

Achievements

Degrees and certifications

- DPT - Doctor of Physical Therapy December 2007 from Saint Ambrose University Davenport Iowa
- PWCS – Pelvic and 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 Pelvic and 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*)
- International continence society pelvic pain committee member
- Creator and lead presenter of [Pelvic Physiotherapy Distance Journal Club](#)
- Manuscript reviewer for ICS, IUGA, SOWH, and APTA journals

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.suna.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.