

Karen C. Snowden, PT, DPT, WCS

EDUCATION

Widener University, Chester, Pennsylvania

Doctorate Degree in Physical Therapy

Northeastern University, Boston, Massachusetts

Bachelor of Science Degree in Physical Therapy

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

APTA Academy of Pelvic Health Physical Therapy Elizabeth Noble Award for extraordinary and exemplary service to the field of physical therapy, 2024

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

Develop and instruct women's health curriculum, 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**

Doctor of Physical Therapy Program Instructor - Educate graduate students through lecture and lab in topics related to pregnancy, postpartum, pelvic anatomy and kinesiology, pelvic girdle dysfunction, and osteoporosis. Advanced Women's Health course development and instruction. Clinical mentor for student physical therapist research projects.

Clinical Instructor **1998 -Present**

Provide clinical instruction to physical therapist doctoral students, medical residents and physical therapists on topics related to chronic pain, obstetric physical therapy, menopause, and pelvic health conditions in all genders.

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

Instructor in Physical Therapist Assisting Program - Curriculum development and instruction 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 – Manage and mentor colleagues, 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, physicians, and allied health professionals. Develop clinical pathways for osteoporosis, pelvic and obstetric therapy, cancer-related disorders, and physical therapy performance improvement projects.

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 student clinical education. Managed staff and conflict resolution. Created policies and trained executive staff in performing internal investigations. Company-wide instructor for classes in customer service, stress management, and communication skills. Provided public health education through local radio broadcasts.

Independent Contractor**1991-Present**

Consultant for healthcare organizations in the development of educational content and delivery. Provide keynote address at state and national conferences. Pro bono services on 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 student clinical education, 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 orthopedic and neurologic conditions, and wound care.

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). Beyond Pelvic Health: Holistic Approach to Menopause in Physical Therapy. *American Physical Therapy Association Combined Sections Meeting*. Boston, MA. February 15, 2024.

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. *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), Burriss 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), Billez M* (Author), DeSanctis M* (Author), Tarnowski E* (Author). Anatomical Training in Women's Health Physical Therapists. *American Physical Therapy Association Combined Sections Meeting - PLATFORM*. San Antonio, TX, February 2017.

Billez 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:

Speaker – “Physical Therapy for the Lactating Patient”. Lehigh Valley Breastfeeding Coalition Conference. Easton, PA. March 2, 2024.

Guest Lecture and Lab – “*Biomechanics and Treatment Guidelines for the Pregnant Patient*”. DeSales University. Center Valley, PA. November 15, 2023.

Guest Lecture – “*Dysfunction and Pathology of the Pelvis and Pelvic Floor Muscles*”. DeSales University. Center Valley, PA. November 7, 2023.

Speaker – “*Balance, Bladder, Bowel, and Back*”. American Association of University Women. September 19, 2023.

Guest Lecture – “*Bone Health and Osteoporosis*”. DeSales University. Center Valley, PA. June 30, 2023.

Guest Lecture and Lab – “*Biomechanics and Treatment Guidelines for the Pregnant Patient*”. DeSales University. Center Valley, PA. November 15, 2022.

Guest Lecture – “*Dysfunction and Pathology of the Pelvis and Pelvic Floor Muscles*”. DeSales University. Center Valley, PA. November 7, 2022.

Speaker - “*Inclusive Anatomy and Representation in Pelvic Health with Black in Anatomy*”. APTA APHPT webinar. October 12, 2022.

Speaker – “*Physical Therapy Program Development for Comprehensive Care of the Obstetric Patient*”. APTA Pennsylvania; Lehigh Valley Health Network. Allentown, PA October 11, 2022.

Guest Lecture – “*Bone Health and Osteoporosis*”. DeSales University. Center Valley, PA. July 14, 2022.

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

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

Speaker – *“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.

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:

- Specialty Certification Development – APTA Orthopedic Academy, Occupational Health Special Interest Group. December 2021-Present
- 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

- o Member 1991 - Present; Chairperson 1991 – 2010
- Reviewer, APTA Section on Women’s Health Clinical Practice Guideline Development Committee, 2014-2015

MEMBERSHIPS

American Physical Therapy Association
 American Physical Therapy Association, Academy of Pelvic Health Physical Therapy
 Pennsylvania Physical Therapy Association
 International Organization of Women’s Health Physical Therapists
 International Menopause Society
 North American Menopause Society
 International Pelvic Pain Society
 International Society for the Study of Women’s Sexual Health
 Philadelphia Regional Pelvic Health Alliance

VOLUNTEER / PROFESSIONAL DEVELOPMENT

APTA, APHPT CAPP Case Review Committee Chairperson (Pelvic and OB), 2013-Present
 APTA, APHPT International Education Committee, 2021-Present
 APTA, APHPT CAPP-Pelvic Committee, 2021-Present
 APTA, APHPT Education Review Committee, 2013-Present
 APTA, APHPT Curriculum Credential Task Force, 2022-2023
 APTA, APHPT Education Advisory Committee, 2022-2023
 APTA, APHPT Education Review Committee Chairperson, 2020-2023
 APTA, APHPT CAPP-Obstetric Committee Assistant Chairperson, 2015-2021
 APTA, SoWH CAPP-Pelvic and CAPP-OB Case Reviewer, 2011-2013
 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
 ABPTS Specialization Academy of Content Experts, 2014
 APTA, SoWH CAPP Course Curriculum Oversight Task Force, 2013-2016

APTA Academy of Pelvic Health Physical Therapy (APHPT) Educator

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. March 23-24, 2024.
 Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Philadelphia, PA. March 8-10, 2024.
 Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live Webinar. January 13-14, 2024.
 Course Instructor, APHPT Obstetric OBF, OBA, OBI Lab courses. Columbus, OH. December 8-10, 2023.
 Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live Webinar. November 11-12, 2023.
 Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. October 21-22, 2023.

Course Instructor, APHPT Obstetric OBF, OBA, OBI Lab courses. Waltham, MA. October 13-15, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Washington, DC. September 22-24, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. September 16-17, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. August 12-13, 2023.

Course Teaching Assistant, APHPT Pelvic Health Physical Therapy Level 2 Lab. Palo Alto, CA. July 30, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1 Lab. Palo Alto, CA. July 29, 2023.

Course Instructor, APHPT Obstetric OBF, OBA, OBI Lab courses. Houston, TX. July 21-23, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. July 8-9, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. June 10-11, 2023.

Course Teaching Assistant, APHPT Pelvic Health Physical Therapy Level 2 Lab. Philadelphia, PA. May 21, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1 Lab. Philadelphia, PA. May 20, 2023.

Teaching Assistant, APHPT Pelvic Health Physical Therapy Level 1, Seoul, Korea. March 26-27, 2023.

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy, Seoul, Korea. March 25-26, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. March 18-19, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Live Webinar. February 4-5, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Portland, OR. January 13-15, 2023.

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy. Live webinar for Korean Physical Therapists in Seoul Korea. January 7-8, 2023.

Course Instructor, APHPT Obstetric OBF, OBA, OBI Lab courses. Mill Creek, WA. December 9-11, 2023.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Center Valley, PA. December 2-4, 2022.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1. Houston, TX. November 4-6, 2022.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1 Lab. San Antonio, TX. September 24, 2022.

Course Teaching Assistant, APHPT Pelvic Health Physical Therapy Level 2 Lab. Philadelphia, PA. August 28, 2022.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1 Lab. Philadelphia, PA. August 27, 2022.

Course Instructor, APHPT Obstetric OBF, OBA, OBI Lab courses. Center Valley, PA. July 22-24, 2022.

Course Instructor, APTA Fundamentals of Pregnancy and Postpartum Physical Therapy. Live Webinar. July 9-10, 2022.

Course Teaching Assistant, APHPT Pelvic Health Physical Therapy Level 2 Lab. Pensacola, FL. June 26, 2022.

Course Instructor, APHPT Pelvic Health Physical Therapy Level 1 Lab. Pensacola, FL. June 25, 2022.

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

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

Course Instructor, APHPT Fundamentals of Pregnancy and Postpartum Physical Therapy, Seoul, Korea. May 7-8, 2022.

Teaching Assistant, APHPT Pelvic Health Physical Therapy Level 1, Seoul, Korea. May 8-9, 2022.

Course Instructor, 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 Obstetric OBF, OBA, OBI Lab courses. Baltimore, MD March 11-13, 2022.

Course Teaching Assistant, APHPT Obstetric 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 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. 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.

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.

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.

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.