

Karen C. Snowden, PT, DPT, WCS

EDUCATION

Widener University, Chester, Pennsylvania

Doctorate Degree in Physical Therapy, 2004

Northeastern University, Boston, Massachusetts

Bachelor of Science Degree in Physical Therapy, 1987

LICENSURE

Pennsylvania State Physical Therapy License # PT001975E

Pennsylvania State Direct Access License # DAPT000156

CERTIFICATIONS

Board Certification in Women's Health (ABPTS) – WCS, **2011**; (Re-certification) **2021**

Certificate of Achievement in Pregnancy and Postpartum Physical Therapy (CAPP-OB), **2010**

Certificate of Achievement in Pelvic Physical Therapy (CAPP-Pelvic), **2009**

APTA Certified Clinical Education Instructor, **2004**

AWARDS

Lehigh Valley Health Network Friends of Nursing Award: The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services, 2021

APTA Academy of Pelvic Health Physical Therapy President's Award – Obstetric Committee, 2020

APTA Section on Women's Health (SoWH) Volunteer of the Year, 2018-2019

APTA Section on Women's Health (SoWH) President's Award, 2018-2019

APTA Section on Women's Health (SoWH) President's Award – Nominating Committee, 2018-2019

APTA Section on Women's Health (SoWH) Lab Assistant of the Year, 2017-2018

APTA Section on Women's Health (SoWH) Education Volunteer of the Year, 2016-2017

Best Original Research Award, Pennsylvania Physical Therapy Association (PPTA) Annual Conference, 2017

TEACHING EXPERIENCE

Educator and Co-owner, Snowden & Litos, LLC

2019-Present

Developed and instruct postgraduate clinical education in women's health, with a focus on menopause-related continuing education for healthcare professionals.

Faculty, APTA's Academy of Pelvic Health Physical Therapy (formerly SoWH) 2014-Present

Instructor and curriculum development for postgraduate continuing education nationally and internationally for certification courses in pregnancy, postpartum, and pelvic health physical therapy.

Adjunct Faculty, DeSales University, Center Valley, PA

2014-Present

Instructor in Doctorate of Physical Therapy Program - Educate graduate students through lecture and lab in topics related to pregnancy, postpartum, pelvic anatomy and kinesiology, pelvic girdle dysfunction, and disease prevention/aging in women. Developed and instructed an Advanced Women's Health course. Clinical mentor for student physical therapy research projects.

Clinical Instructor **1998-Present**

Provide physical therapy doctoral students clinical instruction and evaluation in the clinical setting. Educate medical residents and rehabilitation staff in topics related to chronic pain, obstetric physical therapy, pelvic health conditions in all genders, and menopause.

Associate Professor, Lehigh Carbon Community College, Schnecksville PA **1991-1997**

Instructor in Physical Therapist Assisting Program - Curriculum development and educated students through lecture and lab in kinesiology, therapeutic exercise, medical/surgical conditions, physical therapy procedures, massage, and rehabilitation. Coordinated student clinical affiliations and evaluated students' clinical performance. Advisor for student academics and conflict resolution.

CLINICAL EXPERIENCE

Lehigh Valley Health Network, Allentown PA **2006 - Present**

Rehabilitation Clinical Specialist for conditions associated with Woman's Health, Pelvic Dysfunction, and Complex Pain - Evaluate and treat all-gendered outpatient clients with obstetrical, gynecological, urological, anorectal, sexual, orthopedic, and persistent pain disorders. Provide community and interdisciplinary education for physical therapists, medical students, nurses, and physicians. Develop clinical pathways for treatment of pelvic and obstetric therapy, including cancer-related disorders, and physical therapy performance improvement projects. Member of the Opioid Stewardship Committee. Instructed prenatal education and exercise classes.

Blue Mountain Healthcare System, Lehigh PA **2002 - 2006**

Physical Therapist - Provided inpatient and outpatient treatment for patients with orthopedic and neurological conditions, wounds, and cardiopulmonary rehabilitation. Developed and managed physical therapy clinical education

Luther Crest Retirement Community, Allentown PA **1997 - 2002**

Director of Rehabilitation - Managed physical, occupational, and speech therapy services in a continuing care retirement community. Developed Women's Health Clinic, residential fitness programs, and clinical education for physical therapy students. Managed staff and conflict resolution. Created policies and trained executive staff in performing internal investigations. Instructor for company's classes in customer service, stress management, and communication skills. Public health education offered through local radio broadcasts.

Independent Contractor **1991-Present**

Provide pro bono services of fitness and healthy living education in community upon request.

Valley Manor Nursing Rehabilitation Center, Coopersburg, PA **1991-1996**

Rehabilitation Coordinator - Supervised physical, occupational, and speech therapists. Liaison to nursing home executive staff. Provided physical therapy and managed productivity standards.

Sports Physical Therapists Inc., Sellersville PA

1989-1991

Senior Physical Therapist - Provided orthopedic care for athletes and out-patients, conducted orthopedic research, administered functional capacity evaluations and work hardening programs, taught onsite ergonomic classes at manufacturing businesses, performed preseason fitness screenings for athletes, and broadcast health tips during televised Philadelphia 76ers and Flyers games.

Southern Maine Medical Center, Biddeford ME

1988-1989

Senior Physical Therapist - Provided inpatient and outpatient care, coordinated clinical education for physical therapy students, and assisted with administrative duties.

Lawrence and Memorial Hospital, New London CT

1987-1988

Staff Physical Therapist - Provided inpatient and outpatient physical therapy services for patients with wounds, and orthopedic and neurologic conditions.

RESEARCH

Peer Reviewed Publications

Skrzat, J. M., & Griech, S. F. (2021). Clinical Case Studies Across the Medical Continuum for Physical Therapists. Thieme.

- Skrzat JM, **Snowden K**, Ehrhardt K, Maidansky R. Chapter 14: Women's Health

Goodman, C. C., & Fuller, K. S. (2020). Goodman and Fuller's Pathology E-Book: Implications for the Physical Therapist. Elsevier Health Sciences.

- Shelly E, Strahaul MJ, Litos K, **Snowden K**, Rinehart-Ayres M. Chapter 20: The Female Genital/Reproductive System.

Peer Reviewed Professional Presentations and Abstracts:

Note: Names with an asterisk represent students.

Snowden K (Presenter & Author). Filled to the Brim: Master Class on the Pelvis, Perineum, & Pelvic Health - Musculoskeletal Considerations in Pelvic Health. *Experimental Biology 2022*. Philadelphia, PA. April 2, 2022.

Snowden K (Presenter & Author). Genitourinary Syndrome of Menopause. *American Physical Therapy Association Combined Sections Meeting*. San Antonio, TX. February 3, 2022.

Snowden K (Presenter & Author), Skrzat JM (Presenter & Author). It takes two: coupling of respiratory & pelvic diaphragms to optimize breathing. *APTA's Cardiovascular & Pulmonary Section's Post-Acute COVID-19 Exercise & Rehabilitation (PACER) Project*. May 19, 2020.

Snowden K (Presenter & Author), Litos K (Presenter & Author). "Physical Therapists' Guide to Weight Management Coaching for Midlife Women". *American Physical Therapy Association Combined Sections Meeting*. Boulder, CO. February 2020.

Snowden K (Author), Carroll MA (Author), Haring L (Author), Bufiano MR* (Author), Mayhew K* (Author), McGrane M* (Author), Perry C* (Author), Strange E* (Author). Pelvic floor physical therapy successfully treats chronic pelvic pain without opioids: a retrospective chart review.

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American Physical Therapy Association Combined Sections Meeting - poster. Boulder, CO, February 2020.

Snowden K (Author), Carroll MA (Author), Haring L (Author), Bufiano MR* (Author), Mayhew K* (Author), McGrane M* (Author), Perry C* (Author), Strange E* (Author). Pelvic floor physical therapy successfully treats chronic pelvic pain without opioids: a retrospective chart review. *Pennsylvania Physical Therapy Association (PPTA) Annual Meeting - poster. Champion, PA, October 2019.*

Snowden K (Presenter & Author). Musculoskeletal Health and Menopause. *Philadelphia Regional Pelvic Physical Therapy Alliance. Philadelphia, PA. August 6, 2019.*

Snowden K (Presenter & Author), Carroll MA (Presenter & Author). Pelvic Anatomy and Pelvic Physical Therapy. *The 2019 Female Athlete Conference. Sports Medicine Division of Boston Children's Hospital, Wellesley, Massachusetts. Babson College June 6-9, 2019.*

Snowden K (Presenter & Author), Skrzat JM (Presenter & Author). It Takes Two: Coupling of Respiratory & Pelvic Diaphragms to Optimize Breathing. *American Physical Therapy Association Combined Sections Meeting. Washington, DC. January 24, 2019.*

Snowden K (Presenter & Author), Litos K (Presenter & Author). Maximizing the Menopausal Years Through Early Screening and Training. *American Physical Therapy Association Combined Sections Meeting. Washington, DC. January 26, 2019.*

Snowden K (Presenter & Author), Carroll MA (Author), Burris A* (Presenter & Author), Joerger K* (Author), Smelas C* (Author), Levchak J* (Presenter & Author), Yeager L* (Presenter & Author). Hypermobility, Stability, and Pelvic Positioning in Dancers. *American Physical Therapy Association Combined Sections Meeting - poster. Washington, DC. January 2019.*

Carroll MA (Presenter & Author), **Snowden K** (Author), Luciani J* (Author), Clements E* (Author). Pelvic anatomy dissection video for women's health physical therapists. *Experimental Biology 2018; American Association of Anatomists (AAA) - poster. San Diego, CA. April 2018.*

Snowden K (Author), Carroll MA (Author), Luciani J* (Author), Engleman S* (Author), Clements E* (Presenter & Author), Harman L* (Author), Wehrman K* (Author), McCullion L* (Author). Pelvic dissection video's effect on retention and confidence: A pilot study. *American Physical Therapy Association Combined Sections Meeting - PLATFORM. New Orleans, LA. February 2018.*

Engleman S* (Presenter & Author), Clements, E* (Author), Luciani J* (Presenter & Author), Harman L* (Author), Wehrman K* (Author), McCullion L* (Author), **Snowden K** (Author), Carroll MA (Author). Pelvic dissection video's effect on retention and confidence: A pilot study. *Pennsylvania Physical Therapy Association (PPTA) Annual Meeting - PLATFORM. Champion, PA, October 2017.*

Snowden K (Presenter & Author), Carroll MA (Author), Billtez M* (Author), DeSanctis M* (Author), Tarnowski E* (Author). Anatomical Training in Women's Health Physical Therapists.

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*American Physical Therapy Association Combined Sections Meeting - **PLATFORM***. San Antonio, TX, February 2017.

Billtez M* (Presenter & Author), DeSanctis M* (Presenter & Author), Tarnowski E* (Author), **Snowden K** (Author), Carroll MA (Author). Characteristics of Physical Therapists who Treat the Pelvic Floor. *Pennsylvania Physical Therapy Association (PPTA) Annual Meeting - **PLATFORM***. Lancaster, PA, October 2016.

Ritter J* (Presenter & Author), Romano M* (Presenter & Author), Veccia S* (Presenter & Author), **Snowden K** (Author), Carroll MA (Author). Effects of Pelvic Floor Muscle Training on Stress Urinary Incontinence. *Pennsylvania Physical Therapy Association (PPTA) Annual Meeting - poster*. Lancaster, PA, October 2016.

Snowden K (Presenter & Author). Understanding the role of lumbo-pelvic assessment and treatment in the management of women's health and related pathology. *Lehigh Valley Health Network Rehabilitation Services*. Allentown, PA. September 27, 2016.

Snowden K (Presenter & Author), Litos K (Presenter & Author). "Hot Flashes, Low Libido and Back Fat: Singing the Menopause Blues." *American Physical Therapy Association Combined Sections Meeting*. Anaheim, California February 18, 2016.

Snowden K (Presenter & Author). The Female Athlete: Preparation for Impact (without leaking). *Annual Athletic Training Symposium*. Lehigh Valley Health Network. Allentown, PA. August 4, 2015.

Snowden K (Presenter & Author). Vulvar Malignancy: Coping with Altered Body Image. *9th Annual Innovations in the Treatment of Gynecologic Cancers: Vulvar Malignancy/Melanoma*. Lehigh Valley Health Network. Allentown, PA. October 3, 2014.

Snowden K (Author), Moretz C (Presenter & Author). Improving Sexual Function Using a Multidisciplinary Approach for a Breast Cancer Survivor: A Case Report. *American Association of Sexuality Educators, Counselors and Therapists (AASECT) 44th Annual Conference - poster*. Austin, TX. June 2012.

Snowden K (Presenter & Author), Moretz C (Author). Improving Sexual Function Using a Multidisciplinary Approach for a Breast Cancer Survivor: A Case Report. *American Physical Therapy Association Combined Sections Meeting - poster*. Chicago, IL. February 2012.

Snowden K (Presenter & Author), Garges L (Presenter & Author). Improving Symptoms of Stress Urinary Incontinence for Patients with Dyspareunia Utilizing Physical Therapy: A Case Report. *American Physical Therapy Association Combined Sections Meeting - poster*. New Orleans, LA. February 2011.

Professional Presentations, Publications, and Featured Publications:

WFMZ TV Interview for HerHealth Lehigh Valley Health Network – 15-minute interview on *Postpartum Exercise*; aired May 21, 2022. https://www.wfmz.com/features/herhealth/herhealth---midwives-return-to-exercise-after-childbirth/video_9fac22e7-c837-5315-a5a3-00b6d6baf900.html

Keynote Speaker – Norton Healthcare and Bellarmine University Pelvic Health Symposium, Kentucky. Webinar. May 21, 2022.

Invited Speaker – “*Musculoskeletal Considerations in Pelvic Health*” as part of a “Filled to the Brim Master Class on the Pelvis, Perineum, and Pelvic Health”. American Association of Anatomy at Experimental Biology annual conference. Philadelphia, PA. April 2, 2022.

Guest Lecture – “*Practical skills for treating patients during pregnancy, postpartum, and with pelvic dysfunction*”. DeSales University. Center Valley, PA. November 11, 2021.

Guest Lecture – “*Advancing Education in Women’s Health Physical Therapy*”. Live webinar. University of Scranton. November 1, 2021.

Guest Lecture – “*Biomechanics and treatment guidelines for the pregnant female*”. DeSales University. Center Valley, PA. November 18, 2021.

Guest Lecture – “*Bone Health and Osteoporosis*” Live webinar. DeSales University. Center Valley, PA. July 29, 2021.

Presenter – “Genitourinary Syndrome of Menopause”. APTA-New Jersey Live Webinar. 2 CEUs. May 6, 2021.

Course Instructor – “Menopause Management in Rehabilitation”. Live webinar for 28 physical therapists and occupational therapists employed by UCLA Health. 7 CEUs. April 17, 2021.

Guest Lecture – “*Practical skills for treating patients during pregnancy, postpartum, and with pelvic dysfunction*”. DeSales University. Center Valley, PA. November 18, 2020.

Guest Lecture – “*Biomechanics and treatment guidelines for the pregnant female*”. DeSales University. Center Valley, PA. November 17, 2020.

Course Instructor – “*(Pre)Menopause Matters*”. Live webinar. November 14-15, 2020.

Guest Lecture - “*Common Dysfunctions & Pathology of the Pelvic Girdle and Pelvic Floor: Pelvic Floor Musculature Functions*”. DeSales University. Center Valley, PA. November 10, 2020.

Presenter – “*Early Screening to Optimize Women's Cardiac Health*”. Academy of Pelvic Health Physical Therapy 1st Annual Fall Symposium. Live webinar. November 12, 2020.

Course Instructor – “*(Pre)Menopause Matters*”. Live webinar. July 18-19, 2020.

Guest Lecture – “*Bone Health and Osteoporosis*” Live webinar. DeSales University. Center Valley, PA. June 18, 2020.

Course Instructor – “*(Pre)Menopause Matters*”. Live webinar. May 30-31, 2020.

Course Instructor – “*(Pre)Menopause Matters*”. Live webinar. April 4-5, 2020.

Course Instructor – “*(Pre)Menopause Matters*”. Live webinar. March 13-14, 2020.

Guest Lecture – “*Biomechanics and treatment guidelines for the pregnant female*”. DeSales University. Center Valley, PA. November 12, 2019.

KAREN C SNOWDEN, PT, DPT, WCS

Guest Lecture – “*Common Dysfunctions & Pathology of the Pelvic Girdle and Pelvic Floor: Pelvic Floor Musculature Functions*”. DeSales University. Center Valley, PA. November 5, 2019.

Love DB. “Menopause: PTs Help to Ease ‘The Change’.” APTA *PT in Motion* Sept. 2019: www.apta.org/PTinMotion/2019/9/Feature/Menopause/

Speaker – “Musculoskeletal Health and Menopause”. Philadelphia Regional Pelvic Physical Therapy Alliance. Philadelphia, PA. August 6, 2019.

“Menopause is Not a Disease but a Natural Series of Events.” APTA *PT in Motion* April 2019: PTinMotionmag.org/April2019

Guest Lecture - “*Biomechanics and treatment guidelines for the pregnant female*”. DeSales University. Center Valley, PA. November 14, 2018.

Speaker - “*Promoting Breast Cancer Survivorship: Addressing Bone Health, Endocrine Therapy, Sexual Dysfunction & Weight Management After Cancer*”. Second Annual Symposium of the Lehigh Valley Cancer Institute: Partnership with Primary Care. Camelback Resort, Tannersville, PA. November 10, 2018.

Guest Lecture - “*Common Dysfunctions & Pathology of the Pelvic Girdle and Pelvic Floor: Pelvic Floor Musculature Functions*”. DeSales University. Center Valley, PA. November 7, 2018.

Guest Lecture - “*The Pelvic Floor Connection for Maximizing Core Strength*”. DeSales University. Center Valley, PA. August 30, 2018.

Guest Lecture - “*Bone Health*”. DeSales University. Center Valley, PA. June 12, 2018.

Speaker - “*Physical Therapy and the Opioid Epidemic*”. Chronic Pain and Addiction Medicine Symposium. Lehigh Valley Health Network, Allentown, PA. April 28, 2018.

Guest Lecture - “*Biomechanics and treatment guidelines for the pregnant female*”. DeSales University. Center Valley, PA. November 14, 2017.

Guest Lecture - “*Common dysfunctions & pathology of the pelvic girdle and pelvic floor: pelvic floor musculature functions*”. DeSales University. Center Valley, PA. November 7, 2017.

Guest Lecture – “*Treatment Considerations of the Aging Female*”. DeSales University. Center Valley, PA. June 7, 2017.

Guest Lecture – “*Biomechanics and treatment guidelines for the pregnant female*”. DeSales University. Center Valley, PA. November 15, 2016.

Guest Lecture – “*Common dysfunctions & pathology of the pelvic girdle and pelvic floor: Pelvic floor musculature functions*”. DeSales University. Center Valley, PA. November 8, 2016.

Guest Lecture – “*Aging: The Mature Woman in Physical Therapy*”. DeSales University. Center Valley, PA. May 31, 2016.

Consultative Positions:

- Education Certification development – APTA Orthopedic Academy, Occupational Health Special Interest Group. December 2021-Present.
- Research: “Assessing rates of pelvic floor disorders in Veterans with lower limb amputation and exploring relationships to functioning”; U.S. Veteran’s Health Administration and Florida International University. *In process*

- Manuscript Reviewer, APTA Academy of Pelvic Health Physical Therapy Clinical Practice Guideline on Functional Constipation. 2021
- Manuscript Reviewer, *Frontiers in Physiology Journal*, Exercise Physiology Section, 2018
- Lehigh Carbon Community College Physical Therapist Assistant Advisory Board
 - Member 1991 - Present; Chairperson 1991 – 2010
- Reviewer, APTA Section on Women’s Health Clinical Practice Guideline Development Committee, 2014-2015
 - Clinton, S. C., Newell, A., Downey, P. A., & Ferreira, K. (2017). 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*, 41(2), 102-125.

MEMBERSHIPS

American Physical Therapy Association, 1985-Present

American Physical Therapy Association, Academy of Pelvic Health Physical Therapy, 1997–Present

- Formerly Section on Women’s Health; 2019 name change

Pennsylvania Physical Therapy Association, 1989-Present

International Organization of Women’s Health Physical Therapists, 2006-Present

North American Menopause Society, 2016-Present

International Pelvic Pain Society, 2022

International Society for the Study of Women’s Sexual Health, 2013, 2020, 2021

Philadelphia Regional Pelvic Health Alliance, 2018-Present

American Physical Therapy Association, Academy of Geriatric Physical Therapy, 2016

Institute for Women in Pain, Founding Member, 2011-2015

The International Pelvic Pain Society, 2008-2013

VOLUNTEER / PROFESSIONAL DEVELOPMENT

APTA, APHPT Educational Review Committee Chairperson, 2020-Present

APTA, APHPT CAPP Case Reviewer Chairperson (CAPP-Pelvic and CAPP-OB), 2013-Present

APTA, APHPT International Education Committee, 2021

APTA, APHPT CAPP-Obstetric Committee Assistant Chairperson, 2015-2021

APTA, SoWH CAPP-Pelvic and CAPP-OB Case Reviewer, 2011-2013

APTA, SoWH Educational Review Committee, 2013-2020

Clinical Mentor for DeSales University DPT Student Research Projects, 2015-2020

Pennsylvania State Representative, APTA Academy of Pelvic Health Physical Therapy, 2020

Elected Member of the APTA Section on Woman’s Health Nominating Committee, 2017-2019

Clinical Mentor for University of Michigan-Flint DPT Student Service Project, 2015

ABPTS Specialization Academy of Content Experts, 2014

APTA, SoWH CAPP Course Curriculum Oversight Task Force, 2013-2016

Compeer of the Lehigh Valley “Big Sister” Volunteer, 1999-Present

APTA Academy of Pelvic Health Physical Therapy (APHPT) Educator

Course Teaching Assistant, APHPT Pelvic Health Physical Therapy Level 2 Lab, Philadelphia, PA. May 15, 2022.

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Course Instructor, APHPT Pelvic Health Physical Therapy Level 1 Lab course. Temple University, Philadelphia, PA. May 13, 2022.

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy and Teaching Assistant APHPT Pelvic Health Physical Therapy Level 1, Seoul, South Korea. May 7-9, 2022.

APHPT Intrapartum Obstetric Physical Therapy. Live webinar. April 30-May 1, 2022.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. April 23-24, 2022.

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live webinar for Korean Physical Therapists in Seoul Korea. March 19-20, 2022.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. March 19-20, 2022.

Course Instructor, APHPT Pelvic Health Physical Therapy Obstetric OBF, OBA, OBI Lab courses. Baltimore, MD March 11-13, 2022.

Course Teaching Assistant, APHPT Obstetrics Intrapartum Physical Therapy. Live Webinar. March 5-6, 2022.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. February 19-20, 2022.

Course Instructor, APTA Fundamentals of Pregnancy and Postpartum Physical Therapy. Center Valley, PA. January 14-16, 2022.

Course Instructor, APHPT Advanced Pregnancy and Postpartum Physical Therapy. Live webinar. 11/20/21-11/21/21.

Course Instructor, APHPT Pelvic Health Physical Therapy Obstetric OBF, OBA, OBI Lab courses. Moore, Oklahoma. 11/5/21-11/7/21.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. 10/23/21-10/24/21

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Houston, Texas. 9/24/21-9/26/21

Course Instructor, APHPT Pelvic Health Physical Therapy Obstetric OBF, OBA, OBI Lab courses. Amherst, New York. 9/11/21-9/12/21.

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live webinar for Korean Physical Therapists in Seoul Korea. 8/14/21-8/15/21

Course Instructor, APHPT Advanced Pregnancy and Postpartum Physical Therapy. Live webinar. 8/7/21-8/8/21

Course Instructor, APHPT Pelvic Health Physical Therapy Obstetric OBF, OBA, OBI Lab courses. Houston, Texas. 7/9/21-7/11/21.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Las Vegas, Nevada. 6/4/21-6/6/21

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. 5/22/21-5/23/21

Course Lab Assistant, APHPT Pelvic Health Physical Therapy Level 2 Lab, Philadelphia, PA. 5/16/21

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1 Lab course. Temple University, Philadelphia, PA. 5/15/21

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live webinar. 5/1/21-5/2/21

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. 4/24/21-4/25/21

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Course Instructor, APHPT Advanced Pregnancy and Postpartum Physical Therapy. Live webinar. 4/10/21-4/11/21

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live webinar. 3/20/21-3/21/21

Course Instructor, APHPT Advanced Pregnancy and Postpartum Physical Therapy. Live webinar. 1/23/21-1/24/21

Course Instructor, APHPT Advanced Pregnancy and Postpartum Physical Therapy. Live webinar. 12/5/20-12/6/20

Course Lab Assistant, APHPT Pelvic Health Physical Therapy Level 2 Bowel Dysfunction. Live webinar. 11/21/20-11/22/20

Course Lab Assistant, APHPT Pelvic Health Physical Therapy Level 2 Pelvic Pain. Live webinar. 9/19/20-9/20/20

Course Instructor, APHPT Advanced Pregnancy and Postpartum Physical Therapy. Live webinar. 8/29/20-8/30/20

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live webinar. 7/11/20-7/12/20

Course Instructor, APHPT Advanced Pregnancy and Postpartum Physical Therapy. Live webinar. 6/13/20-6/14/20

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live webinar. 5/16/20-5/17/20

Course Lab Assistant, APHPT Pelvic Health Physical Therapy Level 3. Fort Lauderdale, Florida. 12/14/19-12/15/19

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Chicago, Illinois. 12/6/19-12/8/19

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 2-BD. Baltimore, Maryland. 11/16/19-11/17/19

Course Instructor, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Boulder, Colorado. 11/8/19-11/10/19

Course Instructor, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Chicago, Illinois. 10/25/19-10/27/19

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 2 - Pain. Baltimore, Maryland. 10/12/19-10/13/19

Course Instructor, APTA Fundamentals of Pregnancy and Postpartum Physical Therapy. Houston, Texas. 10/4/19-10/6/19

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 1. Ft Lauderdale, Florida. 9/27/19-9/29/19

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 1. Baltimore, Maryland. 8/23/19-8/25/19

Course Instructor, SoWH Advanced Pregnancy and Postpartum Physical Therapy. Detroit, Michigan. 8/2/19-8/4/19

Course Instructor, APTA Fundamentals of Pregnancy and Postpartum Physical Therapy. Detroit, Michigan. 7/26/19-7/28/19

Course Instructor, APTA Pelvic Health Physical Therapy Level 1. Columbia University, Manhattan, New York. 7/12/19-7/14/19

Course Instructor, SoWH (Pre)Menopause Matters. Longmont, Colorado. 4/27-4/28, 2019.

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Course Instructor and Lab Assistant, SoWH Pelvic Health Physical Therapy Level 1. Union, New Jersey. 12/14/18-12/16/18

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 1. Wichita, Kansas. 11/30/18-12/2/18

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 2. St Louis, Missouri. 11/17/18-11/18/18

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 3. Center Valley, Pennsylvania. 11/2/18-11/4/18

Course Instructor, SoWH (Pre)Menopause Matters. Murfreesboro, Tennessee. 10/27/18-10/28/18

Course Lab Assistant, SoWH Advanced Pregnancy and Postpartum Physical Therapy. Chicago, Illinois. 10/19/18-10/21/18

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 3 Hybrid. Dublin, Ohio. 10/13/18-10/14/18

Course Lab Assistant, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. New Haven, Connecticut. 9/21/18-9/23/18

Course Lecturer and Lab Assistant, SoWH Advanced Pregnancy and Postpartum Physical Therapy. Houston, Texas. 8/24/18-8/26/18

Course Instructor, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Detroit, Michigan 7/27/18-7/29/18

Course Instructor, SoWH (Pre)Menopause Matters. Portland, Oregon. 7/14/18-7/15/18

Course Instructor, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Wichita, Kansas. 6/15/18-6/17/18

Course Lecturer and Lab Assistant, SoWH Advanced Pregnancy and Postpartum Physical Therapy. Longmont, Colorado. 4/20/18-4/22/18

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 1. Union, NJ. 3/16/18-3/18/18

Course Lecturer and Lab Assistant, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Lynchburg, Virginia. 4/6/18-4/8/18

Course Lecturer and Lab Assistant, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Dublin, Ohio. 3/9/18-3/11/18

Course Lecturer and Lab Assistant, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Conway, Arkansas. 6/23/17-6/26/17

Course Lecturer and Lab Assistant, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Bolingbrook, Illinois. 4/7/17-4/9/17

Course Lecturer and Lab Assistant, SoWH Advanced Topics in Obstetrics. Portland, Oregon. 3/31/17-4/2/17

Course Lecturer and Lab Assistant, SoWH Fundamentals of Pregnancy and Postpartum Physical Therapy. Kirkland, Washington. 3/10/17-3/11/17

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 3. Orlando, Florida. 3/3/17-3/4/17

Course Lab Assistant, SoWH Pelvic Health Physical Therapy Level 2. Dublin, Ohio. 1/20/17-1/22/17

Course Lecturer and Lab Assistant, SoWH Fundamental Pregnancy and Postpartum Physical Therapy. Washington DC. 7/15/16-7/17/16

Lab Assistant, SoWH Fundamental Pregnancy and Postpartum Physical Therapy. Chicago, Illinois. 3/11/16-3/13/16

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Lab Assistant, SoWH Fundamental Pregnancy and Postpartum Physical Therapy. Des Moines, Idaho. 11/20/15-11/22/15

Lab Assistant, SoWH Pelvic Health Physical Therapy Level 2. Boca Raton, Florida. 11/13/15-11/15/15

Lab Assistant, SoWH Advanced Pregnancy and Postpartum Physical Therapy. Chicago, Illinois. 6/12/15-6/14/15

Lab Assistant, SoWH Fundamental Pregnancy and Postpartum Physical Therapy. Orlando, Florida. 6/4/15-6/6/15

Lab Assistant, SoWH Fundamental Pelvic Physical Therapy, Level 1. Chicago, Illinois. 3/27/15 – 3/29/15

Lab Assistant, SoWH Pelvic Health Physical Therapy Level 3. Madison, Wisconsin. 11/7/14 - 9/14/14

Lab Assistant, SoWH Fundamental Pregnancy and Postpartum Physical Therapy. Edina, Minnesota. 7/24/14 – 7/26/14