

Ed-Co Alumni

Karen (Grubb) Steidler - Class of 1987

Written by Addy Kirby



Karen Steidler, formerly Karen Grubb, graduated in the class of 1987. Following high school, she attended Iowa Wesleyan College attaining a Bachelor's Degree in Life Science. After that, she went to St. Ambrose University to achieve a Master's Degree in Physical Therapy. Today, she is a physical therapist and resides in Eldridge, Iowa. When asked how she got where she is today she stated, "My career path started with our Home Economic Class taught by Mrs. Bachman when I was sophomore. We took specific test which gave us professions to match our interest. Then we were given assignment to research out top 3, mine being a nurse, athletic trainer or physical therapist. Then we wrote past alumni in those fields letters to ask questions etc... What a great class and that started me in my direction. This helped choose the undergraduate school, volunteer work while in college and lined up my college classes to prep for PT school. While in PT school I thought I'd be best with geriatric population but found my true love and passion for acute and post acute rehab injured patients. Developed skill set for stoke, traumatic brain injury, spinal cord injury to name a few. My skills took me into an outpatient clinic where I continue this practice as well as adding vestibular treatments and post concussion athletes. I've been practicing 25 years total." Karen's favorite part about Ed-Co was, "Our size of school allowed students to participate in many things, with coaches and teachers working to ensure that we could ... I was very active with softball, basketball, golf, band, choir and some stage plays. We had good school spirit in those days with supporting each other." Her advice to current high school graduates is "Dream big, work hard, and don't quit!" This Viking shot for the stars. Who will be the next Viking spotlight?