



HELPING WOMEN IN PAIN RECLAIM MOVEMENT AND IMPROVE QUALITY OF LIFE

Deborah B. Riczo, Doctor of Physical Therapy, Master Education

Summary

I am a physical therapist who has specialized in women's health early in my career before it was considered a specialty.

My mission is to provide health education specifically on sacroiliac and pelvic girdle dysfunction which impacts so many with low back pain, the leading cause of disability world-wide.

To that end, I have published 2 consumer self-help books, and have been teaching continuing education courses to physical therapists, physiotherapists, and physical therapy assistants on a simplified approach that I developed during my 30 yearlong clinical practice at a large urban county hospital. This approach I have called "The Pelvic Girdle Musculoskeletal Method," or "The PGM Method." I have presented in this area at state and national conferences and on international platforms as well.

You can find me on social media @RiczoHealthEducation: Instagram, FaceBook, & YouTube

Education

- DPT, 2009 Marymount University
- MEd Sports Management, 1991 Cleveland State University
- BS Physical Therapy, 1980 Cleveland State University

Other Education

- Completed "Curriculum for Living" coursework that included communication and leadership training, Landmarkededucation.com

Licensure/Certifications

- Physical Therapist, 1980 State of Ohio.
- Ergonomic Assessment Specialist, American Back School of Atlanta
- Kinesio Tape Certified Practitioner

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Appointments/Honors

- American Health Council Physical Therapy Board 2018
- Best in Patient Care, "Leader in Patient Care Award" 2018.
<https://bestinpatientcare.org/deborah-riczo-med-dpt-bs/>

Professional Activities

- American Physical Therapy Association Member, Lifelong member. Member of Academies: Pelvic Health, Orthopedic, Sport, Education, and Aquatic.
- Ohio Physical Therapy Association. Executive Board, Director 2018-2021. Ohio delegate to House of Delegates APTA 2013-2016, OPTA committee member public relations, nominating. NE District Nominating Chair and numerous positions for NE District, including Public Relations Chair, Assembly Representative, Legislative Representative, and Executive Board Member. Co-Chair of State Conference, OH.
- Cleveland State University Alumni Association Executive Board Member, Secretary; Board of Directors. 2016-2021.
- Cleveland State University Visiting Committee College of Science and Health Professionals. 2016-2022.

Professional Experience

- **Riczo Health Education**, 2011 to present. President. Course development/presentations, author, consultant.
- **WomanKind Cleveland**. 2016-present. Physical therapist for this non-profit, that serves pregnant women medical and social needs. Pro bono.
- **MetroHealth Medical Center**, Cleveland, Ohio, 1980-2016.
 - **Clinical activity:** outpatient adolescent to geriatric male and female patients: orthopedic, women's health, lymphedema, breast cancer and industrial rehab caseload. Sacroiliac consultant. Focus in manual therapies, exercise, and ergonomics for dysfunctions across the spectrum of care.
 - **Administrative activity:** Coordinator of Industrial Rehabilitation Program. Initiated CARF accreditation for Work Hardening program with continued re-accreditation
 - **Program development:** Industrial Rehabilitation, Breast Cancer, Lymphedema and Pelvic Floor.

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- **Cleveland State University:** graduate adjunct faculty Doctor of Physical Therapy Program, 2009 to 2012. Guest lecturer through present.
- **Kinesiotape Association,** lab assistant numerous times, K1, K2, K3 courses.
- **Contemporary Physical Therapy Services, Inc.** 1983-1993. President/co-founder. Program development, instructor training for group exercise programs: prenatal, postpartum, low impact aerobics, step aerobics Programs contracted to hospitals.

Professional Presentation Highlights

- **Tackling Sacroiliac Dysfunction and Pelvic Girdle Pain.** APTA Academy Pelvic Health. May, Oct 2020, March 2021, Nov 2021, March 2022, Nov 2022. 7.5-hour Zoom webinar.
- **Sacroiliac and Pelvic Girdle Pain.** 2- hour Zoom webinar. Cleveland State University DPT program. May, 2020, April 2021, March 2022. Onsite lecture/lab 2010-2021.
- **Tackling Sacroiliac Dysfunction and Pelvic Girdle Pain.** Cleveland Clinic. Section on Women's Health, Sept. 2019, 7.5-hour on-site course.
- **Prenatal and Postpartum Rehabilitation.** Motivations Inc. Ongoing 2-hr webinars beginning 2019 through present.
- **Breast Cancer Rehabilitation:** Motivations Inc. Ongoing 2-hr webinars beginning 2019.
- **Tackling Sacroiliac Dysfunction and Pelvic Girdle Pain.** Motivations Inc. Ongoing 2-hr webinars beginning 2018 through present
- **Tackling Sacroiliac Dysfunction and Pelvic Girdle Pain.** APTA CSM 2018. February 24, 2018. New Orleans.
- **TMJ and Thorax Anatomy Review.** Contributing lecturer/lab in *Cadaver Anatomy Review: Cervical/thoracic Spine & Upper Extremity*, 7 CEU, NE District APTA sponsored, pro bono. All proceeds OPTA research/NEOPTA scholarship fund, Dec 9, 2017.
- **Five Ways to Improve your Work Output, Creativity and Leadership.** CSU Alumni Association. City Club, Cleveland, OH. Nov 14, 2017.
- **Simplifying Sacroiliac Dysfunction.** 15 hours. Sponsored by Section on Women's Health, APTA. San Diego, June 10-11, 2017; Houston, April 29-30, 2017; Columbus, March 19 & 20, 2016.
- **Core Strengthening from the Inside/Out.** OPTA Annual Conference, March 25, 2017.
- **Sudden Onset of Dysfunction in a Pregnant Woman.** Case presentation at Marilyn Mount Case Report night, NE District APTA event, Dec 7, 2016.



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- **Abdominals and Pelvic Floor Anatomy Review.** Contributing lecturer/lab in *Cadaver Anatomy Review: Lumbar Spine & Lower Extremity*, 7 CEU, NE District APTA sponsored, all proceeds OPTA research, Dec 3, 2016.
- **Core Strengthening from the Inside/Out.** 3 hours. Lake Hospital System, Euclid, OH, March 9, 2016.
- **Breast Cancer: What the general therapist needs to know.** 7 hours. Mercy St. Vincent Medical Center, March 5, 2016.
- **Breast Cancer: diagnosis and effects on movement.** 2 hours. OPTA Annual Conference, April 23, 2016.
- **Pregnancy and Postpartum Update.** 4 hours. Holiday Inn, Independence, OH, Jan 16, 2016, Dec 10, 2016.
- **Core Strengthening from the Inside/Out.** 3 hours. Holiday Inn, Independence, OH, Jan 16, 2016, Dec 10, 2016.
- **Breast Cancer: What the general therapist needs to know.** 7 hours. Holiday Inn, Clev, OH, Dec 5, 2015.
- **Breast Cancer Symposium.** 1.5 hours. University of Toledo, NW district, March 23, 2015.
- **Simplifying Sacroiliac Dysfunction.** 6 hours. MetroHealth Medical Center to PM&R residents, Nov. 7, 2014 and Nov 14, 2014.
- **Simplifying Sacroiliac Dysfunction.** 7 hours. Cleveland State University, Ohio, May 20 & 21, 2011, November 4, 2011; Lake TriPoint Medical Center, Ohio, June 4, 2011; Walsh University, Ohio, June 18, 2011; The University of Findlay, Ohio, July 16, 2011; Hilton Garden Inn, Perrysville/Toledo, Ohio, November 18, 2011; Clark State Community College, Ohio, December 2, 2011; University of Cincinnati, Ohio, December 3, 2011, Community Sports Center, March 3, 2012, Cleveland State University, March 16, 2012; PT Services Rehabilitation, October 20, 2012; TriPoint Medical Center, December 1, 2012; MetroHealth Medical Center, March 2, 2013, Cedar Point, June 7, 2013, Mercy St. Vincent Medical Center, November 2, 2014.
- **Breast Cancer, Lymphedema and Interventions.** 7 hours. TriPoint Medical Center, February 23, 2013; Cedar Point, June 6; Community Sports & Therapy Center, October 26, 2014; MetroHealth Medical Center November 9, 2013.
- **MetroHealth Spine Panel.** Community presentation with MetroHealth Spine Center Chair, PM&R physicians to community. September 26, 2013.
- **The Prenatal Client.** APTA Combined Section Meeting, Chicago, Illinois, February 10, 2012, 2 hours.
- **Case Report: Assessment and treatment of pelvic girdle rotation in a patient with hip and leg pain.** Continuing Education course, sponsored by Ohio Physical Therapy Association. 2 CEU's. November 4, 2009.



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- **Diagnosis of anterior rotation of the innominate in an elderly patient with unilateral buttock, hip and lateral thigh pain: suggestions for a new cluster of sacroiliac region dysfunction tests.** Poster presentation at Ohio Physical Therapy State Conference. October 16, 2009.
- **Guest Lecturer at Cleveland State Physical Therapy Program, 1997 to 2009.** Topics included: **The Obstetric Patient, Physical Therapy, Obstetrics and Incontinence, Physical Therapy in the Child-bearing year, Women's Health Issues, The Obstetrical Back.**
- **The Injured Worker. Symposium. Ergonomics.** PT and OT continuing education course, 2004. Coordinator of 14 speakers, also participated in speaking, topic: **Ergonomics.**
- **Physical Therapy and the prenatal and postpartum patient.** NE District APTA continuing education course. 2004. 2 CEU's
- **MomerciseSM prenatal and postpartum fitness program.** APTA Combined Sections Conference, Orlando, Florida. 1991.
- **Exercise guidelines & precautions during pregnancy.** APTA Combined Sections Conference, Orlando, Florida. 1991.
- **Prenatal and postpartum fitness.** APTA Sections Conference, Houston, Texas. 1984.
- **Obstetrical care in the childbearing year: the physical therapist's role.** MetroHealth Medical Center sponsored continuing education course for physical therapists. 1983.

Community Presentations

- **Consumer groups:** numerous presentations; topics include back and pelvic girdle pain, balance & falls, posture, exercise, arthritis, core strengthening, prenatal and postpartum issues
- **Television Appearances:** WKYC News and Live on Lakeside segments on back & pelvic girdle pain in pregnancy and postpartum, sacroiliac/back pain, computer workstations, Kinesiotaping, purses/sizes/pain; Golden Opportunities segments on computer ergonomics, posture, importance of movement/sitting risks; Robin Svoboda Show segments on backpacks. (See website for clips)
- **Web/video:** MetroHealth (exercise tips for seniors), YouTube Deborah Riczo channel: posture sitting, posture standing, Serola sacroiliac belt donning. Multiple videos on Instagram and Facebook @riczohealtheducation

Publications

- **Back and Pelvic Girdle Pain in Pregnancy and Postpartum: find relief using the Pelvic Girdle Musculoskeletal Method,** (OTPT, MN 2020).
- **Sacroiliac Pain, understanding the Pelvic Girdle Musculoskeletal MethodSM.** OTPT, MN. 2018.



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- **Spinal dysfunction in the female.** *Orthopedic Physical Therapy Clinics of North America*. March, 1996.
- **Oh, my aching back! Backache during pregnancy.** *IDEA Today Magazine*, Prenatal Exercise Resource Series Book: 1990.
- **Backache during pregnancy.** Brochure. Leading Lady Companies, 1990, 2009.
- **ACOG's guidelines for exercise—accepted or contested?** *Journal of Obstetric & Gynecologic Physical Therapy* 13:1, March 1989.
- **ACOG's guidelines for exercise—accepted or contested?** *Cardiopulmonary Record* 2:2, 1987.

Community Activities

- Cleveland State University Alumni Association Board of Directors, director, 2016-2021. Executive Board Member, Secretary 2018-2021.
- WomanKind Cleveland. Volunteer regular lecturer on prenatal exercise to pregnant women as part of childbirth education classes, 2006-2019. Converted to online due to pandemic.