

Physical Therapy

Main Street

1230 East Main Street, Mankato, MN 56001
507-389-8760



Mankato Clinic Physical Therapy offers a friendly, individualized patient experience that focuses on helping patients meet their pain reduction and functional goals.

Department demographic: Ages 18 and up; orthopedic 13 and up

Conditions:

- Balance and falls
- Chronic pain
- Concussion
- Dizziness
- General deconditioning
- Headaches
- Incontinence
- Lymphedema
- Multiple Sclerosis
- Neck and back pain
- Occupational Medicine
- Oncology/post-mastectomy rehabilitation
- Orthopedic and sports injuries
- Parkinson's Disease
- Pelvic pain
- Post-COVID
- Pregnancy and related conditions
- Pre/post-surgical rehabilitation
- Stroke rehabilitation, chronic
- Temporomandibular dysfunction
- Work and auto injuries

Services:

Concussion Management

- Develop personalized recovery programs following concussion based on patient's symptoms. We evaluate and treat vestibular and ocular motor dysfunction, headaches, cervical spine and perform exertional testing. Will refer to other specialties as needed.
- Providers trained: **Megan Linder, Travis Mattson, Katie Swanson**

Functional Dry Needling

- Treatment technique that inserts a thin, dry needle into trigger points to reduce pain and treat musculoskeletal dysfunction. May use additional modality of electrical stimulation. Differs from acupuncture as dry needling is based on modern evidence-based science and does not follow the traditional eastern medicine philosophy of energy flow, qi and meridian lines.
- Providers trained: **Megan Linder, Travis Mattson, Tami Meehan, Jacob Nienow**

Lymphedema Management

- Complete decongestive therapy utilizing manual lymph drainage and short stretch bandaging, and aide in obtaining compression garments.
- Providers trained: **Natasha Choiniere, Jessica Lawrence, Allison Petzel**

Neurological Rehabilitation

- Collaborates with OT and ST to provide care to individuals who have had a stroke or with other neurological disorders.
- Provider trained: **Jessica Denn, Megan Linder**

Treatments:

- Balance and fall prevention
- Chronic pain management
- Concussion management
- Dry needling
- Functional retraining
- Lymphedema management
- Modalities
- Manual therapy
- Neurological rehabilitation
- Oncology rehabilitation
- Pelvic health therapy
- Pregnancy and post-partum therapy
- Sports rehabilitation
- Strength training
- Work injury rehabilitation
- Vestibular therapy

Additional Services:

- One time evaluations for consults, screenings and administering or updating home programs
- Tens unit, cervical and lumbar traction units – instructions in home use and assistance in acquiring from an outside vendor
- Instruction in use of assistive devices such as walkers, crutches, canes and assistance in acquiring from an outside vendor

Occupational Medicine

- Performs pre-employment screens, functional capacity evaluations, ergonomic assessments and job site visits.
- Providers trained: **Jessica Denn, Megan Linder, Travis Mattson, Jacob Nienow**

Oncology Rehabilitation

- Multiple therapy options including treating muscle and joint tightness, weakness, secondary lymphedema. Goal of improving flexibility and strength.
- Provider trained: **Jessica Lawrence**

Parkinson's Disease Therapy

- Big and Loud Program and/or standard physical therapy treatments. Improve function and slow motor deterioration by retraining sensory, motor and cognitive functions.
- Big and Loud providers trained: **Jessica Denn, Natasha Choiniere**
- Standard program providers trained: **All**

Pelvic Health

- Treat incontinence related to weakness or pelvic floor dysfunction. Evaluate and treat pelvic pain. Sometimes uses internal techniques for muscle training or relaxation.
- Providers trained: **Jessica Lawrence, Kristin Lingen**

Pregnancy and Post-Partum

- Use of manual and exercise based interventions.
- Providers trained: **Jessica Lawrence, Kristin Lingen**

Sports Rehabilitation

- Individualized conservative management of orthopedic sports related injuries including pre and post-operative care, nonsurgical conditions, in-season and out-of-season injuries. Our department collaborates with Sports Medicine DO, Dr. Finn for complete, comprehensive medical care. We treat all abilities of athlete: Collegiate athlete to weekend warrior ages nine-99.
- Providers trained: **Jake Nienow, Travis Mattson, Allison Petzel**

Temporomandibular Dysfunction (TMD)

- Includes a variety of exercises and manual therapy techniques to ease TMD pain, regain normal jaw movement and lessen daily stresses through the jaw.
- Providers trained: **Natasha Choiniere, Tami Meehan**

Vestibular/Vertigo (dizzy)

- Performs repositioning maneuvers and instructs exercises to treat vestibular pathologies.
- Providers trained: **Megan Linder, Travis Mattson, Katie Swanson**

Wheelchair, Seating and Shower/Bath Chair Evaluations

- Provider trained: **Michael Much**

Physical Therapy Providers



Natasha Choiniere, PT, DPT

Natasha Choiniere joined the Mankato Clinic in June 2021. Her clinical interests include orthopedics, return to sport, TMD, Parkinson's and manual therapy of the spine. She is a board-certified clinical specialist in orthopedics.

- **Doctorate of Physical Therapy:** University of Minnesota, Minneapolis, MN



Jessica Lawrence, PT, DPT

Jessica joined the Mankato clinic in 2018. She is a certified lymphedema therapist and also has her certification from the Lymphology Association of North America (LANA). Her clinical interests include lymphedema, breast cancer rehabilitation, pelvic floor dysfunction and incontinence, as well as general orthopedic rehabilitation.

- **Doctorate of Physical Therapy:** University of Minnesota, Minneapolis, MN



Kristin Lingen, PT, DPT

Kristin joined the Mankato Clinic in 2016. Her clinical interests include women's health including low back and pelvic pain during pregnancy and postpartum, core weakness, pelvic floor dysfunction and incontinence, as well as general orthopedic rehabilitation, post-surgical and work injuries. Kristin also sees patients at Daniels Health Center.

- **Doctorate of Physical Therapy:** University of Wisconsin-La Crosse, La Crosse, WI



Travis Mattson, PT, DPT

Travis joined the Mankato Clinic in April 2019. His clinical interests include orthopedics, sports medicine, concussion management, injury screening and prevention as well as health and wellness promotion.

- **Doctorate of Physical Therapy:** Concordia University, St. Paul, MN
- **Certified Athletic Trainer:** Gustavus Adolphus College, St. Peter, MN



Michael Much, PT, DPT

Michael joined the Mankato Clinic in 2016 as Physical Therapy Manager. His clinical interests include the spine, general orthopedics and manual therapy as well as performing wheelchair and seating evaluations.

- **Doctorate of Physical Therapy:** University of Minnesota, Minneapolis, MN



Allison Petzel, PT, DPT

Allison joined the Mankato Clinic in 2023. Her clinical interests include post-surgical rehabilitation, athletes of all ages and return to sports, functional dry needling and general orthopedics.

- **Doctorate of Physical Therapy:** College of St. Scholastica in Duluth, MN



Jessica Denn, PT, DPT

Jessica joined the Mankato Clinic in 2022. Her clinical interests include general orthopedics, vestibular disorders, neurological rehabilitation with a special interest in Parkinson's Disease, concussion management, aquatic therapy and management of the older adult.

- **Bachelor of Arts-Exercise Science and Psychology:** Hamline University, St. Paul, MN
- **Doctorate of Physical Therapy:** Concordia University-St. Paul, St. Paul, MN



Megan Linder, PT, DPT

Megan joined the Mankato Clinic in 2016. Her clinical interests include vestibular rehabilitation, concussion management, general orthopedics, management of the older adult and neurological rehabilitation.

- **Doctorate of Physical Therapy:** Concordia University of Wisconsin, Mequon, WI



Katelind Loutzenhiser, PT, DPT

Katelind joined the Mankato Clinic in August 2023. Her clinical interests include general orthopedics with a special interest in spine, sacroiliac joint (SIJ), hips and knees, neurological rehabilitation with a special interest in Parkinson's Disease, fall prevention, management of the older adult, and return to sport with a special interest in dance.

- **Doctorate of Physical Therapy:** Concordia University, St. Paul, MN



Tami Meehan, PT, DPT

Tami joined the Mankato Clinic in 2016. She is board certified in orthopaedic physical therapy. Her clinical interests include spine, Temporomandibular Dysfunction (TMD), manual therapy, functional dry needling and running injuries.

- **Doctorate of Physical Therapy:** University of Nebraska Medical Center, Omaha, NE



Jacob Nienow, PT, DPT

Jake joined the Mankato Clinic in 2017. His clinical interests include workers' compensation, orthopedic conditions (special interests in shoulders, spine, hips and knees), functional dry needling and sports injuries. He is a certified strength and conditioning specialist.

- **Doctorate of Physical Therapy:** University of Nebraska Medical Center, Omaha, NE



Katie Swanson, PT, DPT

Katie joined the Mankato Clinic in 2016. Her clinical interests include vestibular conditions, fall prevention and general orthopedics with a special interest in management of the older adult.

- **Doctorate of Physical Therapy:** St. Ambrose University, Davenport, IA