

ELIZABETH R. SHELLY, PT, DPT, BCIA-PMDB Associate Fellow

Date of Birth: 1-16-63

NORTHEASTERN UNIVERSITY
Bachelor of Science Degree in Physical Therapy
Summa Cum Laude

Boston MA

June 1985

ST AMBROSE UNIVERSITY
Doctor of Physical Therapy

Davenport, IA

Dec 2007

PROFESSIONAL EXPERIENCE

Beth Shelly Physical Therapy
Private practice in pelvic PT, women's health and education

Moline, IL

2/08 to present

Quad City Physical Therapy and Spine
Women's Health Specialist

Davenport, IA

5/05 to 2/08

- Evaluate and treat all types of out patient women's health patients including: pelvic floor muscle dysfunction, male and female incontinence, pelvic & musculoskeletal pain, Lymphedema
- Marketing women's health services to physicians, insurance companies, direct public marketing
- Present patient & professional education classes on women's health PT

Black Hawk Community College
Instructor – Anatomy and Physiology, Pathology, Kinesiology

Moline, IL

9/06 to 12/08

- Create and carry out lesson plans for massage therapy students in Anatomy and Physiology, Pathology, Kinesiology (5 credit hours per week)
- Testing and grading of students

Rock Valley Physical Therapy
Director of Women's Health

Moline, IL

2/00 to 5/05

- Administrative duties associated with women's health program, including start up of the program in 2000.
- Creation of forms and patient education
- Marketing women's health services to physicians, insurance companies, direct public marketing
- Present patient & professional education classes on women's health PT
- Evaluate and treat all types of out patient women's health patients including: pelvic floor muscle dysfunction, male and female incontinence, pelvic & musculoskeletal pain, lymphedema
- Evaluate and treat out patient orthopedics
- Aquatic therapy evaluation and treatment

- WOMAN'S HOSPITAL
Women's Health Specialist
Baton Rouge, LA
9/95 to 1/00
- Evaluate & treat out patients: obstetrical, gynecological and general orthopedics
 - Evaluate and treat in patients including immediate postpartum patients, post abdominal surgical patients and medical OB patients
 - Participate in development of department created continuing education materials
 - Presented in service to physician, nursing and ancillary staff on topics of back care, PT in postpartum care, PT in chronic pelvic pain and other topics
 - Teach postpartum exercise class, abdominal exercise class, community education on Kegels, gynecological surgery recovery
- CAMBRIDGE PHYSICAL THERAPY
MATERNAL AND CHILD HEALTH CENTER
Staff Physical Therapist, full time
Cambridge MA
9/90 to 3/95
- Evaluation and treatment of patients with urogynecological and anorectal disorders including urinary and fecal incontinence, abdominal / pelvic pain
 - Establishment of biofeedback protocols and equipment development
 - Instruct Prenatal & Postpartum exercise classes, Post-Cesarean rehab group
 - Evaluate & treat outpatients: obstetrical, gynecological, and general orthopedic
 - Develop protocol for treatment of High-Risk pregnancy
 - Develop and teach three day professional courses in obstetrics and gynecology
- CENTRAL MASS VISITING NURSES ASSOCIATION
Home Physical Therapist, part-time
Worcester MA
5/92 to 8/95
- CHEST PHYSICAL THERAPY SERVICES
Home Chest Physical Therapist, part-time
Arlington MA
2/89 to 11/93
- LEOMINSTER HOSPITAL
Staff Physical Therapist
Leominster MA
6/90-4/92
- THE MEDICAL CENTER OF CENTRAL MASS
Total period of employment
Senior Physical Therapist, part-time
Worcester MA
3/86-9/92
5/88-9/92
- Evaluate and treat priority inpatients of all diagnoses
- Obstetric Exercise Specialist, part-time
4/87-6/91
- Develop and implement outpatient prenatal and postpartum exercise programs
 - Monitor class participants through vital signs
- Staff Physical Therapist, full time
3/86-5/88
- Evaluated and treated inpatients and outpatients including orthopedic, neurological, cardiac, medical/surgical, and pulmonary diagnoses
 - Revised and implemented pulmonary rehabilitation exercises and teaching of outpatients

PROFESSIONAL ORGANIZATIONS

American Physical Therapy Association, The Section on Women's Health
Board appointed position: Development Committee Chair 9/97 to 2/02
Elected position: Director of Financial Development 2/02 to 2/05
Board appointed position: Endorsement committee chair 2/05 to 2/06
Board appointed position: Chair of CAPP-pelvic 5/05 to 10/07, 2/10 to present
Board appointed position: CAPP committee member 5/05 to present
Board appointed position: Book review editor for the Journal of Women's' Health
Physical Therapy 8/08 to present
Board appointed position: SOWH – SUNA liaison 2/02 to present
International Continence Society
Board appointed position: Physiotherapy Committee member 8/08 to present
International Organization of Women's Health Physical Therapists
Board appointed position: Chair of Publications 4/02 to 11/05
Society of Urologic Nurses Allied
Elected position: Treasure of the Mississippi Valley chapter 1/02 to 6/03

CERTIFICATIONS

Iowa State Physical Therapy License #03058
Illinois State Physical Therapy License #070-011762
American Heart Association Certified CPR
United States Fitness Association Certified Aerobic Instructor
Leduc Certified Lymphedema Therapist
Certification in Pelvic Muscle Dysfunction Biofeedback – Biofeedback Institute of
America October, 2004
Associate Fellow – September 2007

AWARDS

Section on Women's Health Volunteer of the Year 2005
Section on Women's Health Volunteer of the Year 2006
Elizabeth Noble award recipient – Section on Women's Health 2007
Travel grant SOWH CSM 2009

RESEARCH

“Methods Used by Physical Therapists to learn pelvic floor muscle examination”
St Ambrose University - Dec 2007

Platform at the Society of Urological Nurses and Associates Annual Symposium
Tampa, FL March 1, 2008

Poster presented at the American Urogynecological Society Annual Meeting
Chicago, IL Sept 4 to 6, 2008

Poster presented at the International Continence Society Annual Meeting
San Francisco, CA October 2, 2009

Abstract published
Shelly ER, Methods used by physical therapists to learn pelvic floor muscle examination,
Journal of Pelvic Medicine and Surgery, 2008;14(4):321.

Abstract Published
Shelly ER, Krum L, Methods used by physical therapists to learn pelvic floor muscle
examination. Neurourol and Urodnam, 2009;28(7):821-822.

Platform presented at the Combined Sections Meeting of the American Physical Therapy
Association. Characteristics of therapists reporting high and low skill confidence in
examination of pelvic floor muscles
Las Vegas, NV February 10, 2009

Abstract published
Shelly E, Krum LL. Characteristics of therapists reporting high and low skill confidence
in examination of pelvic floor muscles. Journal of Women’s Health Physical Therapy.
2009;33(1):23-24.

PRODUCTIONS and PUBLICATIONS

"Start Right Stay Fit"-Prenatal Exercise Video Worcester Memorial Hospital Production,
1988.

"A Special Place for you and Your Baby"-Prenatal Relaxation audiocassette, Knot
Records, 1992.

Methodology for Evaluation and Treatment of Pelvic Floor Dysfunction: Manual for
Pathway MR-20 and MR-10 Surface EMG Biofeedback Devices, 1994.

“Behavioral Therapies for the Treatment of Urinary Incontinence in Women”
Jacksonville Medicine, Sept. 1996.

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“Electrical Stimulation”, “Scar Management”, “Case Studies” co-author chapters in The Gynecological Manual Editor E. Wilder, Published by APTA Section on Women’s Health, 1997.

“The Pelvic Floor” chapter in Therapeutic Exercises by Carrie Hall and Lori Thein-Brody, Lippincott-Williams and Wilkins Publisher, 1999.

“Applying the Guide to Physical Therapy Practice to Women’s Health Physical Therapy” co authored with Julie Pauls, Journal of the Section on Women’s Health, 23,3,1999.

“Pelvic Pain” section in Therapeutic Management of Incontinence and Pelvic Pain by J. Laycock and J. Haslam, Springer-Verlag Publishers, 2002.

“Electrical Stimulation”, “Scar Management”, “Fecal incontinence” co-author revision of chapters in The Gynecological Manual 2nd edition, Editor E. Wilder, Published by APTA Section on Women’s Health, 2002.

“Biofeedback Treatment of Female Urinary Incontinence” Two hour video Continuing Education program sponsored by The Prometheus Group Inc. Produced by Louisiana State University, 2002.

“Palpation and assessment of the pelvic floor muscles using depth and positional measurements” co authored with Ann Dunbar, Journal of the Section on Women’s Health, 28:1, 2004.

“The Pelvic Floor” chapter in Therapeutic Exercises by Carrie Hall and Lori Thein-Brody, Lippincott-Williams and Wilkins Publisher, 2nd edition. 2005.

“Electrical Stimulation and Biofeedback for Genitourinary Dysfunction” chapter in Clinical Electrophysiology 3rd edition co authored Rebecca Stephenson, by Andrew Robinson and Lynn Synder-Mackler, Lippincott Williams and Wilkins, Currently in review.

“Pelvic Pain” section in Therapeutic Management of Incontinence and Pelvic Pain 2nd edition by J. Laycock and J. Haslam, Springer-Verlag Publishers, 2007.

“Pelvic Physical Therapy – course manuals level 1, 2, and 3” primary editor, Published by the Section on Woman’s’ Health of the American Physical Therapy Association, Alexandria Virginia, 2006, 2007, 2008, 2009, 2010.

“The Pelvic Floor” chapter in Therapeutic Exercises by Carrie Hall and Lori Thein-Brody, Lippincott-Williams and Wilkins Publisher, 3rd edition. To be published.

CONTINUING EDUCATION

- “International Continence Society Annual Meeting” September 29 – October 3, 2009
San Francisco, CA
- “American Urological Association Annual Meeting” April 25-30, 2009
Chicago, IL
- “Breast Cancer Rehabilitation” April 17-18,2009
Klose Training
Chicago, IL
- “Combined Sections Meeting – APTA” February 7-12, 2008
Preconference - Looking Beyond the pelvic floor: an integrated clinical approach to the
assessment and exercise management of continence and low back or pelvic pain
Las Vegas, NV
- “American Urogynecological Society Annual Meeting” September 4 - 6, 2008
Chicago, IL
- “2008 Annual SUNA Symposium pelvic pain and pelvic floor disorders”
Tampa, FL February 28 - March 2,2008
- “Combined Sections Meeting – APTA” February 6-9, 2008
Nashville, TN
- “Evidenced-based clinical integration of electrical stimulation and ultrasound”
Midwest Seminars
Davenport, IA October 25, 2007
- “Medi Custom Flat Knit Lymphedema Course” May 22, 2007
Medi
Cedar Rapids, IA
- “Combined Sections Meeting – APTA” February 14-18, 2007
Boston, MA
- “Postural Respiration” January 20 – 21, 2007
Iowa City, IA
- “The medically complex patient” May 15 – 19, 2006
St Ambrose University
Davenport, IA
- “Disorders of the bladder, bowel and pelvic floor” March 15 – 18,2006
Society of Urologic Nurses and Associates
New York, NY
- “Evidenced Base Practice” March 5 – 10,2006
St Ambrose University
Davenport, IA

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“Combines Section Meeting APTA” San Diego, CA	February 1 – 5, 2006
“International Continence Society Meeting” Montreal Canada	August 31 to Sept 2, 2005
“Applied anatomy and physiology” St Ambrose University DPT Davenport, IA	August 22-26, 2005
“Differential Diagnosis” St Ambrose University DPT Davenport, IA	Aug 19-27, 2005
“Physical therapy examination and intervention” St Ambrose University DPT Davenport, IA	April 22 to May 21, 2005
“Disorders of the bladder, bowel, and pelvic floor” Society of Urologic Nurses San Diego, CA	March 3-5, 2005
“Combined Sections Meeting APTA” New Orleans, LA	Feb 23-25, 2005
“Advanced Diagnostics” St Ambrose University DPT Davenport, IA	December 2004
“Evidence Based Practice – Upper extremity” Rock Valley Physical Therapy Davenport, IA	Nov 5-6, 2004
“Pharmacology in Rehab” St Ambrose University DPT Davenport, IA	Sept 24-25, 2004
“Effective Segmental Stabilization Training” Jackie Whittaker Chicago, IL	May 1-2, 2004
“Evidence Based Practice – Lower extremity” Rock Valley Physical Therapy Davenport, IA	April 17, 2004
“Disorders of the bladder, bowel, and pelvic floor” Society of Urologic Nurses Chicago, IL	March 18-20, 2004

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“The Pelvic Floor: Did it fall or was it pushed?” APTA CSM Nashville, TN	February 4, 2004
“Evidence Based Practice” St Ambrose University Davenport, IA	Sept 26-27,2003
“Advances in Lymphedema Treatment” Kessler Lerner Lymphedema Services Academy Boston, MA	May 23-25, 2003
“Physical Therapy for pelvic floor dysfunction” Kari Bo Vancouver, BC Canada	March 29-30,2003
“Combined Sections Meeting APTA” Tampa, FL	Feb 13-16,2003
“Pediatric Incontinence and Pelvic Floor Dysfunction” The Prometheus Group – Dawn Sandalci Chicago, IL	Oct 28-29,2002
“Scientific Approach to Lympeidema Management (LeDuc)” Annie Marie Vaillant-Newman New Orleans, LA	Aug 22-28,2002
“Lumbopelvic Integration” Moline, IL	May 2-5, 2002
“Biofeedback Assessment and Treatment of Pelvic Muscle Dysfunction” Essential control systems – Louise Marks Boulder, CO	April 18 – 19, 2002
“Combined Sections Meeting of the APTA” Boston, MA	Feb 21 – 24, 2002
“Multi Specialty meeting of the Society of Urologic Nurses and Associates” Phoenix, AZ	Feb 8 – 9, 2002
“American Urogynecological Society Annual Meeting” Chicago, IL	Oct 25-27, 2001
“Evaluation and treatment of the spine – the Maitland concept” Todd Kersten Davenport, IA	Fall 2000 - Spring 2001 10 days – 5 week ends
“APTA Combined sections meeting” San Antonio, TX	February 13–18, 2001

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“Society of urologic nursing Multispecialty meeting”
New Orleans, LA January 18–20, 2001

“The diagnosis and treatment of interstitial cystitis”
Urologic Nursing Journal home study April 2000

“Proprioceptive Neuromuscular Facilitation”
Institute of Physical Art
Davenport, IA May 18-21, 2000

“American Physical Therapy Combine Sections Meeting”
“Functional assessment of the pelvic floor with and without the therapy ball”
New Orleans, LA February 2-6, 2000

“Society for Urologic Nurses and Associates – Multispecialty Meeting on Urinary
Incontinence”
Nashville, TN January 14-16, 2000

“Open and Closed Chain Dynamic Stabilization Exercise Course”
Dogwood Courses
Baton Rouge, LA Nov 13-14, 1999

“International Continence Society Annual Meeting”
Denver, CO August 23-26, 1999

“Mulligan Concept”
Northeast Seminars
Metairie, LA March 20-21, 1999

“APTA Combined Sections”
Seattle, WA February 4-7, 1999

“Outcomes Management”
Dogwood Seminars
Baton Rouge, LA October 3-4, 1998

“Society of Urologic Nursing and Associates Multispecialty Meeting”
Orlando, FL January 15-18, 1998

“APTA Combined Sections”
Boston, MA February 11-15, 1998

“Myofascial Osseous Integration”
John Barnes Seminars
New Orleans, LA October 17-19, 1998

- “Functioning Better with Soft Tissue Disorders”
Gail Wextler
Baton Rouge, LA August 23-24, 1997
- “Biofeedback: Module 1 The Journey Begins”
“Biofeedback: Module 2 A Clinical Guide to Assessment and Evaluation”
“Biofeedback Instrumentation: #9 What You Don’t Know May Be Hurting Your Clients”
Biofeedback Training Institute Home Study Courses June 1997
- “Advanced Urodynamic” “PT Treatment in Chronic Pelvic Pain”
Combined Section Meeting of the APTA
Dallas, TX February 12-16, 1997
- “The Pelvic Viscera: A Multidimensional Approach for Treatment of Pelvic
Dysfunction”
APTA Section on Women’s Health, Gail Wextler
Baton Rouge, LA April 19-21, 1996
- “Rocabado Muscle Energy to the Pelvis”
Dawn MacConkey
Baton Rouge, LA Nov 16-17, 1996
- “National Meeting of the American Urogynecology Assoc.”
New Orleans, LA October 4-6, 1996
- "1st International Symposium on Functional Gastrointestinal Disorders" Sponsored by
International Foundation for Bowel Dysfunction
Milwaukee, WI April 3-4, 1995
- "Electrical Stimulation for the Pelvic Floor"
Jo Laycock Ph.D. PT
Boston, MA February 25, 1995
- "Treatment of Male Urogenital Disorders", "Vulvodynia Treatment"
Combined Section Meeting of the APTA
Reno, NV February 10-12, 1995
- "CrainioSacral 1"
The Upledger Foundation
Boston, MA December 15-18, 1994
- "Emotions: A Seminar for Health Professionals"
Jinni Harrigan
Worcester, MA September 24, 1993
- "International Incontinence Seminars"
Jo Laycock
OB/GYN section
Boston, MA August 28-29, 1993

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- "Diagnosis and Treatment of Muscle Imbalance Syndromes Level II"
Shirley Sharmann
Massachusetts
May 14-15, 1993
- "SI Introduction to Spinal Evaluation and Manipulation"
Stanley Paris/Terry Paynter Sees
Boston, MA
February 21-28, 1992
- "Manual Therapy for Sports Medicine: Lower Quadrant"
Jay Kain, Sharon Weiselfish
Framingham, MA
Dec 12-13, 1991
- "Visceral Manipulation"
Marcia Hood
Cambridge, MA
Sept 28-29, 1991
- "Muscle Energy Techniques for the Lower Quadrant"
Shirley Breur
Hartford, CT
June 7-8, 1991
- "Myofascial Release I"
John Barnes
Connecticut
Nov 11-13, 1990
- "Diagnosis and Treatment of Muscle Imbalance Syndromes
Level I"
Shirley Sharmann
Boston, MA
Summer, 1990
- "Musculoskeletal Evaluation and Treatment of the Female: Obstetrical and
Gynecological Implications"
Jill Boissonault
OB/GYN Section
Boston, MA
October 28-29, 1989
- "Strain Counterstrain Techniques for the Upper Quadrant"
Loren H. "Bear" Rex
Maine
August, 1989
- "Instructor Training in Prenatal and Postpartum Exercise"
Elizabeth Noble
Cambridge, MA
March 29-31, 1987
- "Aerobics Instructor Certification Workshop"
United States Fitness Association
Gloucester, MA
July 30, 1986
- "Exercises During the Childbearing Year"
Elizabeth Noble
Falmouth, MA
October 10, 1983

3-DAY POST-PROFESSIONAL CONTINUING EDUCATION COURSES TAUGHT

“Pelvic Physical Therapy 1”

CAPP course Section on Women’s Health APTA

Boston, MA

June 9-11, 2006

St Louis, MO

July 20-22,2007

San Francisco, CA

April 4-6, 2008

Salt Lake City

January 23-25, 2009

Lincoln, NE

August 21-23,2009

“Pelvic Physical Therapy 2”

CAPP course Section on Women’s Health APTA

Kansas City, KS

May 5-7, 2006

Seattle, WA

October 20-22, 2006

Portland, OR

March 2-4, 2007

Warwick, RI

August 3-5, 2007

Baton Rouge, LA

November 14-16,2008

Warwick, RI

March 27-29, 2009

Houston, TX

July 24-26, 2009

“Pelvic Physical Therapy 3”

CAPP course Section on Women’s Health APTA

Tucson, AZ

September 15-17, 2006

Houston, TX

March 23-25, 2007

White Plains, NY

October 19-21,2007

St Louis, MO

July 18-20, 2008

Chicago, IL

October 24-26, 2008

Providence, RI

October 16-18,2009

Baton Rouge, LA

November 13-15,2009

“Beginner Gynecological Therapy”

Section on Women’s Health APTA

Baton Rouge, LA

May 13-16,1999

White Plains, NY

Nov 2-5,2000

Virginia Beach, VA

Nov 1-4,2001

Benton, AK

Nov 7-10,2002

Portland, OR

Aug 22-24,2003

Atlanta, GA

Nov 14-16,2003

South Orange, NJ

May 21-23, 2004

St Louis, MO

Sept 10-12, 2004

“Intermediate Gynecological Physical Therapy”

Section on Women’s Health APTA

Grand Rapids, MI

Kansas City, KS

Houston, TX

Chicago, IL

Philadelphia, PA

Akron, OH

St Louis, MO

Seattle, WA

Portland, OR

Tuscan, AZ

Houston, TX

April 7-9,2000

Oct 20-22,2000

April 5-8,2001

Oct 5-7,2001

April 5-7,2002

Oct 3-5,2002

June 5-7,2003

Oct 3-5,2003

June 4-6, 2004

Nov 1-3,2004

Nov 11-13,2005

“Beginner Physical Therapy for Pelvic Floor Dysfunctions”

Woman’s Hospital

Baltimore, MD

Shawnee, KS

Baton Rouge, LA

June 21-23,1996

Sept 13-15,1996

December 6-8,1996

Feb 28- March 2,1997

Sept 12-14,1997

April 23-26,1998

October 22-25,1998

March 11-14,1999

Sept 30-Oct 3,1999

“Intermediate Physical Therapy for Pelvic Floor Dysfunctions”

Woman’s Hospital

Baton Rouge, LA

Boston, MA

Baton Rouge, LA

Boston, MA

Baton Rouge, LA

March 8-10,1996

July 19-21,1996

May 2-4,1997

October 3-5,1997

May 29-31,1998

November 6-8,1998

October 8-10,1999

“Obstetric Physical Therapy Update”

Continuing Education Network

Baltimore, MD

Virginia Beach, VA

Williamsburg, VA

October 27-29,1995

May 31-June 2,1996

May 16-18,1997

“Gynecological Physical Therapy”

Care Resource Seminars Inc.

New Orleans, LA

Edison, NJ

San Francisco, CA

Hollywood, FL

February 17-19,1995

July 14-16,1995

August 4-6,1995

Nov 10-12,1995

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"Obstetric/Gynecological Physical Therapy"
Cambridge Physical Therapy
Cambridge, MA

February 22, 1993
October 2-4, 1993
January 15-17, 1994
March 12-14, 1994
May 21-23, 1994
July 23-25, 1994
January 6-8, 1995
March 3-5, 1995

"Pelvic Floor-Function, Dysfunction and Treatment"
OB/GYN Section APTA
Boston, MA

June 23-27, 1993
Sept 16-20, 1994

INVITED LECTURES

"Urogenital and Obstetric Pathology"
St Ambrose University
Davenport, IA

2 to 4 hours annually 2002 to 2009

"Therapeutic applications – women's health module"
St Ambrose University PT program
Davenport, IA

8 hours annual 2006 to 2009

"Improving Continence Outcomes"
Katherine Shaw Bethea Hospital
Dixon, IL

December 2 and 16, 2009

"Women's Health for PT"
NY State meeting
White Plains, NY

May 30, 2009

"EMG for the PFM"
University of Dayton
Dayton, OH

January 9-10, 2009

"Women's Health Physical Therapy"
Real World Physical Therapy
American Physical Therapy Association
Baltimore, MD

April 21, 2007

"Behavioral treatment of female urinary incontinence"
"Decreasing sciatic pain during pregnancy"
"Introduction to Lymphedema management"
Kirkwood Community College
Cedar Rapids, IA

March 3, 2007

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- “Pelvic Floor Muscle Dysfunction and Examination for Midwives” July 22, 2006
Quad City PT and Spine
Davenport, IA
- “Rehabilitation Treatment of UI in the Nursing Home” June 17, 2006
Rehab Visions - Mason City, IA
- “Recognition of pelvic floor muscle dysfunction and its impact on patient function”
Palmer collage
Davenport, IA April 21,2006
- “Obstetric PT for Physical Therapy Assistants” March 25,2006
Black Hawk Community College
Moline, IL
- “Pelvic Pain for Nurses” March 15,2006
Society of Urologic Nurses and Associates
New York, NY
- “The year that was, urology research of 2005” February 4,2006
Combined Sections meeting APTA
San Diego, CA
- “Beginner GYN PT” Oct 8-9,2005
Rehabvisions
Fairfield, IA
- “Women’s Health Physical Therapy update” Sept 23-24,2005
Norwalk PT
Des Moines, IA
- “Special topics in gynecological physical therapy”
Section of Women’s Health APTA
Minneapolis, MN April 15-17,2005
- “Pelvic Pain, where does it come from and what can we do about it?”
Society of Urologic Nurses
San Diego, CA March 3-5, 2005
- “Advanced topics in gynecological physical therapy”
Essential control systems
Boulder, CO Sept. 20-21,2003
- “Physical Therapy Treatment of Obstetrical Musculoskeletal Pain”
Iowa State Physical Therapy Meeting
Ames, IA March 14-15,2003

“EMG treatment for Pelvic Floor Dysfunction” The Prometheus Group San Antonio, TX Los Angeles, CA Charlotte, NC Newark, NJ	Dec 7-8,2002 Jan 25-26, 2003 May 17-18,2003 Oct 25-26,2003
“Introduction to Pelvic Floor therapy” Hobbs, NM	June 8-9,2002
“Behavioral Treatment of Urinary Incontinence” Scott Community College Davenport, IA	May 5,2002
“Vaginal and Rectal Examinations of the Pelvic Floor Muscles (lab course) Essential control systems Boulder, CO	April 20-21,2002
“Pelvic Pain” SUNA National Multi-Specialty Conference on Urinary Continence Phoenix, AZ	Feb 8,2002
“Physical Therapy for Pelvic Pain” Bad Ragaz Switzerland	Sept 22-23, 2001
“Physical Therapy in Women’s Health” Illinois APTA student day Peoria, IL	February 3,2001
“Management of Pelvic Pain” Penrith Hospital, Penrith UK Kingston Hospital, Kingston UK	July 8-9,2000 July 15-16,2000
“Prenatal Exercise Instructor” Section on Women’s Health APTA Kansas City, KS	April 29-30,2000
“Female Urinary Incontinence” Wahl and Associates San Jose, CA Downers Grove, IL	March 25-26,2000 May 6-7,2000
“Lymphedema Management in Physical Therapy” Western Illinois APTA Meeting Moline, IL	March 18,2000
“What can we do for the pain and infertility of endometriosis” APTA Combined Sections Meeting New Orleans, LA	February 3,2000

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- “Neuromodulation: New Advances in Electrical Stimulation”
Society for Urologic Nurses and Associates
Nashville, TN January 15,2000
- “Behavioral Treatment for Female Urinary Incontinence”
Central Louisiana Area Health Education Center
Live video conference from Bunkie, LA June 18,1999
- “Gynecological Physical Therapy”
“Women’s Health Physical Therapy”
Baptists/St Vincent’s Hospital – Rehabilitation Center
Jacksonville, FL May 6-9,1999
Nov 4- 7,1999
- “Practice Patterns in Women’s Health” “Pubic Symphysis case study”
APTA Combined Sections Meeting
Seattle, WA February 4-7,1999
- “Prenatal Exercise Instructor Workshop”
Baton Rouge, LA September 26,1998
February 27-28,1999
- “Surface EMG Biofeedback for Pelvic Floor Dysfunctions”
Austin, TX June 27-28,1998
Chicago, IL October 16-17,1998
Orlando, FL Nov 13-14,1998
- “Soft Tissue Mobilization”
Our Lady of the Lake College
Baton Rouge, LA March 1998
February 1999
January 2000
- “Gynecological Physical Therapy”
VBS and Associates Physical Therapists
Greenville, SC November 7-8,1997
- “Obstetric Physical Therapy”
St. Luke’s Regional Medical Center
Sioux City, Iowa April 19-20,1997
- Critical reviewer for Internet course “Women’s Health”
Medical College of Georgia September 1997
- “First Annual Symposium on Chronic Pelvic Pain”
Continuing Education Network
Chicago, IL April 11-13,1997
Williamsburg, VA May 14-17,1998
- “Gynecological Physical Therapy”
Core Network Physical Therapy
Philadelphia, PA January 25-26,1997

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- "Physical Therapy Treatment of Gynecological Disorders"
Framingham Union Hospital
Framingham, MA December 8,1995
- "OB/GYN Physical Therapy"
University of Rhode Island Physical Therapy Department
Kingston, RI November 16,1994
- "OB/GYN Update"
Continuing Education Network
Williamsberg, VA November 4-6,1994
- "Advanced Gynecological Roundtable"
Maternal and Child Health Center
Cambridge, MA October 21-23,1994
- "Manual Examination and Office Treatment of Pelvic Floor Disorders for Nurse
Practitioners and Physician's Assistants"
Cambridge Physical Therapy
Cambridge, MA March 18,1994
- "Vaginal Weights and Electrical Stimulation for Pelvic Floor Rehabilitation"
Combined Section Meeting APTA
New Orleans, LA February, 1994
- "Exercises Guidelines for Prenatal and Postpartum Women"
Cambridge Physical Therapy
Cambridge, MA December 4-5, 1993
Cambridge, MA June 19-20, 1993
- "PT Treatment for Dyspareunia, Levatores Ani, Incontinence, and Prolapse"
Nurse Practitioners Association for Continuing Education
National Primary Care Conference
Boston, MA November 13, 1993

REFERENCES AVAILABLE UPON REQUEST