

## **Karen Snowden, PT, DPT, WCS**

### **Biographical Summary**

Dr. Karen Snowden has her Doctorate in Physical Therapy and is a board-certified specialist in women's health. She received her physical therapy degree from Northeastern University and her Doctorate in Physical Therapy from Widener University. She holds specialty certifications through the American Physical Therapy Association (APTA) in pelvic health (CAPP-Pelvic) and pregnancy / postpartum (CAPP-OB). With more than 35 years of clinical experience, Dr Snowden leads a specialized team of physical therapists in treating patients of all ages and genders in a large hospital-based outpatient clinic. She is a national and international speaker, author, and educator. As faculty of APTA's Academy of Pelvic Health, she instructs in the obstetric and pelvic health physical therapy certification courses. She is an adjunct faculty member in the DeSales University Doctor of Physical Therapy Program. She is a co-owner of Snowden & Litos LLC where she educates healthcare professionals on the latest research and clinical care for women during the menopause transition and beyond. She serves on various APTA Academy of Pelvic Health education committees and has earned numerous awards, including the APTA's prestigious Elizabeth Noble Award. Dr. Snowden is passionate about elevating medical care for women through evidence-based education and promoting patient-centered care for optimizing individual and societal wellness.