Karen C. Snowden, PT, DPT

Board-Certified Pelvic and Women's Health Clinical Specialist

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Profile Summary

Dr. Karen C. Snowden is an internationally recognized, award-winning, and board-certified physical therapist with 40 years of experience. She is widely celebrated for her clinical expertise and leadership in developing national and international professional curricula in women's and pelvic health. A dedicated clinician and educator, Dr. Snowden has a proven track record of elevating patient care and advancing the field through her extensive professional contributions.

Certifications & Licensure

- **Board Certified Pelvic and Women's Health Clinical Specialist (PWCS)**, ABPTS, 2011 (Recertified 2021)
- **Certificate of Advanced Practice in Obstetric Health (CAPP-OB)**, 2010
- **Certificate of Advanced Practice in Pelvic Health (CAPP-Pelvic)**, 2009
- APTA Certified Clinical Education Instructor, 2004
- Pennsylvania State Physical Therapy License, #PT001975E
- Pennsylvania State Direct Access License, #DAPT000156

Awards & Recognition

- **Elizabeth Noble Award for Extraordinary and Exemplary Service to the Field of Physical Therapy**. This award is the Academy's highest honor. APTA Academy of Pelvic Health Physical Therapy, 2024
- **The Bill and Nancy Mason Award for Excellence in the Delivery of Rehabilitation Services**. This award honors an individual who demonstrates exceptional care and innovation in their practice. Lehigh Valley Health Network, 2021
- Multiple APTA Academy of Pelvic Health Physical Therapy awards including **President's Awards, Volunteer of the Year and Education Awards**, 2016-2020
- **Best Original Research Award**, Pennsylvania Physical Therapy Association (PPTA) Annual Conference, 2017

Professional Experience

Educator and Co-owner, Snowden & Litos, LLC | 2019–Present

- Design advanced, empowering menopause health curricula, training hundreds of healthcare professionals in holistic menopause care.
- Consult with healthcare organizations to establish and optimize multidisciplinary menopause programs.
- Develop corporate programs that improve work environments and employee retention through menopause-informed strategies.
- Serve as an international speaker at professional conferences and community events.

Rehabilitation Clinical Specialist, Lehigh Valley Health Network | 2006–Present

- Deliver evidence-based, specialized physical therapy for patients of all genders with complex pelvic health conditions and holistic care for women across the lifespan.
- Mentor colleagues in treating outpatients of all genders with abdominal, pelvic, and obstetric-related conditions.
- Develop clinical pathways and performance improvement projects for abdominal, pelvic, obstetric, gynecologic, sexual, breast, bone, and cancer-related disorders.
- Provide community and interdisciplinary education for physical therapists, medical students, nurses, and physicians.

Faculty, APTA's Academy of Pelvic Health Physical Therapy | 2014–Present

- Deliver certification courses in pregnancy, postpartum, and abdominal-pelvic physical therapy across the United States, Korea, and Japan.
- Lead and collaborate with other volunteer experts in delivering evidence-based education domestically and internationally.
- Volunteered thousands of hours developing, critiquing, and promoting expert obstetric and abdominal-pelvic physical therapy curriculum.
- Instructed postgraduate curricula for over 100 domestic and international certification courses.

Adjunct Faculty, DeSales University | 2014–Present

- Instruct doctoral students in pelvic-abdominal, obstetric, and osteoporosis rehabilitation.
- Developed and delivered an Advanced Women's Health elective graduate course.
- Mentored student physical therapist research projects.

Independent Contractor | 1991–Present

- Provide consultation to healthcare organizations for educational program development.
- Present keynote addresses at sponsored healthcare events.

Physical Therapist, Blue Mountain Healthcare System | 2002–2006

- Delivered inpatient and outpatient treatment for patients with orthopedic, neurological, and cardiopulmonary conditions, and managed clinical education program.

Director of Rehabilitation, Luther Crest Retirement Community | 1997–2002

- Managed physical, occupational, and speech therapy services within a continuing care retirement community.
- Developed a Women's Health Clinic and established residential fitness programs.

Associate Professor, Lehigh Carbon Community College | 1991–1997

- Developed and instructed curricula for the Physical Therapist Assisting Program.
- Coordinated student clinical affiliations and evaluated student performance.

Rehabilitation Director, Valley Manor Nursing and Rehabilitation Center | 1991–1996

- Oversaw a multidisciplinary team of physical, occupational, and speech therapists.
- Managed productivity standards and collaborated with executive leaders.

Research & Publications

Peer-Reviewed Publications

- **Snowden, K. (2021).** Chapter 14: Women's health. In J. M. Skrzat & S. F. Griech (Eds.), *Clinical case studies across the medical continuum for physical therapists* (pp. 211–225). Thieme.
- **Snowden, K. (2020).** Chapter 20: The female genital/reproductive system. In C. C. Goodman & K. S. Fuller (Eds.), *Goodman and Fuller's pathology E-book: Implications for the physical therapist* (5th ed., pp. 582–607). Elsevier Health Sciences.

Selected Professional Presentations

- **Strong Bones, Steady Core: Optimizing Bone & Pelvic Health During Menopause.** Lehigh Valley Health Network/Jefferson Community Menopause Series, 2026
- **Built to Last: Pillars of Bone Health.** Hinge Health Women's Employee Resource Group, 2025
- **Thriving in Menopause.** Hinge Health Women's Employee Resource Group, 2025
- **Physical Therapy for the Lactating Patient.** Lehigh Valley Breastfeeding Coalition's 6th Lactation Conference, 2024.
- **Beyond Pelvic Health: Holistic Approach to Menopause in Physical Therapy.** American Physical Therapy Association Combined Sections Meeting, 2024.
- **Musculoskeletal Considerations in Pelvic Health.** Experimental Biology, 2022.

- **Genitourinary Syndrome of Menopause.** American Physical Therapy Association Combined Sections Meeting, 2022.
- **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, 2020.
- **Physical Therapists' Guide to Weight Management Coaching for Midlife Women.** American Physical Therapy Association Combined Sections Meeting, 2020.
- **Pelvic Physical Therapy Successfully Treats Chronic Pelvic Pain Without Opioids.** American Physical Therapy Association Combined Sections Meeting & Pennsylvania Physical Therapy Association (PPTA) Annual Meeting, 2019-2020.
- **Musculoskeletal Health and Menopause.** Philadelphia Regional Pelvic Physical Therapy Alliance, 2019.
- **Pelvic Anatomy and Physical Therapy.** The 2019 Female Athlete Conference, 2019.
- **It Takes Two: Coupling of Respiratory & Pelvic Diaphragms to Optimize Breathing.** American Physical Therapy Association Combined Sections Meeting, 2019.
- **Maximizing the Menopausal Years Through Early Screening and Training.** American Physical Therapy Association Combined Sections Meeting, 2019.
- **Hypermobility, Stability, and Pelvic Positioning in Dancers.** American Physical Therapy Association Combined Sections Meeting, 2019.
- **Pelvic Dissection Video's Effect on Retention and Confidence: A Pilot Study.** American Physical Therapy Association Combined Sections Meeting & Pennsylvania Physical Therapy Association (PPTA) Annual Meeting, 2017-2018.
- **Anatomical Training in Women's Health Physical Therapists.** American Physical Therapy Association Combined Sections Meeting, 2017.
- **Characteristics of Physical Therapists who Treat the Pelvic Floor.** Pennsylvania Physical Therapy Association (PPTA) Annual Meeting, 2016.
- **Pelvic Floor Muscle Training Effects on Stress Urinary Incontinence.** Pennsylvania Physical Therapy Association (PPTA) Annual Meeting, 2016.
- **Hot Flashes, Low Libido and Back Fat: Singing the Menopause Blues.** American Physical Therapy Association Combined Sections Meeting, 2016.
- **The Female Athlete: Preparation for Impact (without leaking).** Annual Athletic Training Symposium, 2015.
- **Improving Sexual Function Using a Multidisciplinary Approach for Breast Cancer Survivor.** American Physical Therapy Association Combined Sections Meeting, 2012.
- **Improving Stress Urinary Incontinence for Patients with Dyspareunia.** American Physical Therapy Association Combined Sections Meeting, 2011.

Professional Presentations and Featured Publications

- **Keynote Speaker**, Hinge Health Women's Employee Resource Group, 2025; Norton Healthcare and Bellarmine University Pelvic Health Symposium, 2022.
- **Featured: LVHN The Healthiest You Podcast,** 2025 & **WFMZ TV HerHealth**, 2022.
- **Speaker at OB/GYN Grand Rounds**, Lehigh Valley Health Network, 2022.
- **Author of various articles** including for APTA's *PT in Motion*, 2019-Present.

Professional Service & Affiliations

- **Chairperson**, APTA Academy of Pelvic Health Physical Therapy (APHPT) CAPP Case Review Committee, 2013-Present.
- **Member**, APHPT Education Review Committee, 2013-Present.
- **Consultant**, Occupational Health Practitioner Certificate, APTA Orthopedic Academy, 2021-2023.
- **Member & Chairperson**, Lehigh Carbon Community College Physical Therapist Assistant Advisory Board, 1991-2024.
- **Elected Member**, APTA SoWH Nominating Committee, 2017-2019.
- **Memberships:** American Urogynecologic Society, American Physical Therapy Association, APTA Academy of Pelvic Health, Pennsylvania Physical Therapy Association, International Organization of Physiotherapists in Pelvic and Women's Health, The Menopause Society, International Society for the Study of Women's Sexual Health, International Menopause Society.

Education

- **Doctorate in Physical Therapy**, Widener University, Chester, PA
- **Bachelor of Science in Physical Therapy**, Northeastern University, Boston, MA