

DR ELIZABETH R. SHELLY, PT, DPT, WCS, BCB-PMD Fellow 2 (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 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

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 – continuing book reviewer
Board appointed position: SOWH – SUNA liaison	2/02 to 1/12
International Contenance Society	
Board appointed position: Physiotherapy Committee member	8/08 to 8/13
Board appointed position: Conservative Management WG	8/12 to present
Board appointed position: Standardization Committee member	8/13 to present
Board appointed position: ICS Wiki Editor in Chief	8/13 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

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
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 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

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.

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

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

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
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

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“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

"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

"The Neurogenic Bowel - Pathophysiology, Assessment and Management Conservative management - lifestyle and rehabilitative treatments"

October 9, 2015

International Continence Society

Montreal, Canada

"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
Rio De Janeiro, Brazil
October 20-25, 2014

"Biofeedback and sexual dysfunction"
International Urogynecological Society Annual Meeting
Washington DC
July 22, 2014

"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"
Honolulu, Hawaii
January 18, 2014

"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
Barcelona Spain
August 2013

"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"
Prairie Rehabilitation
Sioux Falls, SD
February 2-3, 2013

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

"Analysis of Bladder Diary and Advanced Bladder Training"
Private course 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

“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 Aires Argentina June 15, 2012

“Introduction to Physical Therapy for Urinary Incontinence” webinar
Allied Health Education June 11, 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

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- “Urogenital and Obstetric Pathology”
St Ambrose University
Davenport, IA 2 to 4 hours annually 2002 to 2016
- “Therapeutic applications – women’s health module” 8 hours annual 2006 to 2016
St Ambrose University PT program
Davenport, IA
- “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” 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

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“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
“Beginner GYN PT” 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

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“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
“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

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“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
"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 Cambridge, MA	December 4-5, 1993 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

“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

“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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- "Advanced Elvarex workshop" February 18, 2016
JOBST /Klose training
Urbana, IL
- "The diaphragm / pelvic floor piston for adult populations: part 1" Oct 24-25, 2015
Julie Wiebe
Clark University Dubuque, IA
- "International Urogynecological Society Annual Meeting" July 22-26, 2014
Washington DC
- 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 November 18-19,2011
Davenport, IA
- "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

- “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