

Karen Litos, PT, DPT, WCS

Biographical Summary

Dr. Litos has over 23 years clinical experience and is well-known to physical therapists as a passionate advocate for women's health through her public speaking and course instruction at the local, state, national and international levels. Dr. Litos co-authored Pre-Menopause Matters, a ground-breaking, self-paced, continuing education course training healthcare providers in menopause care. She is board-certified through the American Board of Physical Therapy Specialties in Women's Health and opened the first PT clinic in the greater Lansing area specializing in women's health issues through the lifespan, No Mom Left Behind PT. She has been an active volunteer in many capacities in the APTA Academy of Pelvic Health, including contributing course content to the CAPP obstetrics courses and as an instructor training PTs around the world through live and online courses in obstetrics care. Dr. Litos is co-owner of Snowden & Litos LLC, an online continuing education company offering courses in menopause education.