

**DR ELIZABETH R. SHELLY, PT, DPT, WCS, BCB-PMD Senior Fellow (Beth)**

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 pelvic PT, women's health and education

Moline, IL

2/08 to present

St Ambrose University  
Associate Faculty Doctor of Physical Therapy

Davenport, IA

2009 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
- 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

Cambridge MA  
9/90 to 3/95

Staff Physical Therapist, full time

- 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

Worcester MA

Home Physical Therapist, part-time

5/92 to 8/95

CHEST PHYSICAL THERAPY SERVICES

Arlington MA

Home Chest Physical Therapist, part-time

2/89 to 11/93

THE MEDICAL CENTER OF CENTRAL MASS

Worcester MA

Total period of employment

3/86-9/92

Senior Physical Therapist, part-time, in-patients

5/88-9/92

Obstetric Exercise Specialist, part-time

4/87-6/91

- Develop and implement outpatient prenatal and postpartum exercise programs

Staff Physical Therapist, full time, in-patients

3/86-5/88

PROFESSIONAL ORGANIZATIONS

American Physical Therapy Association, 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 1/12

Board appointed position: Book reviewer - 8/08 to present

International Continence Society

Board appointed position: Physiotherapy Committee member 8/08 to 8/13

Board appointed position: Conservative Management WG 8/12 to 1/17

Board appointed position: Standardization Committee member 8/13 to present

Board appointed position: ICS Wiki Editor in Chief 8/13 to present

Board appointed position: Pelvic floor muscle WG co-chair 9/16 to present

International Urogynecological Association

Committee appointed position: US physiotherapy ambassador 9/12 to 3/16

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

American Urological Association member 7/2017 to present

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, 2013  
- Senior Fellow - October 2016  
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

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

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

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 2<sup>nd</sup> 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, 2<sup>nd</sup> edition. 2005.

"Electrical Stimulation and Biofeedback for Genitourinary Dysfunction" chapter in Clinical Electrophysiology 3<sup>rd</sup> edition co-authored Rebecca Stephenson, by Andrew Robinson and Lynn Synder-Mackler, Lippincott Williams and Wilkins, 2008.

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“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, 3<sup>rd</sup> edition. 2011.

Validation of the Pelvic Floor Inventories Leiden (PelFIs) in English.  
Voorham-van der Zalm PJ, Berzuk K, Shelly B, Kamin B, Putter H, Lycklama À Nijeholt GA, Pelger RC, Stiggelbout AM. *Neurourol Urodyn*. 2011 Apr;30(4):536-40.

Women's health editor - content in multiple chapters of Pathology Implication for the Physical Therapist 4th edition Eds CC Goodman, KF Fuller. Saunders Publications, 2015

Pelvic Muscle Exercises Using A Home Trainer for Pelvic Muscle Dysfunction: A Case Report. Shelly B. *Urol Nurs*. 2016 Mar-Apr;36(2):82-7.

An International Urogynecological Association (IUGA)/International Continence Society (ICS) joint report on the terminology for the conservative and nonpharmacological management of female pelvic floor dysfunction. Bo K, Frawley HC, Haylen BT, Abramov Y, Almeida FG, Berghmans B, Bortolini M, Dumoulin C, Gomes M, McClurg D, Meijlink J, Shelly E, Trabuco E, Walker C, Wells A. *Int Urogynecol J*. 2017 Feb;28(2):191-213.

An International Urogynecological Association (IUGA)/International Continence Society (ICS) joint report on the terminology for the conservative and nonpharmacological management of female pelvic floor dysfunction. Bo K, Frawley HC, Haylen BT, Abramov Y, Almeida FG, Berghmans B, Bortolini M, Dumoulin C, Gomes M, McClurg D, Meijlink J, Shelly E, Trabuco E, Walker C, Wells A. *Neurourol Urodyn*. 2017 Feb;36(2):221-244.

Electromyography in the assessment and therapy of lower urinary tract dysfunction in adults. Krhut J, Zachoval R, Rosier PFWM, Shelly B, Zvara P. *Neurourol Urodyn*. 2017 Apr 18.

Women's health editor - content in multiple chapters of Differential Diagnosis for Physical Therapists screening for referral. 6th edition Eds CC Goodman, J Heick, RT Lazaro. Elsevier Publications, 2018.

“The Pelvic Floor” chapter in Therapeutic Exercises by Carrie Hall and Lori Thein-Brody, Lippincott-Williams and Wilkins Publisher, 4<sup>th</sup> edition. 2018.

PROJECTS and AFFILIATIONS

Pelvic Physical Therapy Distance Journal Club Creator and lead presenter	March 2011 to present
Male study group (pelvic PT distance journal club) Produced report of 11 content experts on Post Prostatectomy UI rehabilitation	January 2015 to January 2016
Pericoach advisory board	July 2014 to present
The Overactive Pelvic Floor: a book review and study group 12 week on line study group	Jan to April 2017

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
Orlando, FL	March 12-14,2010
Green Bay, WI	April 9-11,2010
“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
Lincoln, NE	August 20-22,2010
Boston, MA	October 29-31,2010
“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
Green Bay, WI	September 17-19,2010

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“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	April 7-9,2000
Kansas City, KS	Oct 20-22,2000
Houston, TX	April 5-8,2001
Chicago, IL	Oct 5-7,2001
Philadelphia, PA	April 5-7,2002
Akron, OH	Oct 3-5,2002
St Louis, MO	June 5-7,2003
Seattle, WA	Oct 3-5,2003
Portland, OR	June 4-6, 2004
Tuscan, AZ	Nov 1-3,2004
Houston, TX	Nov 11-13,2005

“Beginner Physical Therapy for Pelvic Floor Dysfunctions” Woman’s Hospital

Baltimore, MD	June 21-23,1996
Shawnee, KS	Sept 13-15,1996
Baton Rouge, LA	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	March 8-10,1996
Boston, MA	July 19-21,1996
Baton Rouge, LA	May 2-4,1997
Boston, MA	October 3-5,1997
Baton Rouge, LA	May 29-31,1998
	November 6-8,1998
	October 8-10,1999

“Obstetric Physical Therapy Update” Continuing Education Network

Baltimore, MD	October 27-29,1995
Virginia Beach, VA	May 31-June 2,1996
Williamsburg, VA	May 16-18,1997

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"Gynecological Physical Therapy" Care Resource Seminars Inc.  
New Orleans, LA February 17-19,1995  
Edison, NJ July 14-16,1995  
San Francisco, CA August 4-6,1995  
Hollywood, FL 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

"Introduction to physical therapy for urinary incontinence" Yearly 2012 to present  
Allied Health webinars

"Urogenital and Obstetric Pathology"  
St Ambrose University  
Davenport, IA 2 to 4 hours annually 2002 to 2017

"Therapeutic applications – women's health module" 8 hours annual 2006 to 2017  
St Ambrose University PT program  
Davenport, IA

"Iowa Pelvic PT Study Day"  
Bettendorf, IA Conservative management of CPP May 31, 2014  
Iowa City, IA Conservative management of post prostatectomy UI May 2, 2105  
Des Moines, IA Summary of Pelvic PT Distance Journal Club - Male Study Group  
April 16, 2016  
Des Moines, IA Therapeutic Pain Neuroscience Education in the treatment of Chronic  
Pelvic Pain April 22, 2017

INVITED LECTURES

"The Neurogenic Bowel - Pathophysiology, Assessment and Management Conservative  
management - lifestyle and rehabilitative treatments" October 9, 2015  
International Continence Society  
Montreal, Canada



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"Adjunctive treatments for pelvic floor dysfunction; Conservative management for adult pelvic floor dysfunction: a physiotherapy approach"

"Physiotherapist's Door to Door Assessment and treatment of Neurogenic Bladder"

"The patient doesn't want anything "invasive": What can we offer? Intractable OAB"

"PT Roundtable The use of vaginal dilators in the treatment of vaginismus"

International Continence Society

October 20-25, 2014

Rio De Janeiro, Brazil

"Biofeedback and sexual dysfunction"

July 22, 2014

International Urogynecological Society Annual Meeting

Washington DC

"Physiotherapy Assessment and Treatment of Persistent Pelvic Pain" April 12-13, 2014

Sydney, Australia

"Female Chronic Pelvic Pain - a Biopsychosocial approach to management"

Melbourne, Australia

April 4-6, 2014

"Intermediate Pelvic PT Roundtable"

January 18, 2014

Honolulu, Hawaii

"Conservative Management of Post Prostatectomy urinary Incontinence (PPUI) and Resistant Overactive Bladder (OAB)"

"PFM Rehabilitation for Physical Therapists and Nurses"

The Northeastern Section of the American Urological Association

Syracuse, New York

Oct 31 - Nov 1, 2013

"Conservative Management of adult pelvic floor dysfunction: a physiotherapy approach"

International Continence Society

August 2013

Barcelona Spain

"Adult EMG biofeedback for urinary incontinence"

March 7-8, 2013

"Advanced EMG Biofeedback Downtraining for overactive PFM"

SUNA's Annual Symposium

Savannah GA

"Pelvic Physical Therapy"

February 2-3, 2013

Sioux Falls, SD

"Analysis of Bladder Diary and Advanced Bladder Training"

Rehabilitation Institute of Chicago

Chicago, IL

November 28, 2012

"Review of advanced manual techniques for the perineum and internal pelvic structures"

Danvers, MA

October 20, 2012

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- “Pelvic Pain and the Overactive Pelvic Floor: Management for Physiotherapists”  
Australian Physiotherapy Association  
Brisbane, Australia September 8-9, 2012
- “Physiotherapy Management of Persistent Pelvic Pain Evidence for Treatment of  
Musculoskeletal (MSK) Pain Syndromes”  
International Urogynecological Association  
Brisbane, Australia September 4, 2012
- “Physiotherapy Assessment and Treatment of Overactive Pelvic Floor Muscles and  
Pelvic Pain”  
Auckland, New Zealand September 1-2, 2012
- “Conservative Management of Female Stress Urinary Incontinence”  
“Conservative Management of Post Prostatectomy Urinary Incontinence”  
“Support for Physiotherapists (PT) treating urinary incontinence”  
Annual Symposium of the Argentine Urological Society – in association with ICS  
Buenos Aries Argentina June 15, 2012
- “Analysis of Bladder Diary and Advanced Bladder Training”  
Private course Lahey Clinic  
Danvers, MA April 21, 2012
- “EMG down training for overactive PFM”  
Mississippi Valley SUNA  
Iowa City, IA April 14, 2012
- “Advanced Bladder Diary Analysis”  
Combined Sections Meeting APTA  
Chicago, IL February 10, 2012
- “EMG for Pelvic Floor Muscle Dysfunction”  
Private course Lahey Clinic Boston. MA October 15, 2011  
Private course St Vincent Hospital Portland, OR 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
- “Pelvic pain for the orthopedic therapist”  
Agnesian Healthcare  
Fond du Lac, WI April 24-25, 2010
- “Improving Continence Outcomes”  
Dixon, IL December 2 and 16, 2009

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“Women’s Health for PT” May 30, 2009  
NY State meeting  
White Plains, NY

“EMG for the PFM” January 9-10,2009  
University of Dayton  
Dayton, OH

“Women’s Health Physical Therapy” April 21, 2007  
Real World Physical Therapy  
American Physical Therapy Association  
Baltimore, MD

“Behavioral treatment of female urinary incontinence” March 3, 2007  
“Decreasing sciatic pain during pregnancy”  
“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” 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  
Fairfield, IA

“Women’s Health Physical Therapy update” Sept 23-24,2005  
Norwalk PT  
Des Moines, IA

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- “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 Dec 7-8,2002  
Los Angeles, CA Jan 25-26, 2003  
Charlotte, NC May 17-18,2003  
Newark, NJ 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 July 8-9,2000  
Kingston Hospital, Kingston UK 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
“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, IA	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

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"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  
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

CONTINUING EDUCATION

"International Continence Society Annual Meeting"  
Montreal, Canada October 6 to 9, 2015  
Rio de Janeiro, Brazil October 20 to 24, 2014  
Barcelona, Spain August 26 - 30, 2013  
Glasgow, Scotland August 28-Sept 2,2011  
Toronto, Canada August 23-27,2010  
San Francisco, CA September 29 – October 3, 2009  
Montreal Canada August 31 to Sept 2, 2005  
Denver, CO August 23-26, 1999

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“Combined Sections Meeting – APTA”	
Indianapolis, IN	February 4-7, 2015
Chicago, IL	February 9-11,2012
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, 2009
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”	
Savanaha GA	March 7-10, 2013
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
"American Urological Association"	May 12-16,2107
Boston, MA	
"Yoga for therapeutic rehabilitation"	Feb 25, 2017
Tinley Park, IL	
"International Pelvic Pain Society"	Oct 13-16,2016
Chicago, IL	
"Advanced Elvarex workshop"	February 18, 2016
JOBST /Klose training	
Urbana, IL	

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- "The diaphragm / pelvic floor piston for adult populations: part 1" Oct 24-25, 2015  
Julie Wiebe  
Clark University Dubuque, IA
- "Therapeutic Neuroscience education: educating patients about pain" Oct 31- Nov 1, 2014  
St Ambrose Univ  
Davenport, IA
- "International Urogynecological Society Annual Meeting" July 22-26, 2014  
Washington DC
- "Graded Motor Imagery" May 10-11, 2014  
NOI  
Chicago, IL
- The Northeastern Section of the American Urological Association  
Syracuse, New York Oct 31 - Nov 1, 2013
- "Understanding the Gut Brain: stress, appetite, digestion, and Mood" May 1, 2013  
Institute for Brain Potential  
Davenport, IA
- "Topics in Women's' Health and aging in men and women" April 26-28, 2013  
IOPTWH  
Boston, MA
- "International Urogynecological Association Annual Meeting"  
Brisbane, Australia September 3-8, 2012
- "Explain Pain"  
Neuro orthopedic Institute  
Davenport, IA November 18-19,2011
- "Total Motion Release level 1"  
Peoria, IL October 22-23,2011
- "Myokinematic Restoration home study"  
September 1,2010
- "Enhancing treatment outcomes with therapeutic modalities"  
Davenport, IA July 21,2010
- "Ethics for Biofeedback Practitioners"  
Home study – Behavioral Medicine Research and Training Foundation June 30,2010
- "Certificate of Achievement in Pregnancy and Postpartum level 2"  
Section on Women's Health  
Chicago, IL May 21-23,2010



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

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

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

"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

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

"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

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- “Pediatric Incontinence and Pelvic Floor Dysfunction”  
The Prometheus Group – Dawn Sandalici  
Chicago, IL Oct 28-29,2002
- “Scientific Approach to Lymipedema 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
- “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
- “Mulligan Concept”  
Northeast Seminars  
Metarie, 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

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- "Rocobado 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
- "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

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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