

Carroll Career Discovery Program

PASSING THE TORCH ALUMNI SPEAKER SERIES

Kathy (McDonald) Moddeman
CHS Class of 1989

Physical Therapist:
Miami Valley Hospital South



The American Physical Therapy Association (APTA) describes physical therapists (PTs) as movement experts and licensed doctors who diagnose and treat movement dysfunction, helping people recover from injury/illness, manage chronic conditions, prevent loss of mobility, and promote overall wellness, focusing on optimizing function, health, and quality of life across the lifespan through examination, diagnosis, prognosis, and evidence-based interventions like therapeutic exercise, patient education, and hands-on care, working in diverse settings from hospitals to schools.

As a physical therapist, Kathy has worked at Miami Valley Hospital for 25 years in acute care therapy with the last five years at Miami Valley South. She also worked at a variety of nursing homes, in fidelity home care for one year, and Grandview Hospital for two years in acute care and outpatient PT. She works closely with this month's fellow alumni speaker, Stephanie Johnson, who is an occupational therapist. Stephanie and Kathy will discuss the differences and similarities between OT and PT.

Kathy is the oldest of five kids who grew up in Mad River (Riverside). Her mom passed away when she was fifteen years old. Kathy attended Our Lady of the Rosary. She married her high school sweetheart, Mike Moddeman, and they have been married for 32 years. All three of their children graduated from Carroll in 2017, 2020, and 2025. Her hobbies are plants, reading, traveling, spending time at Lake Cumberland, and playing with her dogs. She also enjoys getting involved in her kids' schools, in her parish at St. Luke, and bible study.

Some of her best Carroll memories include Sr. Katie (math teacher) supporting and talking with her after her mom died and helping her get college scholarships. She also remembers passing notes with her boyfriend (now her husband) between classes.

Education

- Attended College of Mount St. Joseph for one year
- Bachelor of Science degree in Education: University of Dayton
- Bachelor of Science degree in Health Science: University of Kentucky
- Master of Science in Physical Therapy: University of Kentucky

Are you interested in a career in **physical therapy or occupational therapy?**
Get your questions answered!

**When: Tuesday,
January 20, 2026**

**11:15 am-12:15 pm
(during 4th period)**

Where: Room 302

**Stop in at the CLC to
register or email
mleaman@carrollhs.org
or jweitz@carrollhs.org**

**Be sure to pack or buy
lunch and feel free to
bring it with you to eat
during the presentation!
This is considered an
excused absence
from class.
Hope to see you there!**