

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

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

Quad City Physical Therapy and Spine
Women's Health Specialist

Davenport, IA
5/05 to present

- 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 present

- 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
- 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
- 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

THE MEDICAL CENTER OF CENTRAL MASS
Total period of employment
Obstetric Exercise Specialist, part-time

Worcester MA
3/86-9/92
4/87-6/91

- Develop and implement outpatient prenatal and postpartum exercise programs
- Monitor class participants through vital signs

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
Board appointed position: CAPP committee member 5/05 to present
International Continence Society
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 – 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

RESEARCH

“Methods Used by Physical Therapists to learn pelvic floor muscle examination”

St Ambrose University - Dec 2007

Platform presentation – SUNA annual meeting March 2008, Tampa, FL

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.

“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, second ed. 2005.

“Electrical Stimulation and Biofeedback for Genitourinary Dysfunction” chapter in Clinical Electrophysiology 3rd edition 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 second 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 and 2007.

CONTINUING EDUCATION

“Combined Sections Meeting – APTA” February 14-18, 2007
Boston, MA

“Disorders of the bladder, bowel and pelvic floor” March 15 – 18,2006
Society of Urologic Nurses and Associates
New York, NY

“Combines Section Meeting APTA” February 1 – 5, 2006
San Diego, CA

“International Continence Society Meeting” August 31 to Sept 2, 2005
Montreal Canada

“Disorders of the bladder, bowel, and pelvic floor” March 3-5, 2005
Society of Urologic Nurses
San Diego, CA

“Combined Sections Meeting APTA” Feb 23-25,2005
New Orleans, LA

“Effective Segmental Stabilization Training” May 1-2, 2004
Jackie Whittaker
Chicago, IL

“Disorders of the bladder, bowel, and pelvic floor” March 18-20, 2004
Society of Urologic Nurses
Chicago, IL

“The Pelvic Floor: Did it fall or was it pushed?” February 4, 2004
APTA CSM
Nashville, TN

“Advances in Lymphedema Treatment” May 23-25, 2003
Kessler Lerner Lymphedema Services Academy
Boston, MA

“Physical Therapy for pelvic floor dysfunction” March 29-30,2003
Kari Bo

Vancouver, BC Canada

- “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 Lymfedema Management (LeDuc)”
Annie Marie Vaillant-Newman
New Orleans, LA Aug 22-28,2002
- “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
- “APTA Combined sections meeting”
San Antonio, TX February 13–18, 2001
- “Society of urologic nursing Multispecialty meeting”
New Orleans, LA January 18–20, 2001
- “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
- “International Continence Society Annual Meeting”
Denver, CO August 23-26, 1999
- “APTA Combined Sections”
Seattle, WA February 4-7, 1999
- “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

“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

“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

"Visceral Manipulation"
 Marcia Hood
 Cambridge, MA
 Sept 28-29, 1991

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| "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 |
| "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 |

INVITED LECTURES

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| "Pelvic Physical Therapy for PTAs" Combined Sections Pre conference Nashville, TN | February 7, 2008 |
| "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 |
| "Pelvic Physical Therapy 3" CAPP course Section on Women's Health APTA Tucson, AZ | September 15-17, 2006 |

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| Houston, TX White Plains, NY | March 23-25, 2007 October 19-21,2007 |
| “Pelvic Floor Muscle Dysfunction and Examination for Midwives” Quad City PT and Spine Davenport, IA | July 22, 2006 |
| “Rehabilitation Treatment of UI in the Nursing Home” Rehab Visions - Mason City, IA | June 17, 2006 |
| “Pelvic Physical Therapy 1” CAPP course Section on Women’s Health APTA Boston, MA St Louis, MO | June 9-11, 2006 July 20-22,2007 |
| “Pelvic Physical Therapy 2” CAPP course Section on Women’s Health APTA Kansas City, KS Seattle, WA Portland, OR Warwick, RI | May 5-7, 2006 October 20-22, 2006 March 2-4, 2007 August 3-5, 2007 |
| “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 pre conference New York, NY Tampa, FL | March 15,2006 February 29, 2008 |
| “The year that was, urology research of 2005” Combined Sections meeting APTA San Diego, CA | February 4,2006 |
| “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?” | |

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| 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 |
| “Urogenital Pathology” St Ambrose University Davenport, IA | Nov 28, 2001 Nov 15, 2002 April 17,2003 April 2004 May 2, 2005 March 24, 2006 |
| “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” | |

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| Section on Women's Health APTA Kansas City, KS | April 29-30,2000 |
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| “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 |
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| “Female Urinary Incontinence” Wahl and Associates San Jose, CA Downers Grove, IL | March 25-26,2000 May 6-7,2000 |
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| “Lymphedema Management in Physical Therapy” Western Illinois APTA Meeting Moline, IL | March 18,2000 |
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| “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 |
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| “Behavioral Treatment for Female Urinary Incontinence” Central Louisiana Area Health Education Center Live video conference from Bunkie, LA | June 18,1999 |
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| “Beginner Gynecological Therapy” APTA Section on Women's Health 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 |
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| “Gynecological Physical Therapy” “Women's Health Physical Therapy” Baptists/St Vincent's Hospital – Rehabilitation Center | May 6-9,1999 Nov 4- 7,1999 |

Jacksonville, FL

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| “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 Williamsburg, VA | April 11-13,1997 May 14-17,1998 |
| “Gynecological Physical Therapy” Core Network Physical Therapy Philadelphia, PA | January 25-26,1997 |
| “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 |

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| <p>“Intermediate Physical Therapy for Pelvic Floor Dysfunctions” Woman’s Hospital Baton Rouge, LA Boston, MA Baton Rouge, LA Boston, MA Baton Rouge, LA</p> | <p>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</p> |
| <p>“Obstetric Physical Therapy Update” Continuing Education Network Baltimore, MD Virginia Beach, VA Williamsburg, VA</p> | <p>October 27-29,1995 May 31-June 2,1996 May 16-18,1997</p> |
| <p>“Gynecological Physical Therapy” Care Resource Seminars Inc. New Orleans, LA Edison, NJ San Francisco, CA Hollywood, FL</p> | <p>February 17-19,1995 July 14-16,1995 August 4-6,1995 Nov 10-12,1995</p> |
| <p>"Physical Therapy Treatment of Gynecological Disorders" Framingham Union Hospital Framingham, MA</p> | <p>December 8,1995</p> |
| <p>"OB/GYN Physical Therapy" University of Rhode Island Physical Therapy Department Kingston, RI</p> | <p>November 16,1994</p> |
| <p>"OB/GYN Update" Continuing Education Network Williamsberg, VA</p> | <p>November 4-6,1994</p> |
| <p>"Advanced Gynecological Roundtable" Maternal and Child Health Center Cambridge, MA</p> | <p>October 21-23,1994</p> |
| <p>"Manual Examination and Office Treatment of Pelvic Floor Disorders for Nurse Practitioners and Physician’s Assistants" Cambridge Physical Therapy Cambridge, MA</p> | <p>March 18,1994</p> |
| <p>"Vaginal Weights and Electrical Stimulation for Pelvic Floor Rehabilitation" Combined Section Meeting APTA New Orleans, LA</p> | <p>February, 1994</p> |
| <p>“Exercises Guidelines for Prenatal and Postpartum Women” Cambridge Physical Therapy Cambridge, MA</p> | <p>December 4-5, 1993</p> |

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

"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

REFERENCES AVAILABLE UPON REQUEST