

Achievements

Degrees and certifications

- DPT - Doctor of Physical Therapy December 2007 from Saint Ambrose University Davenport Iowa
- WCS – Women's Health Certified Specialist from the [American Board of Physical Therapy Specialists](#) 2010 and 2020
- BCB-PMD - Board Certified in EMG Biofeedback for Pelvic Muscle Dysfunction since October 2004. Senior fellow with the Biofeedback Certification International Alliance. Specialist mentor and teacher in pelvic floor muscle dysfunction (for more information about this certification www.BCIA.org)
- Leduc Certified Lymphedema Therapist (www.lymphedemamanagement.com)

Current positions and projects

- Instructor of nationally and internationally recognized courses in women's health for PTs, OTs, RNs, PAs, NPs, and MDs since 1993 (over 130 courses)
- Mentor and instructor for PTs preparing for the Women's Health Certified Specialist exam and BCIA board certification.
- Over fifteen chapters and multiple articles published (see [Curriculum Vita / Resume](#) in Adobe PDF Format*)
- Current co-chair ICS working group on the terminology for pelvic floor muscle function and dysfunction assessment
- Current working group member ICS terminology for Conservative Management in Male LUTS
- Creator and lead presenter of [Pelvic Physiotherapy Distance Journal Club](#)
- Advisory board member Analytica Pericoach <http://pericoach.com/>)
- Manuscript reviewer for ICS, IUGA, SOWH, and APTA journals

Recent Publications

- [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. doi: 10.1007/s00192-016-3123-4. Epub 2016 Dec 5.
- [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. doi: 10.1002/nau.23107.

- [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. doi: 10.1002/nau.23278. [Epub ahead of print] Review.
- [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.
- [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. doi: 10.1002/nau.21053. Epub 2011 Feb 23.
- Women's health editor - content in multiple chapters of [Differential Diagnosis for Physical Therapists screening for referral. 7th edition](#) Eds CC Goodman, J Heick, RT Lazaro. Elsevier Publications, in publication.
- Women's health editor - content in multiple chapters of [Pathology Implication for the Physical Therapist 5th edition](#) Eds CC Goodman, KF Fuller. Saunders Publications, 2021
- [Facing Pelvic Pain - a Multidisciplinary Comprehensive Resource for Patients with Pelvic Pain](#) , 2021, Mass General Hospital. Primary author on two chapters.
- “The Pelvic Floor” chapter in [Therapeutic Exercises](#) by Carrie Hall and Lori Thein-Brody, Lippincott-Williams and Wilkins Publisher, 4rd edition. 2018.

Past positions and awards

- Past International Continence Society Standardization Committee Member (www.ics.org)
- Past editor in chief of the ICS Wiki
- Past Director of Financial Development for the Section on Women's Health of the American Physical Therapy Association
- Past Endorsement committee chair Section on Women's Health of the American Physical Therapy Association
- Past Chair of Publications International Organization of Women's Health Physical therapists (<https://world.physio/subgroups/pelvic-womens-health>)
Past treasurer of Mississippi Valley chapter of the Society of Urologic Nurses and Associates (<https://www.sunu.org/>)
- Section on Women's Health volunteer of the year 2005 and 2006
- Past committee member and instructor for the Section on Women's Health Certificate of Achievement in Pelvic Physical Therapy (CAPP-pelvic) (<https://aptapelvichealth.org/education/capp/>)
- 2007 recipient of the Elizabeth Noble award for leadership and dedication from the Section on Women's Health of the American Physical Therapy Association.