

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

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, Pelvic Academy (journal reviewer)

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 9/19

International Continence Society (journal reviewer)

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 8/19

Board appointed position: ICS Wiki Editor in Chief 8/13 to 1/19

Board appointed position: Pelvic floor muscle WG co-chair 9/16 to 11/21

Board appointed position: Conservative management male WG 5/19 to present

International Urogynecological Association (journal reviewer)

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 7/19

CERTIFICATIONS

Iowa State Physical Therapy License #03058
Illinois State Physical Therapy License #070-011762
American Heart Association Certified CPR
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, 2019, 2023
Board Certified Women’s Health Specialist – WCS
- American Board of Physical Therapy Specialists - 6/2010, 6/2020

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 Urodynam, 2009;28(7):821-822.

Platform presented Combined Sections Meeting of the APTA 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.

Poster presentation International Continence Society Ultrasound Imaging Use in the
Clinical Practice of United States Pelvic PT’s
Philadelphia, PA August 31, 2018

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 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.

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, 4th edition. 2018.

International Continence Society supported pelvic physiotherapy education guideline. Bakker E, Shelly B, Esch FH, Frawley H, McClurg D, Meyers P. *Neurourol Urodyn*. 2018 Feb;37(2):869-876.

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 Chapter 7 Which musculoskeletal problems can lead to pelvic pain?, chapter 11 How do physical therapy, diet, and exercise affect pelvic pain?

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, 2023.

An International Continence Society report on the terminology of PFM assessment. Frawley H, Shelly B, Morin M, et al. *Neurourol and Urodynam* 2021; April 12, pp 1-44. A top cited article 2020-2021 and 2021-2022.

Patient-reported outcome assessment. committee 4b, in Cardozo, L. et al. Incontinence 7th ed. 7th International Consultation on Incontinence, 2023.

Evaluation and management of pelvic pain – AUA update. Video contributor, Musculoskeletal examination of the pelvis. 2023.

MANUSCRIPT REVIEWER

Physical Therapy Journal – American Physical Therapy Association
Neurourology and Urodynamics – past journal of International Continence Society
International Urogynecology Journal – International Urogynecology Association
Sexual Medicine reviews
European journal of obstetrics and gynecology and reproductive biology

PROJECTS and AFFILIATIONS

Pelvic Physical Therapy Distance Journal Club Creator and lead presenter	March 2011 to present
Pericoach advisory board	July 2014 to 6/19
The Overactive Pelvic Floor: a book review and study group 12 week on line study group	Jan to April 2017
"Introduction to physical therapy for urinary incontinence"	Yearly 2012 to present
"How to pass the ABPTS exam the first time"	Yearly 2021 to present
Allied Health webinars	
St Ambrose University PT Department Adjunct Faculty Davenport, IA	
"Urogenital and Obstetric Pathology"	6 hours annually 2002 to present
"Therapeutic applications – women's health module"	8 hours annual 2006 to present
"Imaging Ultrasound in Rehabilitation"	2 hours annual 2014 to present
"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 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
Webinar - Tension Myalgia of the PFM - diagnosis and conservative management	April 25, 2020
Women's Health Certifies Specialist study materials Multiple group programs and case study question reviews	2021 to present
ICS Global Pelvic Pain Exchange – monthly presentations "Physical Therapy for pelvic pain" "Pelvic floor muscle tone"	May 2023 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 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

“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
Portland, OR
Tuscan, AZ
Houston, TX

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

“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

INVITED LECTURES

“Conserative management and assessment of pelvic pain” KenisioPro 2-day on line Russia	Jan 2024
“Pelvic PT foundations for female urinary incontinence” KenisioPro 2-day on line Russia	Sept 2023
“Analysis of bladder dairy and advanced bladder training” Pelvic Guru webinar on line	May 2023
“Pelvic floor muscle tone” myPFM Pelvoc Health webinars on line	Feb 2023
“EMG assessment and treatment of PFM” Pelvic Guru webinar on line	Nov 2022
“Better outcomes through accurate PFM assessment” Pelvic Guru webinar on line	May 2022
"Myofascial release for increased tone" IUGA Birth symposium on line	March 2022
"Recovery from Radical Prostatectomy How can Telehealth help?" Lecture in APTA telehealth certification on line	March 2021
"How to pass the Women's Health Clinical Specialist (WCS) Exam: Part 2" myPFM Pelvic Health webinars on line	April 2021
"Conservative management for erectile dysfunction - Pelvic PT" All of Me Iowa Conference: Sexual Health Care in Oncology	April 2021
"Use of dilators for the treatment of dyspareunia" Congeso Digital ALAPP - on line	June 2021
"Increased PFM tone and Over activity of the PFM - distinct and different conditions" APTA Pelvic Academy Fall Symposium on line	Sept 2021
"Overview of Musculoskeletal Pelvic Pain: Specific strategies" 41st Congress of the Societe Internationale d'Uologie on line	Nov 2021

- ICS annual meeting online Melbourne, AU Oct 2021
An ICS report on the terminology of PFM assessment - overview of document PT forum
W4: Assessment of pelvic floor muscle function and dysfunction: consensus on terminology
W6 - Pelvic Pain Beyond the Syndromes – Practical Tools to Help Your Patients
- "Advanced Analysis of Bladder Diary: Objective Measures"
International meeting of pelvic dysfunction sponsored by IPL webinar April 2020
- "Pediatric Bladder / Bowel Diary and Elimination Observations"
International meeting of pelvic dysfunction sponsored by IPL webinar July 2020
- International Congress of Physiotherapy in Pelvicperineology
Racife Brazil October 24-26, 2019
Physiotherapy treatment of sexual dysfunction
Therapeutic neuroscience pain education in the treatment of pelvic pain
Genito-Pelvic Pain/Penetration disorder - Female Sexual Pain Disorder
- "Physical Therapy and sexual healthcare before and after cancer" Jan 31, 2018
All of Me Iowa Conference: sexual healthcare in oncology
Iowa City, IA
- "The role of Physiotherapy and a Multidisciplinary team in the daily life of patients. Can we improve their quality of life if we work together?" workshop 5
"Therapeutic Pain Neuroscience Education in the treatment of Chronic Pelvic Pain" PT forum
International Continence Society
Philadelphia, PA Aug 28-31,2018
- "Wiki what? workshop of the ICS Wiki Sept 15, 2017
International Continence Society
Florence Italy
- "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

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

“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

“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
- “Women’s Health for PT”
NY State meeting
White Plains, NY May 30, 2009
- “EMG for the PFM”
University of Dayton
Dayton, OH January 9-10,2009
- “Women’s Health Physical Therapy”
Real World Physical Therapy
American Physical Therapy Association
Baltimore, MD April 21, 2007
- “Behavioral treatment of female urinary incontinence”
“Decreasing sciatic pain during pregnancy”
“Introduction to Lymphedema management”
Kirkwood Community College
Cedar Rapids, IA March 3, 2007
- “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”
Black Hawk Community College
Moline, IL March 25,2006
- “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
“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

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“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
“Gynecological Physical Therapy” VBS and Associates Physical Therapists Greenville, SC	November 7-8,1997

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- “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 April 11-13,1997
Williamsburg, VA 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
Williamsburg, 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”

Toronto, Canada	Sept 27-29, 2023
On line	Sept 7-10, 2022
On line	Oct 14-17, 2021
On line	Nov 19-22, 2020
Philadelphia, PA	August 28-31, 2018
Florence, Italy	September 12-15, 2017
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

"International Urogynecological Society Annual Meeting"

Austin, TX	June 15-18, 2022
Nashville, TN	Sept 24-28, 2019
Washington DC	July 22-26, 2014
Brisbane, Australia	September 3-8, 2012

“Combined Sections Meeting – APTA”

On line	March to April 2023
On line	Feb 1 - March 31, 2021
New Orleans, LA	February 21-24, 2018
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
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
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
New Orleans, LA

February 10-12, 1995
February, 1994

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“SUNA Symposium pelvic pain and pelvic floor disorders”

Savanaha GA
Tampa, FL
New York, NY
San Diego, CA
Chicago, IL
Phoenix, AZ
New Orleans, LA
Nashville, TN
Orlando, FL

March 7-10, 2013
February 28 - March 2, 2008
March 15 – 18, 2006
March 3-5, 2005
March 18-20, 2004
Feb 8 – 9, 2002
January 18–20, 2001
January 14-16, 2000
January 15-18, 1998

“The fight against ageism”

Allied health education on line

Jan 2023

“APTA lecture series: long COVID rehabilitation – multidisciplinary care: pitfalls to avoid and pearls to enhance treatment”

APTA on line

Nov 2022

“Advanced male pelvic health including focused shockwave”

Jo Milios – on line

July 2022

"Professional ethics and standards. telehealth"

BCIA webinar

March 2022

"Ethical practice in the use of home/remote/telehealth neurofeedback"

BCIA webinar

March 2022

IUGA Symposium on a multidisciplinary approach to the prevention and management of pelvic floor dysfunction"

IUGA on line

March 2021

"APTA Telehealth certificate" on line

April 2021

APTA Pelvic Academy Fall Symposium on line

Sept 2021

"Managing chronic lymphedema"

Tactile Medical on line

April 28, 2020

"Got ethics?"

IPTA on line

May 7, 2020

"Sexual harassment in the workplace"

IPTA on line

Aug 12, 2020

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"Tai Chi for health solutions for fall, fitness, strength and stress" March 1, 2019
live webcast

"Ethics in Physical Therapy" June 4, 2018

IL PT Association - home study
"Current concepts in Men's pelvic health" March 2-4, 2018
Entropy physiotherapy and wellness
Chicago, IL

"American Urological Association" May 12-16, 2017
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

"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

"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

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“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
“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

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- “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
- “Pediatric Incontinence and Pelvic Floor Dysfunction”
The Prometheus Group – Dawn Sandalci
Chicago, IL Oct 28-29,2002
- “Scientific Approach to Lympeidema 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
Davenport, IA Fall 2000 - Spring 2001
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

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- “Mulligan Concept”
Northeast Seminars
Metairie, 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
- “Rocabado 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

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- "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
- "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