Meet our exceptional therapy assistant team

Jamie Ballinger, PTA

Jamie has an Associates Degree from Lake Land College with 14 years experience. She has been with St. Anthony’s Memorial Hospital for over 11 years. Her primary focus is pediatrics age birth to three. She has been married for 13 wonderful years and has four amazing children.

Certifications:
• Credentialed Early Intervention Therapist

Areas of Special Interest
• Pediatrics (Birth to 3)
• Watching by boys play sports
• Spending time with family and friends

Jennifer Fallert, PTA

Jennifer received an Associates in Applied Science, Physical Therapist Assistant from Lake Land College in 2011. She also holds an Associates in Applied Science, Network Administration from Lake Land College in 2001. Jennifer has six years experience with the geriatric population working in the skilled nursing setting. She also held the director of rehab position for four years, in that setting, before making the transition to our outpatient clinic here at St. Anthony’s in August of 2017. Jennifer most enjoys working with our aquatic patients here at the outpatient clinic. She is happily married to her husband, Jason and has five children, Micaela, Alexis, Jack, Carson, and Isaac to chase after daily.

Qualifications:
• ISSA Personal Trainer
• CrossFit L1 Coach

Areas of Interest
• Her Kids
• Crossfit
• Food

Mary Hayes, PTA

Mary has an Associates Degree from Lake Land College with 22 years of experience as a Physical Therapist Assistant, nine of those years being at St. Anthony’s Memorial Hospital. While at St. Anthony’s she has worked in inpatient, outpatient and home care.

My focus at this time is on the inpatient team where I enjoy working with a variety of patients in the hospital for various diagnoses.

I have enjoyed very much to witness the progression in orthopedic surgery and becoming a part of the advanced orthopedic center of excellence team.

I have been married for 21 years and have three beautiful daughters 19, 17, 10 years old. They keep me busy.

Areas of Interest:
• Acute Orthopedic treatments
• My family
• Camping

Jon Lankow, PTA

Jon has an Associates Degree from Lake Land College with over eight years of experience. He has been with St. Anthony’s for over three years. After graduation from school, I went back to work at Lake Land College as Adjunct Faculty in the PTA program as Lab Instructor. I am blessed to be married to my wife for over 17 years and have two young sons who occupy our time with sports and love.

Certifications:
• Astym Certified
• APTA Clinical Instructor for Students.

Areas of Interest:
• Avid Road and Mountain Bicyclist
• Building Hiking and Mountain Biking Trails
• Two boys who keep us busy with Baseball and Basketball

Emily Mette, PTA

Emily holds an Associates Degree in Applied Science with focus in the Physical Therapist Assistant program from Lakeland College. Emily enjoys treating the pediatric population, as well as general orthopedic rehabilitation. Emily has been with St. Anthony’s Memorial Hospital since July of 2015.

Certifications:
• Clinical Instructor

Areas of Interest:
• Pediatric Physical therapy
• Spending time outdoors
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Jessie Palmer, PTA
Jessie graduated from the Lakeland College PTA program in 2016 and began her career at St. Anthony’s Memorial Hospital that same year. Currently she is attending Eastern Illinois University to obtain additional education in kinesiology and sports studies.

Certifications:
• ASTYM Certified

Areas of Special Interest:
• Animal lover
• Walking
• Reading

Steven Reiman, PTA
Steve has an Associates Degree in Applied Science from Lake Land College. While attending Lake Land College he received the Outstanding Student award for the PTA program. Steve has been with St. Anthony’s for 24 years.

He has worked in various health care settings including in- and out-patient physical therapy, in-home therapy, and in a skilled nursing rehab unit. He has extensive experience in orthopedic joint replacement, general orthopedics, geriatrics, as well as pediatrics.

Steve has served on Lake Land College’s PTA Program Advisory Board and is also an APTA credentialed clinical instructor.

In his free time, he enjoys spending time with family especially his grandson and woodworking. Steve, and his wife live in the Effingham area and have two adult children.

Carol Snyder, PTA
Carol holds an Associates Degree in Applied Science from Lake Land College. She has been with St. Anthony’s for 36 years, with the titles of CNA and Rehab Tech for the first 16; and worked in the PTA position for the past 20 years, with experience in treatments for outpatients, as well as inpatients. My special interests include treatments of acute orthopedic conditions in the inpatient setting, and I am a member of the Advanced Center of Orthopedic Excellence team at the hospital. I also enjoy working with the geriatric population. I am an APTA Certified Clinical Instructor for PTA students. I have been married for 36 years; I am the mother of two daughters, and have three grandchildren.

Certifications:
• APTA Certified Clinical Instructor

Areas of Interest:
• I enjoy spending time with my family, especially my grandchildren.
• I also enjoy spending time outdoors, listening to music, and watching movies.

Caitlin Sudkamp, PTA
Caitlin has an Associates Degree from LakeLand College with over six years experience. She was trained in Astym, she then brought back to St. Anthony’s for other therapists to be trained in. In addition to Astym, she has been trained in pelvic floor therapy and has recently started Dartfish analysis software. She has been happily married for over four years and has two young children, ages three and one who keep her life very busy.

Certifications:
• Astym Certified
• Pelvic Floor
• APTA Clinical Instructor for Students

Areas of Interest:
• Running: distances anywhere from 5K-half marathon
• Spending time with her family and friends

Doris Zerrusen, PTA
Doris holds a Bachelors degree from University of Illinois in Community Health and an Associates Degree from Lakeland College in Physical Therapy. She has been with St. Anthony’s for over 25 years and in Physical Therapy for 23 years. She has worked with athletes, geriatrics, pediatrics, neuro patients, amputees, Home Care and Skilled Care. She is married with four children and one granddaughter.

Certifications:
• IHSA Licensed Volleyball Official
• Astym Certified
• APTA clinical instructor for students

Areas of Interest:
• Staying fit/healthy cooking
• Watching her childrens sporting events
• Spending time with family