

Mary Janke, PA-C, joins Astera Health Orthopedics Team

WADENA, Minn. – Feb. 3, 2026 – The Astera Health orthopedics team has expanded with the addition of Mary Janke, PA-C. She sees patients as part of the Orthopedic Walk-In Clinic and also offers scheduled appointments at the Wadena Clinic.

Mary is a native of Perham and began her healthcare career as a certified nursing assistant. She later earned a degree in radiologic technology from North Dakota State University and worked primarily in MRI. In 2023, she completed her Master of Physician Assistant Studies at the University of North Dakota.

“I started in medicine because I was an athlete and experienced injuries of my own,” said Janke. “I was especially interested in radiology and understanding how movement impacts daily life. Helping patients get back to doing the things they love is something I’m proud to do.”

“We are excited to welcome Mary to our orthopedics team,” said Medley Shamp, Chief Clinical Officer at Astera Health. “Adding skilled providers like Mary allows us to better serve patients with bone and joint issues close to home. Our team truly makes a difference in our community.”

Mary is excited to provide orthopedic care in the area where she grew up. She understands the needs of local athletes and outdoor enthusiasts and enjoys staying active with her husband and three children.

To learn more about Astera Health Orthopedics and to schedule an appointment, visit asterahealth.org/ortho.

Photo Caption: Mary Janke, PA, graduated from Perham High School in 2004 and is now caring for patients in Astera Health’s Orthopedics program.

ABOUT ASTERA HEALTH

Astera Health is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Astera Health operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit asterahealth.org.

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