

5th Annual Midwest Pelvic PT Study Day Speakers

Amy Little DPT, WCS, CLT



Amy Little graduated from the University of Iowa with her DPT in 2009. She has been working in the world of Women's Health since 2011 at the University of Iowa Hospitals & Clinics, specializing in all sorts of pelvic floor disorders. She earned the Certified Lymphedema Therapist (CLT) and Women's Health Clinical Specialist (WCS) designations in 2015. Amy enjoys travelling within and outside of the US to speak about the pelvic floor and lymphedema. She staffs clinics in both Lymphedema and Women's Health, working alongside other providers to deliver multidisciplinary care to patients. Amy also sits on the FPMRS fellowship faculty for the Urogynecology fellowship program at UIHC.

Dr Stephanie Morgan MD, FPMRS, FACOG



Stephanie Morgan, MD, FPMRS, FACOG

Dr. Morgan is board certified in OB/GYN as well as Female Pelvic Medicine and Reconstructive Surgery. She did her residency at U of I as well as a fellowship with Clinical Urogynecology and Reconstructive Pelvic Surgery at U of I Hospitals and Clinics. She has been practicing with The Iowa Clinic for 15 years. Her areas of clinical interest include female TVT procedures, minimally invasive procedures for pelvic floor disorders, conservative therapies for pelvic floor disorders, urinary incontinence, urgency & frequency of urination, uterine & vaginal prolapse, pelvic pain and abnormal periods

Kelly Brown PT



Kelly graduated from U of I with a Masters of Physical Therapy in 2003. She has been practicing at The Iowa Clinic in the area of women's and men's health since 2008 and received her Women's Health Clinical Specialist (WCS) title in 2015. Kelly treats women, men and children for a variety of pelvic floor, bladder and bowel-related conditions. She enjoys the challenge of this particular specialty and helping patients regain strength and muscle balance, confidence and quality of life.

Kari Smith , PT, DPT, BCB-PMD



Dr. Kari Smith is an associate professor in the Des Moines University Department of Physical Therapy and manager of the DMU Physical Therapy Clinic. Her clinical emphasis is on the treatment of bladder and bowel incontinence, constipation, pelvic pain and sexual dysfunctions with the use of exercise and manual therapy, including visceral mobilization and biofeedback. She has a certificate of achievement in pelvic physical therapy from the Section on Women's Health of the American Physical Therapy Association and is board-certified in biofeedback for pelvic muscle dysfunction through the Biofeedback Certification International Alliance. She is also a Stott-certified Pilates instructor, and she integrates these concepts into her back and pelvic stabilization programs. Her current research involves measuring pelvic pain in pregnancy and how it correlates to functional mobility tasks. Dr. Smith graduated from DMU with a master of science degree in physical therapy in 1998 and a doctor of physical therapy degree in 2004. She has a background in athletic training, sports-related injuries and general orthopedic conditions.

Kathryn Albrecht PT



Katie Albrecht graduated from the Physical Therapy Graduate Program at the University of Iowa in 2001. She spent ten years at the University of Iowa Hospitals and Clinics working in women's health, particularly in the areas of pelvic floor dysfunction and lymphedema. For the past 6 years, she has been working at Mary Greeley Medical Center with a focus on sexual pain, bowel dysfunction, and urinary urgency/frequency/incontinence.