

ELIZABETH R. SHELLY, PT, DPT, WCS, BCB-PMD 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

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)

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, marketing, Creation of forms and patient education.
- 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
- 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

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| CAMBRIDGE PHYSICAL THERAPY MATERNAL AND CHILD HEALTH CENTER Staff Physical Therapist, full time | Cambridge MA 9/90 to 3/95 |
| <ul style="list-style-type: none">- 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, in-patients | Worcester MA 3/86-9/92 5/88-9/92 |
| Obstetric Exercise Specialist, part-time - Develop and implement outpatient prenatal and postpartum exercise programs | 4/87-6/91 |
| Staff Physical Therapist, full time, in-patients | 3/86-5/88 |

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 9/10
Board appointed position: CAPP committee member 5/05 to 9/10
Board appointed position: Book review editor for the Journal of Women's' Health
Physical Therapy 8/08 to 7/11
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
Board Certification in Pelvic Muscle Dysfunction Biofeedback - BCB-PMD
- Biofeedback International Alliance October, 2004
- Associate Fellow – September 2007
- Fellow – October 2010
Board Certified Women’s Health Specialist – WCS
- American Board of Physical Therapy Specialists - 6/2010

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

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 Urodam, 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

Research 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.
2010;34(3):89-98.

PRODUCTIONS and PUBLICATIONS

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

"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

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Robinson and Lynn Synder-Mackler, Lippincott Williams and Wilkins, 2008.

“Pelvic Pain” section in Therapeutic Management of Incontinence and Pelvic Pain 2nd edition by J. Laycock and J. Haslam, Springer-Verlag Publishers, 2008.

“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. 2011.

CONTINUING EDUCATION

“Combined Sections Meeting – APTA”

| | |
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| New Orleans, LA | February 9-12, 2011 |
| Understand and Explain Pain | |
| San Diego, CA | February 16-21,2010 |
| 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 | February 7-12, 2008 |
| Nashville, TN | February 6-9, 2008 |
| Boston, MA | February 14-18, 2007 |
| San Diego, CA | February 1 – 5, 2006 |
| New Orleans, LA | February 23-25,2005 |
| “The Pelvic Floor: Did it fall or was it pushed?” | February 4, 2004 |
| Nashville, TN | |
| Tampa, FL | Feb 13-16,2003 |
| Boston, MA | Feb 21 – 24, 2002 |
| San Antonio, TX | February 13–18, 2001 |
| “Functional assessment of the pelvic floor with and without the therapy ball” | |
| New Orleans, LA | February 2-6, 2000 |
| Seattle, WA | February 4-7, 1999 |
| Boston, MA | February 11-15, 1998 |
| Dallas, TX | February 12-16, 1997 |
| Reno, NV | February 10-12, 1995 |
| New Orleans, LA | February, 1994 |

“SUNA Symposium pelvic pain and pelvic floor disorders”

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|-----------------|----------------------------|
| Tampa, FL | February 28 - March 2,2008 |
| New York, NY | March 15 – 18,2006 |
| San Diego, CA | March 3-5, 2005 |
| Chicago, IL | March 18-20, 2004 |
| Phoenix, AZ | Feb 8 – 9, 2002 |
| New Orleans, LA | January 18–20, 2001 |
| Nashville, TN | January 14-16, 2000 |
| Orlando, FL | January 15-18, 1998 |

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St Ambrose University DPT, Davenport, IA
“The medically complex patient” May 15 – 19, 2006
“Evidenced Base Practice” March 5 – 10, 2006
“Applied anatomy and physiology” August 22-26, 2005
“Differential Diagnosis” Aug 19-27, 2005
“Physical therapy examination and intervention” April 22 to May 21, 2005
“Advanced Diagnostics” December 2004
“Pharmacology in Rehab” Sept 24-25, 2004

“Explain Pain” November 18-19, 2011
Neuro orthopedic Institute
Davenport, IA

“Total Motion Release level 1” October 22-23, 2011
Peoria, IL

“International Continence Society Annual Meeting” August 28-Sept 2, 2011
Glasgow, Scotland

“Myokinematic Restoration home study” September 1, 2010

“International Continence Society Annual Meeting” August 23-27, 2010
“Pelvic floor anatomy and function: agreements and disagreements”
Toronto, Canada

“Enhancing treatment outcomes with therapeutic modalities” July 21, 2010
Davenport, IA

“Ethics for Biofeedback Practitioners” June 30, 2010
Home study – Behavioral Medicine Research and Training Foundation

“Certificate of Achievement in Pregnancy and Postpartum level 2”
Section on Women’s Health
Chicago, IL May 21-23, 2010

Certificate of Achievement in Pregnancy and Postpartum level 1”
Section on Women’s Health
Jacksonville, FL January 22-24, 2010

“International Continence Society Annual Meeting” September 29 – October 3, 2009
“The overactive pelvic floor: an integral view of various clinical conditions”
San Francisco, CA

“American Urological Association Annual Meeting” April 25-30, 2009
Chicago, IL

“Breast Cancer Rehabilitation” Klose Training April 17-18, 2009
Chicago, IL

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- “American Urogynecological Society Annual Meeting”
Chicago, IL September 4 - 6, 2008
- “Evidenced-based clinical integration of electrical stimulation and ultrasound”
Davenport, IA October 25, 2007
- “Medi Custom Flat Knit Lymphedema Course”
Cedar Rapids, IA May 22, 2007
- “Postural Respiration”
Iowa City, IA January 20 – 21, 2007
- “International Continence Society Meeting”
Montreal Canada August 31 to Sept 2, 2005
- “Evidence Based Practice – Upper extremity”
Rock Valley Physical Therapy
Davenport, IA Nov 5-6, 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
- “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
- “Pediatric Incontinence and Pelvic Floor Dysfunction”
The Prometheus Group – Dawn Sandalcidi
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

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- “American Urogynecological Society Annual Meeting”
Chicago, IL Oct 25-27, 2001
- “Evaluation and treatment of the spine – the Maitland concept”
Todd Kersten Fall 2000 - Spring 2001
Davenport, IA 10 days – 5 week ends
- “Proprioceptive Neuromuscular Facilitation”
Institute of Physical Art
Davenport, IA May 18-21, 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
- “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
- “Rocabado Muscle Energy to the Pelvis”
Dawn MacConkey
Baton Rouge, LA Nov 16-17, 1996
- “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
- “National Meeting of the American Urogynecology Assoc.”
New Orleans, LA October 4-6, 1996

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- "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
- "CrainioSacral 1"
The Upledger Foundation
Boston, MA December 15-18, 1994
- "Emotions: A Seminar for Health Professionals"
Worcester, MA September 24, 1993
- "International Incontinence Seminars"
Jo Laycock OB/GYN section
Boston, MA August 28-29, 1993
- "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 Boissonnault, OB/GYN Section
Boston, MA October 28-29, 1989

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| "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

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| "Pelvic Physical Therapy 1" CAPP course Section on Women's Health APTA Boston, MA St Louis, MO San Francisco, CA Salt Lake City Lincoln, NE Orlando, FL Green Bay, WI | June 9-11, 2006 July 20-22,2007 April 4-6, 2008 January 23-25, 2009 August 21-23,2009 March 12-14,2010 April 9-11,2010 |
| "Pelvic Physical Therapy 2" CAPP course Section on Women's Health APTA Kansas City, KS Seattle, WA Portland, OR Warwick, RI Baton Rouge, LA Warwick, RI Houston, TX Lincoln, NE Boston, MA | May 5-7, 2006 October 20-22, 2006 March 2-4, 2007 August 3-5, 2007 November 14-16,2008 March 27-29, 2009 July 24-26, 2009 August 20-22,2010 October 29-31,2010 |
| "Pelvic Physical Therapy 3" CAPP course Section on Women's Health APTA Tucson, AZ Houston, TX White Plains, NY St Louis, MO Chicago, IL Providence, RI Baton Rouge, LA Green Bay, WI | September 15-17, 2006 March 23-25, 2007 October 19-21,2007 July 18-20, 2008 October 24-26, 2008 October 16-18,2009 November 13-15,2009 September 17-19,2010 |

“Beginner Gynecological Therapy”

Section on Women’s Health APTA

Baton Rouge, LA

White Plains, NY

Virginia Beach, VA

Benton, AK

Portland, OR

Atlanta, GA

South Orange, NJ

St Louis, MO

May 13-16,1999

Nov 2-5,2000

Nov 1-4,2001

Nov 7-10,2002

Aug 22-24,2003

Nov 14-16,2003

May 21-23, 2004

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

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“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

"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

“EMG for Pelvic Floor Muscle Dysfunction”

Private course Lahey Clinic Boston. MA

Private course St Vincent Hospital Portland, OR

October 15, 2011

November 11-12, 2011

“Conservative therapy for overactive pelvic floor muscle (PFM)”

Workshop #16 Pelvic pain in patients with lower urinary tract symptoms

International Continence Society Meeting

Glasgow Scotland

August 29, 2011

“Urogenital and Obstetric Pathology”

St Ambrose University

Davenport, IA

2 to 4 hours annually 2002 to 2011

“Therapeutic applications – women’s health module”

St Ambrose University PT program

Davenport, IA

8 hours annual 2006 to 2011

- “Pelvic pain for the orthopedic therapist”
Agnesian Healthcare
Fond du Lac, WI April 24-25,2010
- “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” March 3, 2007
- “Introduction to Lymphedema management”
Kirkwood Community College
Cedar Rapids, IA
- “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”
Black Hawk Community College
Moline, IL March 25,2006
- “Pelvic Pain for Nurses”
Society of Urologic Nurses and Associates
New York, NY March 15,2006
- “The year that was, urology research of 2005”
Combined Sections meeting APTA
San Diego, CA February 4,2006

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| “Beginner GYN PT” Rehabvisions Fairfield, IA | Oct 8-9,2005 |
| “Women’s Health Physical Therapy update” Norwalk PT Des Moines, IA | Sept 23-24,2005 |
| “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 |

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| “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 |
| “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 Chicago, IL Orlando, FL | June 27-28,1998 October 16-17,1998 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
- "OB/GYN Physical Therapy"
University of Rhode Island Physical Therapy Department
Kingston, RI November 16,1994
- "OB/GYN Update"
Continuing Education Network
Williamsburg, 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