



Back row, left to right: Nate Bauer, PT, COMT, CERT DN; Maranda Obritsch, DPT; Amy Cerney, DPT; Cassandra Wientjes, DPT. Front row, left to right: Aundrea Hill, OTR; Michelle Wientjes, SLP; Kim Hannan, OTR.

Moving, Communicating, Enjoying Life: Rehabilitation Services Helps Patients Regain Function

As Director of Rehab Services and an MRH&C physical therapist for 26 years, Nate Bauer has overseen the department's noteworthy growth—both in patient demand and in staffing.

The Rehab Services team provides high quality physical, occupational, and speech therapy to our community.

MRH&C Rehab Services is now staffed by four physical therapists, two occupational therapists, and a speech therapist. Last year, this team provided more than 6,000 therapy patient sessions, with an additional 1,000 visits to students at Mobridge-Pollock schools.

Most of the MRH&C rehab professionals are Mobridge-area natives, which has built a strong, committed team.

While therapy is provided to both inpatients and outpatients at Mobridge Regional Hospital, most therapy is outpatient. In addition to local residents, it's not uncommon for our therapists

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John Ayoub, CEO

Letter from John

I am continually inspired by the compassion, skill, and dedication of our Therapy Department. Our physical, occupational, and speech therapists provide extraordinary care every day, helping patients regain strength, independence, and confidence at some of the most vulnerable moments of their lives. Whether supporting recovery after surgery or injury, helping manage chronic conditions, improving mobility and balance, or restoring communication and swallowing skills, this team brings expertise paired with genuine kindness to every encounter.

The impact of therapy is profound. Patients often come to our team in pain, frustrated by limitations, or uncertain about what the future holds. Through personalized treatment plans, encouragement, and evidence-based practice, our therapists help people return to work, enjoy daily activities, connect with loved ones, and live more fully. Repeatedly, we see relief, progress, and renewed hope—outcomes made possible by the phenomenal staff who choose to serve our community with professionalism and heart.

Additionally, we are proud to share a new addition to our healing environment. Now visible from patient windows are spectacular murals, blending traditional Lakota symbolism, historic ledger art, and stunning color and technique. I am deeply grateful to the artist for honoring us by allowing MRH&C to adorn our facility with his beautiful artwork. These murals enrich our space and reflect the culture, creativity, and resilience of our community.

I am so proud of our staff for their exceptional work, appreciative of the artist for this meaningful contribution, and thankful to our community for the trust and support you place in our hospital and clinics every day.

John J. Ayoub, FACHE, Chief Executive Officer
Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital
1401 10th Avenue West, Mobridge, SD
605-845-3692

Mobridge Medical Clinic
1309 10th Avenue West, Mobridge, SD
605-845-3692

Prairie Sunset Village – Assisted Living
and Senior Housing
1320 West Grand Crossing
Mobridge, SD
605-845-8193

Selby Medical Clinic
4401 Main St, Selby, SD
605-649-9999

West Dakota Health Center
906 Main Street, Timber Lake, SD
605-865-3258 (MT)

West River Health Clinic
103 1st Avenue East, McLaughlin, SD
605-823-4253 (MT)

New Murals Brighten Patient and Visitor Experience

Have you had a chance to see the colorful new murals on the grounds of the MRH&C campus?

Mounted on the side of a storage building and facing the windows of our new inpatient wing, they provide patients and visitors with a view that supports healing, calm, and hope.

Numerous studies have shown that art in healthcare environments promotes measurable improvements in patient well-being, and we are delighted to have found such a meaningful way to highlight this captivating artwork.

The seven metal die-cut panels display the ledger art of Gil Kills Pretty Enemy III, a local yet nationally recognized Hunkpapa Lakota artist enrolled at the Standing Rock Sioux Tribe. From left to right, they represent Teaching, Exercising, Praying, Doctoring, Healthy Talk, Emotionally Healthy Behaviors, and Loving. Gil's work blends traditional Lakota symbolism, ledger art history, modern color and digital techniques, and powerful themes of resilience, identity, and healing.

To see the artwork up close, learn more about the artist, and hear an audiotape of the November 2025 dedication ceremony, we invite you to scan the QR code below.



Pictured above: One of seven panels that can be viewed on our grounds, titled: Teaching (waúnspewičakhiyapi). The other panels are Exercising (thanglúškehanpi), Praying (wačhéiyapi), Doctoring (wáphiyapi), Healthy Talk (zaníyan wókčhiglakapi), Emotionally Healthy Behaviors (zaníyan čantéyus oh’ánpí), and Loving (thewičhahílapi).



Rehabilitation Services Helps Patients Regain Function *continued from the cover*

to serve patients who travel to MRH&C Rehab Services from 50 to 70 miles away.

"We've grown a lot," Bauer said. "The growth in the last three to four years in particular has been tremendous."

Who Benefits from Rehab Services

If you haven't experienced physical, occupational, or speech therapy before, you might not realize that rehab therapists use a variety of techniques to help patients with a wide range of concerns.

Musculoskeletal and mobility issues are very common. From back and neck pain to stiffness, balance problems, and work- and sports-related injuries, therapists work with patients to build strength in targeted areas and restore function.

Rehab is also helpful after surgery. Patients who undergo joint replacement, spine surgery, rotator cuff repair, and other orthopedic procedures benefit from therapy to help them recover and regain mobility.

In addition, rehab benefits people who suffer neurological conditions, such as a stroke or Parkinson's, chronic diseases, speech and swallowing issues, and age-related decline, including loss of strength, difficulty walking, and fall risk.

"If any joint in your body doesn't work like it should, or if you have a strength, mobility, or speech issues, we can help," Bauer said.

Typical treatment plans include one to three therapy sessions a week for one or two months. However, each patient's plan is personalized based on their needs and progress. Patients are also given a list of exercises to complete at home between sessions.



Rehab Services help patients regain function and return to the activities they enjoy.

Specialty Services Available

Several of the MRH&C therapy team members have trained in specialty treatments. The department is proud to offer manual therapy, dry needling, women's health services, vestibular therapy, sports rehab, focused Parkinson's care, and more.

Rehab Services cares for people of all ages, from infants to children and teens to elderly adults. In the local schools, MRH&C therapists routinely work with children with any kind of disability or delay, helping them adapt and acquire skills.

"MRH is committed to providing the resources needed to allow our team to do annual continuing education," Bauer said. "This enables us to keep up with ever-changing evidence-based treatment practices."

A Satisfying Career

Looking back on his career helping people get better, Bauer emphasizes the satisfaction he gets from his work.

"It's a challenging job, but it's extremely rewarding to see people improve," he said. "We get the opportunity to really spend time with patients. From the hour-long evaluation appointment to the weekly sessions we spend together, we get to know people well and watch them make progress. We have a ton of repeat patients. They come back because they see that it works."

How to Access Rehab Services

If you or someone you care about might benefit from Rehab Services, ask your primary-care provider for a referral. Therapy services are often covered by insurance. Have questions? **Please call Rehab Services at 605-845-8192.**



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UPCOMING EVENTS & CLASSES



Healthcare Provider CPR Class

February 2, March 9, April 6
1 - 3 p.m.

Dr. Ben and Audrey Henderson
Conference Room



Heartsavers CPR & AED Class

February 9, March 16, April 27
1 - 4 p.m.

Dr. Ben and Audrey Henderson
Conference Room

Call 605-845-8163 to register.



Blood Drive

Tuesday, April 2

12:15 - 5:45 p.m. • Family Worship Center



Senior Yoga

Mondays and Thursdays
10:30 - 11:00 a.m.



Senior Strength & Balance for Life

Tuesdays and Fridays
10:30 - 11:15 a.m.

Free classes are held at Mobridge Senior Citizen Center. Class times and schedule are subject to change.



MRHC Foundation Diamonds and Denim Gala

Saturday, March 28
Scherr Howe Arena

Mission

The mission of Mobridge Regional Hospital & Clinics is to provide high quality healthcare services in a compassionate and professional manner for people throughout the region.

Vision

Become one of America's finest rural healthcare providers.

Values

Integrity

Compassion

Collaboration

Excellence