

BRUS LAYSON | 34

Tell us a bit about yourself are you a Helena native born and raised? If not, when did you move here - what brought you to Helena?

I moved around the country due to my father's career in journalism, but I spent chunks of my childhood visiting Montana and family. My exposure to Montana as a kid is what sparked me to move here in 2010 after high school to attend Carroll College. I met my wife Karla in philosophy class, and once we graduated, we moved to Southern California for me to attend graduate school. We left quickly after I was awarded my degree to head back to Helena in 2017, and we have been here since. My family was scattered until we had our two girls, now most of us live here in Helena.

OCCUPATION

I am the owner of Advocate Physical Therapy and a treating physical therapist in the practice. I absolutely love my career. I get to help people get out of pain and get back to doing what they love. It has never felt like work. I also feel incredibly blessed to have built such an amazing team, who are not just kind and compassionate, but also leading experts in their respective fields.

I also teach classes throughout the country and soon internationally to other physical therapists and healthcare professionals in advanced topics, treatment techniques, and difficult-to-conquer diagnoses through Torrentia Medical Education.

Q&A

What community service or volunteer activities/organizations are you involved with? And what interests you in being an active community member?

I am an active member of the Montana Chapter of the American Physical Therapy Association and though I do not character-



ADVOCATE

PHYSICAL THERAPY

ize myself as a political person, you can find me testifying at the capital to push our profession forward and ensure access to care for our patients.

We try to make as wide of an impact as possible whether big or small. The team and I at Advocate PT volunteer to work sports medicine coverage at events, provide screens at Special Olympics events, host charity events/fundraisers at the clinic, donate all our used linens to Lewis and Clark Humane Society, a supporter and fundraiser for Jefferson County Animal Shelter, and sponsor multiple local sports teams, arts, dance, and music. One of the things I love doing the most is teaching at local schools. From career days and fairs at elementary schools, high schools, Carroll College and Helena COT, I have such a large passion for inspiring the next generation toward healthcare and in particular

physical therapy. Maybe it is because I fell in love with PT when I was 14 at a job fair myself. I love that Advocate PT is not just a place of clinical excellence but also educational excellence to shadowing students, students on clinical rotations, residents in training to specialize, and fellows in training to sub-specialize.

What do you like best about living, working and volunteering in the Helena area?

Helena is the perfect size. We have everything we need in town, but you can drive 15 minutes in any direction and get out into the beautiful public lands, waters, and trail systems that we have access to. I really appreciate the "pulse" of the town. Helena has always been a place where we have each other's back and when someone is in need, we all come together to help. I feel so blessed to be able to run a business that is

for our community and live in a wonderful place to have a family and raise two kids.

What else should people know about you?

I truly believe the impossible is possible...and I think it can be fun at the same time. I take my job and my responsibilities very seriously, but I don't take myself very seriously; life is too beautiful not to laugh every single day. I think working hard is incredibly important, and it's a grit-based work ethic that has taken me this far. However, as my father has always told me, I want to "Enjoy the Trip". You may find me out in the woods hunting, on the river fishing, at a Grandstreet play, listening to local music, hiking with my parents, or at my kids sporting events. My wife Karla and my two girls Charlee and Quinlee keep me grounded in the important things in my life...and that's love and family.