

THE IDAHO COMMISSION ON AGING
FALLS PREVENTION AWARENESS SEMINAR SERIES
WHY FALLS MATTER PANELISTS BIOS – 9/8/2021



Dr. Rodney Bates, DO

Idaho College of Osteopathic Medicine (ICOM)
Chair of Primary Care

Dr. Bates has extensive clinical experience as an **Internal Medicine and Hospitalist** specialist for over 12 years. He is board certified in Internal Medicine and a fellow of the Osteopathic Association of Osteopathic Internists.

Dr. Bates was born and raised from the rural seeds of Idaho in the small town of Murtaugh near Twin Falls. He attended Brigham Young University in Provo, UT where he completed premedical studies and obtained an undergraduate degree in business management. He then attended Kirksville College of Osteopathic Medicine in Missouri, followed by an internship at Michigan State and completed a residency program at Botsford General Hospital in Farmington Hills, Michigan, a suburb of Detroit.

After completing residency training, he established a successful Internal Medicine and Hospitalist practice, serving the people of **Rexburg and Idaho Falls**, prior to relocating his family to Meridian. Dr. Bates has trained many medical students

and allied healthcare students since practicing in Idaho. He has had multiple associations with aspiring premedical students and hopes his teaching and counseling have somehow helped shape their desires for medical service in a caring and professional manner.

Dr. Bates has served in various capacities professionally. He was Chief of Staff at Madison Memorial Hospital in Rexburg 2007-2009, and Director of the Madison Hospitalist Program from 2014-2017. He and his wife MJ, and their 8 children, now live in Meridian.

Contact Dr. Bates

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Dr. Cindy Seiger, PT, PhD, GCS, CEEAA

Idaho State University, Department of Physical & Occupational Therapy
Associate Professor

Dr. Seiger earned her Bachelor of Science degree in Physical Therapy at the University of Ulster, Belfast Northern Ireland in 1999. Three years later, she continued her studies and earned her master's degree in Physical Therapy from Rocky Mountain University of Health Professions in Provo, UT. She remained in Provo to complete her formal academic journey in 2009 by earning her PhD in Exercise Science at Brigham Young University. Dr. Seiger is also a Geriatric Certified Specialist (GCS) and Certified Exercise Experts for Aging Adults (CEEAA).

Dr. Seiger enjoys studying and working with electrotherapy - pulsed shortwave diathermy & ultrasound. She has focused on joint mobilization/manipulation - peripheral and vertebral joints. She believes resilience & resiliency for practitioners and patients is important. By utilizing behavior change theories in physical therapy, she promotes positive outcomes.

She works with the entire body, especially how orthopedics related to the spine, ankle, & shoulder interact to impact a person's gait, with a focus on older adults.

Dr. Seiger is currently teaching Neurological Systems Management & Geriatrics Management in the physical therapy program at Idaho State University. She teaches a twice weekly Fit & Fall Proof class at the Pocatello Senior Center.

Contact Dr. Seiger

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Dr. Jessica Ziebarth, DO

Idaho College of Osteopathic medicine (ICOM)

Physical Medicine & Rehabilitation

Dr. Ziebarth is a board-certified Physical Medicine and Rehabilitation physician (physiatry). She has expertise in a variety of neurologic and musculoskeletal conditions. She also uses Osteopathic Techniques and Principles on a daily basis to care for patients both in the hospital and in the community.

Dr. Ziebarth was born in South Dakota. She attended Texas Christian University in Fort Worth, Texas for her undergraduate degree in Psychology. She then attended Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. She completed her Osteopathic Internship and residency in Physical Medicine and Rehabilitation at the University of Pittsburgh Medical Center (UPMC). In residency, she received numerous awards and participated in several innovative research opportunities. She considers herself lucky to participate in the improvement of the human condition with every patient interaction.

Contact Dr. Ziebarth

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