

## **ELIZABETH R. SHELLY, PT, DPT, WCS, BCB-PMD Fellow 2**

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

Rock Valley Physical Therapy  
Director of Women's Health

Moline, IL

2/00 to 5/05

Woman's Hospital  
Women's Health Specialist

Baton Rouge, LA

9/95 to 1/00

Cambridge Physical Therapy Maternal and Child Health Center  
Women's Health Specialist

Cambridge MA

9/90 to 3/95

### **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 Continence Society

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

Invited position: Terminology for the conservative management of pelvic floor dysfunction working group

Board appointed position: Standardization committee 8/13 to present

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

International Organization of Women's Health Physical Therapists

Board appointed position: Chair of Publications 4/02 to 11/05

International Urogynecological Association

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

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, November 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

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”, “Fecal incontinence” co-author chapters in The Gynecological Manual Editor E. Wilder, Published by APTA Section on Women’s Health, 1997. Revised 2002

“The Pelvic Floor” chapter in Therapeutic Exercises by Carrie Hall and Lori Thein-Brody, Lippincott-Williams and Wilkins Publisher, 1999. Revised 2005 and 2011.

“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. Revised 2008

“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.

“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.

“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.

"Pathology, implications for the Physical Therapist" 4th edition. eds Catherine Goodman and Kenda Fuller. Saunders Elsevier. Women's Health Editor with specific content throughout book and web site. 2015.

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**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

**CONTINUING EDUCATION**

Multiple CEU courses attended in the field of physical therapy, manual therapy, gynecological therapy, and pelvic floor muscle dysfunction from 1985 to present.

“International Continence Society Annual Meeting” Montreal, Canada Rio de Janeiro, Brazil Barcelona, Spain Glasgow, Scotland Toronto, Canada San Francisco, CA Montreal Canada Denver, CO	October 6 to 9, 2015 October 20 to 24, 2014 August 26 - 30, 2013 August 28-Sept 2, 2011 August 23-27, 2010 September 29 – October 3, 2009 August 31 to Sept 2, 2005 August 23-26, 1999
“Section on Women’s Health of the American Physical therapy Association” all meeting from 1993 to 2012	
“International Urogynecological Association Annual Meeting” Brisbane, Australia	September 3-8, 2012

**Invited Lectures**

Workshop presentations at international conferences in Glasgow, Barcelona, Buenos Aires, and Brisbane. Speaking tour of Australia. Over 100 lectures given to physical therapists, nurses and physicians in the US and abroad from 1993 to present. Invited faculty to physical therapy department at Saint Ambrose University in Davenport IA.

**3-DAY POST-PROFESSIONAL CONTINUING EDUCATION COURSES TAUGHT**

“Pelvic Physical Therapy 1” / “Beginner Gynecological Therapy”  
Section on Women’s Health of APTA / Woman’s Hospital / Care Resource Seminars Inc.  
30 locations in the US from 1995 to 2010

“Pelvic Physical Therapy 2” / “Intermediate Gynecological Physical Therapy”  
Section on Women’s Health of APTA / Woman’s Hospital  
27 locations in the US from 1996 to 2010

“Pelvic Physical Therapy 3”  
CAPP course Section on Women’s Health APTA  
Eight locations in the US from 2006 to 2010