl, a physician assistant who has specialized in family medicine at Perham Health. Bellanger-Dahl is now responsible for admitting patients to the hospital, caring for them during their hospital stay, rounding on them daily, and then discharging them when they are ready to go home.

“Hospitalists help to provide patients with continuity of care,” explains Sonda Tolle, VP of patient services at Perham Health. “They become very familiar with patients and their illnesses. They are able to coordinate care between departments such as physical and occupational therapy, respiratory therapy, social services, and nursing. The hospitalist also keeps in contact with the patient’s primary care provider and coordinates the patient’s care with the health care team. This collaboration promotes patient care excellence.”

Bellanger-Dahl will be the hospitalist Monday through Thursday from 7 a.m. until 4 p.m. After 4 p.m. Monday through Thursday, and on Friday, Saturday, and Sunday, the hospitalist will be the on-call physician from Perham Health.

As a hospitalist, Bellanger-Dahl will typically visit each patient at least once a day, more often as necessary, during the duration of the hospital stay. She consults with a physician daily about patient progress, works with team members from occupational therapy, physical therapy, nursing, and social services to determine when patients are ready to return home, and helps prepare patients for that transition. Bellanger-Dahl is also available to answer any questions from patients or family members.

“My favorite part of my job is caring for patients and meeting their families,” says Bellanger-Dahl. “I am committed to working hard to provide all patients with the best care.”

“Patient and family-centered care is very important to Perham Health,” Tolle adds. “We feel this new model of care further promotes our goal of providing our patients and families with excellent care.”