

Dr. Karen Litos PT, DPT, WCS

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Dr. Karen Litos is a board-certified women's health physical therapist clinician and educator for community, doctoral and post-graduate education.

Education

Doctor of Physical Therapy	College of St. Scholastica, Minnesota	2015
Master of Physical Therapy	The University of Michigan-Flint	1999
Bachelor of Science, Health Science	The University of Michigan-Flint	1998
Bachelor of Arts, Journalism	Michigan State University	1985

Licensure

Michigan State Physical Therapy License #5501010341

Certifications

ABPTS Board Certification in Women's Health 2015 – present
APTA American Academy of Pelvic Health CAPP OB Certificate, 2010
APTA American Academy of Pelvic Health CAPP Pelvic Certificate, 2020
APTA Credentialed Clinical Instructor, 2013

Teaching Experience

2018 - Present

INSTRUCTOR AND CO-OWNER, Snowden & Litos LLC

Provider of women's health education. Co-authored and instruct (Pre) Menopause Matters, a 2-day continuing education course for healthcare providers

2018 – 2021

BUSINESS MENTORSHIP, Labor Like a Rock Star

Private business mentorship and educational program materials provided to women's health PTs interested in starting a childbirth education class

2015 - Present

INSTRUCTOR, American Physical Therapy Association (APTA) Section on Women's Health (SoWH) obstetric continuing education courses

- Fundamental Topics in Obstetrics Physical Therapy
- Intrapartum Topics in Obstetrics Physical Therapy
- Advanced Topics in Obstetrics Physical Therapy

2014 - 2022

ADJUNCT FACULTY (LEO), The University of Michigan – Flint Doctor of Physical Therapy Program

- Create course materials and instruct online transitional doctoral and post-graduate program that attracts national and international students
- PTP 894 "Professional Service Learning"
- PTP 786 "Post-Professional Geriatrics in Physical Therapy"

- PTP 681/881 “Teaching, Learning and Health Education”
- PTP 789 “Seminars in Physical Therapy” (pelvic health and cash-based practice seminars)
- PTP 855 “Therapeutic Relations & Cultural Competency III”
- PTP 777 “Case Studies in Neurologic PT”

2009 - 2022

COMMITTEE MEMBER, APTA Academy of Pelvic Health CAPP OB committee

COMMITTEE CHAIR – 2021-2022

Responsible for authoring and editing continuing education course materials for all CAPP-OB courses

2018-2022

INSTRUCTOR/AUTHOR of community childbirth education class “Labor Like a Rock Star”

Offered monthly through No Mom Left Behind PT – free for financially challenged mothers and birth partners

2013-2017

APTA Credentialed Clinical Instructor for physical therapist student clinic affiliations/training from UM-F and Central Michigan University

RECENT AND CURRENT TEACHING EXPERIENCES:

- Keynote Speaker: Bellarmine University, KY. May 22, 2022
- (Pre) Menopause Matters – Pre-recorded independent continuing education course narration 2020 – present
- Hormone Considerations in Menopause – Pre-recorded independent continuing education course narration 2022 – present
- Genitourinary Syndrome of Menopause - New Jersey Physical Therapy Assn, May 3, 2022
- Genitourinary Syndrome of Menopause – APTA CSM February 2021 (co-author of lecture presented)
- Weight Management in Midlife Women – APTA CSM February 2020
- (Pre) Menopause Matters – Online live webinar courses March, April, May, July and November 2020
- Instructor for Academy of Pelvic Health CAPP-OB continuing courses nationwide 2015 -present (live and webinar format)
- Instructor, University of Michigan-Flint – PTP 894 Professional Service Learning Summer 2022, Summer 2021 (online)
- Instructor, University of Michigan-Flint – PTP 881 Teaching, Learning and Health Education, Spring 2021 (online)
- (Pre)Menopause Matters – October 2018 (Murphreesboro TN) and July 2018 (Portland, OR) – APTA Section on Women’s Health
- Pelvic Health for non-PH PTs – August 2018 (Grand Rapids, MI) and November 2018 (Wyandotte MI), Michigan Physical Therapy Association

Clinical Experience

2017 - 2022

Physical Therapist, Owner (private practice)

No Mom Left Behind Physical Therapy

Okemos, MI – Clinical focus on women’s health with specialty practice in pregnancy, postpartum, perimenopause and female pelvic health through the lifespan

2007-2016

Physical Therapist, Compass Rehabilitation Center

East Lansing, MI – Clinical focus on female pelvic health and obstetrics physical therapy

- Pregnancy, postpartum, and high risk pregnancy evaluation and physical therapy management
- Female pelvic floor dysfunctions: urinary and bowel incontinence, constipation, pelvic pain; menopause transition
- Increased referrals from 8 to 300 per year average

Center Coordinator for Continuing Education (CCCE), 2013-2016:
Compass Rehabilitation Center, East Lansing MI

- Developed clinical affiliations with University of Michigan-Flint and Central Michigan University for DPT students

2000-2007

Charge Therapist, Edward G Sparrow Hospital –acute care and inpatient rehabilitation, Level 1 Trauma Center

- Clinical focus on neurologic disorders that included trauma-related brain injury and stroke rehabilitation
- **Lead therapist** for team of 13 PT/OT/ST; utilized dynamic interpersonal and management skills for successful team building
- **Service Excellence Advisor** – trained over 1,000 new employees and residents on interpersonal communication skills with patients, family and staff

2000-2002

Concurrent Position – PT, Gentiva Home Healthcare

East Lansing, MI – Home Health physical therapy

Professional Development

- **ABPTS Board-Certified Women’s Clinical Specialist (WCS)**
2015 - present

- CAPP-OB Certificate (Certificate of Achievement in Obstetrics Physical Therapy), APTA Section on Women's Health (SoWH) 2010
- CAPP-Pelvic Certificate (Certificate of Achievement in Obstetrics Physical Therapy), APTA Academy of Pelvic Health 2020
- Attendance at annual APTA Combined Sections Meetings 2014-2020
- Government Affairs Chairperson, APTA Section on Women's Health 2013-2015
- Past Editor, APTA SoWH CAPP OB and CAPP Pelvic continuing education course and lab manuals 2014-2016
- Member, North American Menopause Society 2018-present
- American Physical Therapy Association (APTA)/Michigan Physical Therapy Association (MPTA) membership 1996 – present
- Member of APTA Academy of Pelvic Health (formally Section on Women's Health) 2009 – present
- Member of the APTA Private Practice Section 2017-2019
- Clinical Advisor for 2nd year UMF students for Service Learning Projects, Summer 2015, Spring 2016, Fall 2016 – clinical and educational guidance for small group projects in PT program

Publications/Presentations/National Meetings

Peer Reviewed Publication:

Litos K, Snowden K., Shelly E, Strauhal MJ, Rinehart-Ayres, M. Chapter 20: The Female Genital/Reproductive System. Goodman and Fuller's Pathology: Implications for the Physical Therapist, Fifth Edition. Elsevier. 2020.

Peer Reviewed Publication:

Litos, K. "Progressive therapeutic exercise program for successful treatment of a postpartum woman with a severe diastasis recti abdominis." *Journal of Women's Health Physical Therapy*. May/June 2014

Litos, K. Contributing editor: Clinton S, Newell A, Downey P, Ferreira K. Pelvic girdle pain in the antepartum population: physical therapy clinical practice guidelines linked to the International Classification of Functioning, Disability and Health from the Section on Women's Health and the Orthopaedic Section of the American Physical Therapy Association. *Journal of Women's Health Physical Therapy*. May/Sept 2014.

Other Publications, National Meetings, and Presentations

- Publication – APTA PT in Motion, Sept 2019: "Menopause: PTs Help to Ease 'The Change'"
- Publication – APTA PT in Motion, April 2019: "Menopause is Not a Disease but a Natural Series of Events."
- Guest speaker: "Early Screening to Optimize Women's Cardiac Health" APTA Academy of Pelvic Health Virtual Summit, Sept 12, 2020
- CSM guest speaker: Weight Management in Midlife Women, Feb 2020, Denver CO

- CSM guest speaker: Staying Fit through Menopause with Early Screening and Training, Washington DC Feb 2019
- CSM guest panel participant: Complex Cases in Women's Health, Washington DC Feb 2019
- CSM guest speaker: "Hot Flashes, Low Libido and Back Fat: Singing the Menopause Blues," Anaheim CA, February 2016
- CSM guest speaker: "Obesity in Pregnancy: PT Interventions," Indianapolis, IN, February 2015
- CSM guest speaker: "Pregnancy-Related Products and Braces," Las Vegas, NV, February 2014
- Mock Interviewer volunteer: Michigan Physical Therapy Association annual student conference, March 2018
- Guest Speaker: "Pregnancy and Exercise." Alliance Obstetrics & Gynecology. East Lansing, MI, March 2015
- APTA Federal Payment & Policy Forum. Denver, CO, September 2015
- PT Hill Day, Washington DC, June 2015 – lobbied legislators as representative for APTA
- Editor, "Advanced Topics in Obstetrics PT" Course and Lab Manual, SoWH, APTA. 2015-2017 ed.
- (Pre)Menopause Matters – October 2018 (Murphreesboro TN) and July 2018 (Portland, OR) – APTA Section on Women's Health \
- Pelvic Health for non-PH PTs – August 2018 (Grand Rapids, MI) and November 2018 (Wyandotte MI), Michigan Physical Therapy Association
- "Pelvic Floor Muscles – Examination Techniques." Guest lecturer, Musculoskeletal Examination in Practice (R. Bean, instructor). University of Michigan, Flint, 2nd Year Students. December 2014
- Guest lecture, UM-F public education seminar – Multiple Sclerosis and Sexual Health, April 2016
- Speaker: Service Excellence Advisor, Edward G. Sparrow Hospital- New employee mandatory training (over 1,000 new employees and residents)
- Editor, *Natural Science*, Michigan State University College of Natural Science alumni magazine. 1995-1998. East Lansing, MI (started this magazine interviewing scientists and explaining their research for lawmakers and public consumption, still in existence)

Continuing Education

- Pre-Conference "Menopause 101" North American Menopause Society Convention Chicago, IL October 2019
- "The Female Athlete" Antony Lo. Livonia MI October 2019
- "Sex Trafficking" Michigan Physical Therapy Assn. 2019
- Combined Sections Meeting, APTA, Boulder, CO February 2020
- Combined Sections Meeting, APTA, Washington DC February 2019
- Pelvic Health 3, SoWH. St Louis, MO October 2018
- Combined Sections Meeting, APTA, New Orleans, LA February 2018
- Combined Sections Meeting, APTA. San Antonio TX. February 2017.
- Combined Sections Meeting, APTA. Anaheim, CA. February 2016.
- Combined Sections Meeting, APTA. Indianapolis, IN. February 2015
- Combined Sections Meeting, APTA. Las Vegas, NV. 2014

- Combined Sections Meeting, APTA. New Orleans, LA. January 2011.
- “Speaking of Sex.” Talli Rosenbaum, Combined Sections Meeting Pre-con, APTA. Indianapolis, IN. February 2015.
- Wellness Coaching and Injury Prevention. Ann Arbor, MI. September 2015.
- PQRS 2015 for Physical & Occupational Therapy and Speech-Language Pathology Services, East Lansing, MI. January 2015.
- Advanced Concepts in Labor and Delivery, Austin, TX, October 2014
- Breast Cancer Rehabilitation. Klose Training & Consulting, LLC. Chicago April 2014
- Graded Motor Imagery. David Butler, Combined Sections Meeting, APTA, Las Vegas Pre-Con, January 2014.
- Medicare G Codes: Deciphering Various Outpatient Therapy Scenarios. Online. May 2014.
- Credentialed Clinical Instructor Program. Central Michigan University, Mt. Pleasant, MI October, 2013.
- Combined Sections Meeting, American Physical Therapy Association. San Diego, CA. February 2013.
- Pelvic Floor Physical Therapy Level 2, SoWH, St. Louis, MO, March, 2013
- 2013 Medicare Updates – Mandated Reporting of Patient Functional Status, Online. 2013.
- Non-Harassment & Workplace Violence Seminar. East Lansing, MI. 2013
- Osteopathic Principles and Practice for the Pregnant Patient, Michigan State University College of Osteopathic Medicine, Nov 2012
- Pelvic Floor Physical Therapy Level 1, SoWH, Chicago, July 2012
- Restoring Form and Function of the Abdominal Wall. (Diane Lee). Combined Sections Meeting Pre-con, New Orleans, LA. 2011
- Certificate of Achievement in Pregnancy-Postpartum (CAPP-OB) Level 3, Jacksonville FL., Oct. 2010
- Certificate of Achievement in Pregnancy-Postpartum (CAPP-OB) Level 2, Chicago, IL, May 2010
- Certificate of Achievement in Pregnancy-Postpartum (CAPP-OB) Level 1, Boston, MA March 2010
- Applied Techniques of Manual Therapy – Treatment of the Lumbar Complex, Great Lakes Seminars, Detroit, 2008
- D.O.I.T. Implementation Meeting Facilitator’s Seminar, Lansing, MI. 2006.
- Targeted Clinical Solutions: Manual Mobility and Advanced Powered Mobility. Lansing, MI. 2006.
- Functional Strategies for Patients with Neurologic Deficits, Grand Rapids, MI. 2005
- Balance Challenges: Progressive Dynamic Treatment Strategies, Grand Rapids, MI. 2005
- Concentrated Education Series: Advances in Stroke Rehabilitation. APTA Annual PT Conference, Chicago, IL. July, 2004
- Restraint Facilitator Training, Lansing, MI. 2004.
- Techniques for Effective Aggression Management, Lansing, MI. 2004

References – Available Upon Request