

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

Restoration Medicine Consultant telehealth pelvic PT	Portland, ME 11/2025 to present
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 - 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	Davenport, IA 5/05 to 2/08
Black Hawk Community College Instructor – Anatomy and Physiology, Pathology, Kinesiology - Create and carry out lesson plans for massage therapy students in Anatomy and Physiology, Pathology, Kinesiology (5 credit hours per week)	Moline, IL 9/06 to 12/08
Rock Valley Physical Therapy Director of Women's Health - Administrative duties associated with women's health program, including start up of the program, marketing, Creation of forms and patient education. - Evaluate and treat all types of out patient women's health patients including: PFM dysfunction, male and female UI/ FI, pelvic & MSKpain, lymphedema - Aquatic therapy evaluation and treatment	Moline, IL 2/00 to 5/05
WOMAN'S HOSPITAL Women's Health Specialist - 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	Baton Rouge, LA 9/95 to 1/00

education on Kegels, gynecological surgery recovery

ELIZABETH R. SHELLY p2

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 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
THE MEDICAL CENTER OF CENTRAL MASS Total period of employment Senior Physical Therapist, part-time, in-patients Obstetric Exercise Specialist, part-time	Worcester MA 3/86-9/92 5/88-9/92 4/87-6/91
<ul style="list-style-type: none">- 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

Board appointed position: Pain committee 1/2026 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
Board appointed position: Guideline panel: Chronic pelvic pain in men 2024/5
ELIZABETH R. SHELLY p3

CERTIFICATIONS

Maine State Physical Therapy License # PT 7251
Florida State PT telehealth license # TPPT509
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. J of Women's Health PT. 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

ELIZABETH R. SHELLY p4

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.

ELIZABETH R. SHELLY p5

“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, 4rd edition. 2018.

ELIZABETH R. SHELLY p6

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 sited 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.

Romics M, et al. Multidisciplinary Evaluation and Management of Pelvic Pain in Women. AUA, Vol 44 UPDATE SERIES Lesson 18, 2025. Musculoskeletal examination of the pelvis.

Lai HH, Pontari MA, Argoff CE, Bresler L, Breyer BN, Chou R, Clemens JQ, De EJ, Doiron RC, Johnson D, Kirkby E, MacDonald SM, Osborne JH, Parekattil SJ, Shelly B. Male Chronic Pelvic Pain: AUA Guideline: Part I Evaluation and Management Approach. *J Urol*. 2025 Apr 17:101097JU0000000000004564. doi: 10.1097/JU.0000000000004564. Epub ahead of print. PMID: 40243110.

"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

ELIZABETH R. SHELLY p8

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	May 2023 to present
"Physical Therapy for pelvic pain"	
"Pelvic floor muscle tone"	

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

ELIZABETH R. SHELLY p9

“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
“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

INVITED LECTURES

“Case-based pearls: New insights into chronic pelvic pain” AAPM Pain connect	April 5, 2025 Austin, TX
“Electromyography assessment for PFM dysfunction” Conference on pelvic region rehabilitation online Russia	May 11, 2024
“ICS Masterclass on conservative management: Urinary incontinence” Online ICS	March 16, 2024
“IUGA International Symposium on global pelvic health” Noncontracting PFM online IUGA	Feb 3-4, 2024

“Conserative management and assessment of pelvic pain” KenisioPro 2-day online Russia	Jan 2024
“Pelvic PT foundations for female urinary incontinence” KenisioPro 2-day online Russia	Sept 2023
“Analysis of bladder dairy and advanced bladder training” Pelvic Guru webinar online	May 2023
“Pelvic floor muscle tone” myPFM Pelvoc Health webinars online	Feb 2023
“EMG assessment and treatment of PFM” Pelvic Guru webinar online	Nov 2022
“Better outcomes through accurate PFM assessment” Pelvic Guru webinar online	May 2022
"Myofascial release for increased tone" IUGA Birth symposium online	March 2022
"Recovery from Radical Prostatectomy How can Telehealth help?" Lecture in APTA telehealth certification online	March 2021
	ELIZABETH R. SHELLY p11
"How to pass the Women's Health Clinical Specialist (WCS) Exam: Part 2" myPFM Pelvic Health webinars online	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 - online	June 2021
"Increased PFM tone and Over activity of the PFM - distinct and different conditions" APTA Pelvic Academy Fall Symposium online	Sept 2021
"Overview of Musculoskeletal Pelvic Pain: Specific strategies" 41st Congress of the Societe Internationale d'Uologie online	Nov 2021
ICS annual meeting online Melbourne, AU 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	Oct 2021

"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

ELIZABETH R. SHELLY p12

"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
Savanaha GA

ELIZABETH R. SHELLY p13

"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
ELIZABETH R. SHELLY p14

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

<p>“EMG for the PFM” University of Dayton Dayton, OH</p>	<p>January 9-10,2009</p>
<p>“Women’s Health Physical Therapy” Real World Physical Therapy American Physical Therapy Association Baltimore, MD</p>	<p>April 21, 2007</p>
<p>“Behavioral treatment of female urinary incontinence” “Decreasing sciatic pain during pregnancy” “Introduction to Lymphedema management” Kirkwood Community College Cedar Rapids, IA</p>	<p>March 3, 2007</p>
<p>“Pelvic Floor Muscle Dysfunction and Examination for Midwives” Quad City PT and Spine Davenport, IA</p>	<p>July 22, 2006</p>
<p>“Rehabilitation Treatment of UI in the Nursing Home” Rehab Visions - Mason City, IA</p>	<p>June 17, 2006</p>
<p>“Recognition of pelvic floor muscle dysfunction and its impact on patient function” Palmer collage Davenport, IA</p>	<p>April 21,2006</p>
<p>“Obstetric PT for Physical Therapy Assistants” Black Hawk Community College Moline, IL</p>	<p>March 25,2006</p>
<p>ELIZABETH R. SHELLY p 15</p>	
<p>“Pelvic Pain for Nurses” Society of Urologic Nurses and Associates New York, NY</p>	<p>March 15,2006</p>
<p>“The year that was, urology research of 2005” Combined Sections meeting APTA San Diego, CA</p>	<p>February 4,2006</p>
<p>“Beginner GYN PT” Fairfield, IA</p>	<p>Oct 8-9,2005</p>
<p>“Women’s Health Physical Therapy update” Norwalk PT Des Moines, IA</p>	<p>Sept 23-24,2005</p>

“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
ELIZABETH R. SHELLY p 16

“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

<p>“Management of Pelvic Pain” Penrith Hospital, Penrith UK Kingston Hospital, Kingston UK</p>	<p>July 8-9,2000 July 15-16,2000</p>
<p>“Prenatal Exercise Instructor” Section on Women’s Health APTA Kansas City, KS</p>	<p>April 29-30,2000</p>
<p>“Female Urinary Incontinence” Wahl and Associates San Jose, CA Downers Grove, IL</p>	<p>March 25-26,2000 May 6-7,2000</p>
<p>“Lymphedema Management in Physical Therapy” Western Illinois APTA Meeting Moline, IL</p>	<p>March 18,2000</p>
<p>“What can we do for the pain and infertility of endometriosis” APTA Combined Sections Meeting New Orleans, LA</p>	<p>February 3,2000</p>
<p>“Neuromodulation: New Advances in Electrical Stimulation” Society for Urologic Nurses and Associates Nashville, TN</p>	<p>January 15,2000</p>
<p>“Behavioral Treatment for Female Urinary Incontinence” Central Louisiana Area Health Education Center Live video conference from Bunkie, LA</p>	<p>June 18,1999</p>
<p>“Gynecological Physical Therapy” “Women’s Health Physical Therapy” Baptists/St Vincent’s Hospital – Rehabilitation Center Jacksonville, FL</p>	<p>May 6-9,1999 Nov 4- 7,1999</p>
<p>“Practice Patterns in Women’s Health” “Pubic Symphysis case study” APTA Combined Sections Meeting Seattle, WA</p>	<p>February 4-7,1999</p>
<p>“Prenatal Exercise Instructor Workshop” Baton Rouge, LA</p>	<p>September 26,1998 February 27-28,1999</p>
<p>“Surface EMG Biofeedback for Pelvic Floor Dysfunctions” Austin, TX Chicago, IL Orlando, FL</p>	<p>June 27-28,1998 October 16-17,1998 Nov 13-14,1998</p>

ELIZABETH R. SHELLY p17

“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
“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

ELIZABETH R. SHELLY p18

CONTINUING EDUCATION

"International Continence Society Annual Meeting"

Toronto, Canada	Sept 27-29, 2023
Online	Sept 7-10, 2022
Online	Oct 14-17, 2021
Online	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"

Online	March to April 2023
Online	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	February 10-12, 1995
New Orleans, LA	February, 1994

ELIZABETH R. SHELLY p19

“SUNA Symposium pelvic pain and pelvic floor disorders”	
Savannah 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

“HRV training tips you can add to your practice”	Jan 30, 2026
BCIA online	

“AUGS PFD week”	Oct 15-17, 2025
Vancouver, Canada	

“AAPM Pain Connect annual meeting”	April 3-6, 2025
Austin, TX	

“Pelvic anatomy expo 2024”	April 19, 20, 2024
St Louis University	

“Pelvic floor myofascial pain and dysfunction”	March 6, 2024
AUGS online	

“Pudendal neuralgia and complex pelvic pain solutions”	Feb 2024
Online Pelvic Global Academy	

“IUGA International Symposium on global pelvic health”	Feb 3-4, 2024
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“The fight against ageism”
Allied health education online Jan 2023

“APTA lecture series: long COVID rehabilitation – multidisciplinary care: pitfalls to avoid and pearls to enhance treatment”
APTA online Nov 2022

“Advanced male pelvic health including focused shockwave”
Jo Milios – online July 2022

"Professional ethics and standards. telehealth"
BCIA webinar March 2022

ELIZABETH R. SHELLY p20

"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 online March 2021

"APTA Telehealth certificate" online April 2021

APTA Pelvic Academy Fall Symposium online Sept 2021

"Managing chronic lymphedema"
Tactile Medical online April 28, 2020

"Got ethics?"
IPTA online May 7, 2020

"Sexual harassment in the workplace"
IPTA online Aug 12, 2020

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

"Ethics in Physical Therapy" June 4, 2018

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

"American Urological Association" May 12-16, 2017

Boston, MA

"Yoga for therapeutic rehabilitation"
Tinley Park, IL

Feb 25, 2017

"International Pelvic Pain Society"
Chicago, IL

Oct 13-16,2016

"Advanced Elvarex workshop"
JOBST /Klose training
Urbana, IL

February 18, 2016

"The diaphragm / pelvic floor piston for adult populations: part 1"
Julie Wiebe
Clark University Dubuque, IA

Oct 24-25, 2015

ELIZABETH R. SHELLY p21

"Therapeutic Neuroscience education: educating patients about pain"
St Ambrose Univ
Davenport, IA

Oct 31- Nov 1, 2014

"Graded Motor Imagery"
NOI
Chicago, IL

May 10-11, 2014

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"
Institute for Brain Potential
Davenport, IA

May 1, 2013

"Topics in Women's' Health and aging in men and women"
IOPTWH
Boston, MA

April 26-28, 2013

"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” June 30,2010
Home study – Behavioral Medicine Research and Training Foundation

“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

ELIZABETH R. SHELLY p22

“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 May 1-2, 2004

Chicago, IL

“Evidence Based Practice – Lower extremity”

April 17, 2004

Rock Valley Physical Therapy

Davenport, IA

“Advances in Lymphedema Treatment”

May 23-25, 2003

Kessler Lerner Lymphedema Services Academy

Boston, MA

“Physical Therapy for pelvic floor dysfunction”

March 29-30, 2003

Kari Bo

Vancouver, BC Canada

“Pediatric Incontinence and Pelvic Floor Dysfunction”

The Prometheus Group – Dawn Sandalcidi

Chicago, IL

Oct 28-29, 2002

“Scientific Approach to Lymphedema Management (LeDuc)”

Annie Marie Vaillant-Newman

New Orleans, LA

Aug 22-28, 2002

“Lumbopelvic Integration”

Moline, IL

May 2-5, 2002

ELIZABETH R. SHELLY p23

“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

“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

“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

ELIZABETH R. SHELLY p24

"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
"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 ELIZABETH R. SHELLY p25
"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