

NATIONAL PHYSICAL THERAPY MONTH — OCTOBER —



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101 Tower Rd. #210, Dakota Dunes, SD 57049

MEET OUR PHYSICAL THERAPY TEAM



DR. MALLORY HERTZ
Physical Therapist

Mallory is originally from Sibley, Iowa. She attended the University of South Dakota in Vermillion where she majored in chemistry with minors in interdisciplinary sciences and mathematics. She then continued her education at the Mayo Clinic in Rochester, Minnesota. She graduated at the top of her class with her Doctorate in Physical Therapy in 2014. She began working full-time in a hospital-based out-patient clinic where she saw patients with a variety of conditions. In 2016, she relocated to FYZICAL in Dakota Dunes and now focuses on treatment of patients in the areas of balance/vestibular and pelvic health. She enjoys treating her patients in these specialty areas and serving the FYZICAL team as FYZICAL Director in both the Dunes and Clive locations.



DR. SARAH SITZMANN-RUEHLE
Physical Therapist

Sarah was born and raised in Sioux City, Iowa, and is a proud Heelan Crusader. She attended Drake University in Des Moines where she received her Bachelors of Arts in Biology. She continued her education locally at Briar Cliff University in the charter class of the physical therapy program. She graduated with her Doctorate in Physical Therapy in 2018. She then began working full-time at FYZICAL specializing in the treatment of patients with vestibular and balance deficits and temporomandibular joint (TMJ) dysfunction. Her clinical experience includes a background in generalized orthopedics so she welcomes patients with deficits in traditional areas of PT, as well. Sarah is proud to serve her hometown community with the best technology, education, and care!



DR. LEAH NOEL
Physical Therapist

Leah is the newest member of the FYZICAL team. She is a Sioux City native and Heelan grad. She went to Briar Cliff University and received her Bachelors of Arts in biology with a minor in psychology. She continued her education through Briar Cliff to earn her Doctorate in Physical Therapy in 2022. She is specialized in the treatment of patients with vestibular/balance and pelvic health disorders. Leah also has experience with orthopedic conditions. In her free time, she enjoys spending time with her husband, Jake, and her family/friends. Leah is excited to be serving Siouxland with one-on-one, specialized physical therapy care!



KRISSI MILTON
Physical Therapist Assistant

Kristiana (Krissi) is originally from and currently resides in Hinton, Iowa. She received her associate's degree in Certified Personal Training in 2015 from Western Iowa Tech. Krissi's passion for the PT profession came after an ATV accident where she injured her wrist and went through several months of physical therapy. The experience inspired her to go back to school to become a Physical Therapist Assistant. Since joining the FYZICAL team after graduation in 2016, Krissi has become specialized in the treatment of patients with dizziness, imbalance, and pelvic floor disorders. Krissi is known for her caring attitude and ability to make patients feel comfortable. She takes pride in ensuring the patient has a good experience during the course of their treatment.



HANNAH MOOS
Physical Therapist Assistant

Hannah grew up in Elk Point, South Dakota. Her passion to help people improve quality of life led her to pursue a career in physical therapy. She graduated from Western Iowa Tech Community College with an Associate's of Applied Science Degree for Physical Therapist Assistant in 2019. Hannah did a clinical at FYZICAL and then officially joined the team in August of 2019. She enjoys specializing in treatment of patients in the specialty areas of pelvic health and vestibular therapy and is excited to be serving patients in the Tri-State area.



MISSIE KLEINSCHMIDT
Client Care Specialist

Missie is a Sioux City native. She joined Ear Nose and Throat Consultants in 2017 as a receptionist. She expanded her role to Client Care Specialist at FYZICAL in January of 2022. She is a vital part of managing referrals, schedules and keeping the team moving forward. In her free time, Missie enjoys spending time with her family and pets. She and her husband (Chris), have two sons, Remington and Keegan, which keep them very busy.



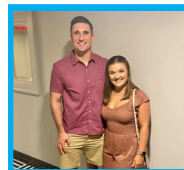
Enjoying the beautiful sunset at a Maui Luau!

WHAT IS YOUR FAVORITE HOBBY?
Golfing!
Just recently we started taking our kids with us which adds to the fun.



Sarah and her family love going to Briar Cliff athletic events and supporting the school. They enjoy basketball games the most. Sarah also enjoys serving on a few boards for the school including the Doctor of Physical Therapy Alumni Board.

FAVORITE PATIENT SUCCESS STORY?
A farmer who had dizziness for twenty years every time he looked under his combine. He tested positive for BPPV and I treated him once for the crystals and he came back stunned because he didn't have that dizziness anymore. I love being to help ease someone's mind about the fear that surrounds dizziness.



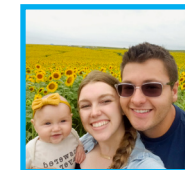
Leah, with her husband, Jake, enjoying a night out together!

WHERE DO YOU LIKE TRAVELING AND WHY?
I love to travel to Oregon or Washington because I think the Pacific Northwest is so beautiful and has some of the best views. We also have family out in Washington which gives us a good excuse to travel there!



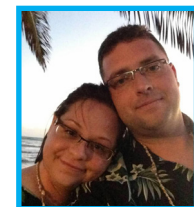
Family trip to the Black Hills in July 2022.

WHAT DO YOU DO YOU UNWIND?
I like to spend time at our home with my family. I have 3 kids so the saying "full hands, fuller heart" really fits my lifestyle. We live in the country so our family stays busy caring for our place which includes a dog, a turkey, 3 cats, 30 chickens, and large garden.



Hannah with her husband Michael and daughter Ara near their home in Alton, IA

WHY SHOULD SOMEONE CONSIDER FYZICAL?
They will find a caring and knowledgeable team to address their individual needs. The diagnoses we address as a specialty clinic are often difficult or embarrassing to explain and patients often feel alone in their struggles. They will not only discover they are not alone but that there is help and hope for an improved quality of life and function!



Missie and her husband Chris enjoying Hawaii

WHERE DO YOU LIKE TO TRAVEL AND WHY?
My absolute favorite vacation was to the island of Oahu in Hawaii. The weather was perfect, the beach, the hotel, everything!