

Gina Kelly-Elliott, PT, DPT

Doctor of Physical Therapy

Board-Certified Specialist in Women's Health Physical Therapy (WCS)

Certificate of Achievement in Pelvic Health Physical Therapy (CAPP-Pelvic)

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319 E. Morgan Ave Chesterton, IN 46304

Education

Governors State University Doctor of Physical Therapy	Class of 2015
New School for Social Research BA Cultural Studies	Class of 2000

Training

Lumbopelvic Rehabilitative Ultrasound Imaging: A Clinical Training Course The Prometheus Group with Ramona Horton WI	April 2022
Birth Doula Workshop DONA International Crown Point, IN Pregnancy, intrapartum, and post-partum support and advocacy training	July 2022
Spinning Babies Valparaiso, IN Pregnancy and intrapartum support	2018
Dry Needling Foundations Myopain Seminars Indianapolis, IN 34 hrs foundational training	2018

Licensure and Certifications

Indiana State Physical Therapist License #05011844A	2015-present
Board-Certified Specialist in Women's Health Physical Therapy (WCS) American Board of Physical Therapy Specialties	2023
Pregnancy and Postpartum Corrective Exercise Specialist Core Exercise Solutions	2021
Certificate of Achievement in Pelvic Health Physical Therapy (CAPP-Pelvic) APTA Academy of Pelvic Health	2019

Work Experience

Clinical Specialist Powers Rehabilitation Center Crown Point, IN <ul style="list-style-type: none">Updated chart audit procedure for the department to streamline process and enhance clinical utilityTrained in and implemented RUSI evaluation and treatment strategies to modernize careRevised clinic evaluation and treatment templates to maximize carryover of current best practices into daily documentation	2022-present
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<ul style="list-style-type: none"> • Provided monthly mentorship to early career pelvic therapists 	
<p>Physical Therapist Franciscan Alliance Crown Point, IN</p> <ul style="list-style-type: none"> • Expanded neurological treatment options through initiating LSVT Big program, selection of equipment including overhead harness and treadmill system for best practice in stroke rehabilitation • Initiated pelvic health program at Franciscan Point; increased referrals through marketing and professional affiliations; decreased referrals out by expanding treatments offered • Oversaw St. John clinic for a year during hiring process; initiated dry needling program; increased referral volume to support increase from PT to therapist and PTA team; recruited and oriented new hires • Inpatient Acute/Rehabilitation 2015-2017 • Treated patients in Acute Inpatient including the ICU early mobility program and step down unit, vestibular, post-operative orthopedic, trialed and prescribed assistive devices • Collaborated with physicians, nursing, allied health, social work, and patient/family on patient care and discharge planning • Provided staff with body mechanics and safety training • Treated patients in Rehabilitation Institute of Chicago at Franciscan Health Crown Point • Participated in Observership program at new Shirley Ryan Abilitylab for patients with stroke, brain injury, and vestibular conditions • Partnered with Trauma department of hospital to provide research-based community fall prevention education programs; completed Stepping On Balance and Falls Prevention; provided education and marketing at community events, senior centers, and libraries • Provided presentations at libraries, senior centers, community centers, and scouting events on Parkinson disease, balance and fall prevention, disability and diversity, women's health 	2015-2022
<p>Physical Therapist TLC Physical Therapy, LLC Valparaiso, IN</p> <ul style="list-style-type: none"> • Provided coverage for caseload overflow 	2021-2022

Teaching Experience

<p>Adjunct Faculty - Ivy Tech College 2025-present Anatomy & Physiology</p>
<p>Teaching Assistant – Academy of Pelvic Health Physical Therapy 2023 - present</p> <ul style="list-style-type: none"> • CAPP-OB Series, CAPP-Pelvic Series • International experience - Dubai, UAE Fall 2025 • Teaching Mentee - 2026
<p>Teaching Assistant – Prometheus 2024 Lumbopelvic Rehabilitative Ultrasound Imaging: Clinical Training Course</p>
<p>Presenter - Best Practices for Peri-Partum Rehabilitation: Foundations, Disparities and Innovations 2023 APTA Fall Conference Evansville, IN</p>
<p>Presenter - Rehabilitation Ultrasound for Core Assessment and Training APTA IN Northwest District Meeting Crown Point, IN</p>
<p>Presenter - Improving Peri-natal Outcomes with PT APTA Pelvic Health Webinar Midwest Journal Club Lunch & Learn Virtual</p>

<p>Presenter - Running During Pregnancy and Postpartum, Why Do Women Stop Running During Pregnancy and Not Return to Running in the Postpartum Period? APTA Pelvic Health Webinar Midwest Journal Club Lunch & Learn Virtual</p>
<p>Speaker - Pelvic Floor Physical Therapy Information Session Prima Bella Virtual</p>
<p>Graduate Assistant - Governors State University Writing Center University Park, IL</p> <ul style="list-style-type: none"> • Provided tutoring, workshops, research assistance to college students and faculty
<p>Adjunct Professor - Prairie State College English, Writing, English as a Second Language Chicago Heights, IL</p> <ul style="list-style-type: none"> • created a learning community partnership between Writing and Biology departments, assisted with English/Spanish GED/ABE; co-created and delivered new programs including content area, advanced, and bridge classes
<p>Instructor – Istituto San Clemente Brescia, Italy</p> <ul style="list-style-type: none"> • Levels Basic through Advanced
<p>Bilingual Teacher – Bloom High School Chicago Heights, IL</p> <ul style="list-style-type: none"> • American History, Biology, Geography, and mathematics recovery through Algebra 1; volunteered after school for Project Hope & dance club
<p>Teacher - English as a Second Language/Bilingual – Lowell-Longfellow Elementary Harvey, IL</p> <ul style="list-style-type: none"> • Instructed grades 2-3, conducted state testing, assisted in IEP meetings
<p>Paraprofessional for English as a Second Language – Thornridge High School Dolton, IL</p> <ul style="list-style-type: none"> • providing instructional and translation support to teachers and parents, conducted and scored state testing, assisted in IEP meetings

Professional Affiliations and Memberships.

American Physical Therapy Association	2012-present
Academy memberships: Pelvic, Male and Pregnancy & Postpartum SIGs; Pediatrics; Leadership and Innovation, Global Health and Tech SIGs	Varied, 2012-present
Global Pelvic Health Alliance	2021-present
DONA International	2021-2023
Evidence-Based Birth	2021-2023

Leadership and Volunteer Experience

<p>Guideline Development Group Chair APTA Academy of Pelvic Health, Clinical Practice Guideline Steering Committee</p> <ul style="list-style-type: none"> • Volunteered and participating in initial development • Attended and reported back on CSM annual CPG meeting 	February 2024-Present
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<ul style="list-style-type: none"> Barrier identification and current development of strategies together with leadership to streamline process improving quality and efficiency of future initiatives 	
<p>Social Responsibility Award Volunteer APTA Academy of Leadership and Innovation</p> <ul style="list-style-type: none"> Abstract review with recommendations Awarding of ribbons to selected scholars 	February 2024
<p>Specialization Academy of Content Experts American Board of Physical Therapy Specialties</p> <ul style="list-style-type: none"> Item Writing for Specialty and Maintenance exams Standard Setting Maintenance of Specialty Certification 	January 2024-Present
<p>Knowledge Translation Task Forces Postpartum Pelvic Girdle Pain & Functional Constipation CPGs APTA Academy of Pelvic Health, Knowledge Transfer Committee</p> <ul style="list-style-type: none"> Collaborating with group and leadership to general deliverables including patient, PT, and referral facing implementation materials to facilitate use of research in clinical practice Developing KT handbook and orientation training materials based of KTA framework to establish foundation for future successful knowledge translation activities 	April 2023-Present
<p>Volunteer Teaching Assistant APTA Academy of Pelvic Health, CAPP-OB Program</p> <ul style="list-style-type: none"> Assisted in attendance, breakout rooms, and student questions at live labs OBF, OBA, OBI and virtual lecture OBF 	June-November 2023
<p>Indiana State Representative APTA Academy of Pelvic Health, Membership Committee</p> <ul style="list-style-type: none"> Collaborated with a local author and DEI state chair for fall conference presentation Began quarterly interview with pelvic professionals for newsletter Developing an interdisciplinary local network to help future representatives including doulas and minority health coalition leaders Facebook live development and recordings highlighting health inequities and relevant Academy resources for further learning; posting events and resources in FaceBook and Member Engage 	April 2022-Present

Continuing Education

<p>Pelvic Health</p> <ul style="list-style-type: none"> Cystic Fibrosis and Pelvic Health Function 2024 Keeping Kegels in the Mix: Evidence and Nuance 2024 Increase Your Expertise By Learning to Treat Complex Patients With Pain and Pelvic Health Concerns 2024 Managing Urinary Incontinence in Men: Evidence-Based Assessments and Exercises for Individualized Treatment 2024 Treating the Whole Person: Endocrine, Gastrointestinal, and Hormonal Considerations for PT Practice 2023 Changing "POP" Culture: An Evidence-Based Approach to Helping People With Pelvic Organ Prolapse 2023 MSK-US Integration into Physical Therapist Clinical Practice: Directions Exemplified By Case Reports 2023 Female Pelvic Health in Sports through the Lifespan 2023 Talli Rosenbaum Sexual Health Medbridge 2019 	April 2024-present
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- Part A: Sex and Sexuality in Physical Therapy Practice
- Part B: Sexuality for Pelvic Floor Practitioners
- Part C: Clinical Tools for Treatment of Complex Sexual Pain Disorders - Addressing Psychosocial Factors in Treatment
- Pediatric Pelvic - Dawn Sandalcini, course series MedBridge
- Pediatric Pelvic - Carina Siracusa course series, Medbridge

Obstetric Physical Therapy

- Peripartum Cardiovascular Health Disparities and How Physical Therapists Play a Vital Role across Settings 2024
- Equity Is Not Equality: Our Role in Protecting the Birth Experience They Want 2024
- Oh Baby! How Biomechanics Research Can Inform Perinatal Clinical Decisions 2023
- Disparities in Maternal and Infant Health and What You Can Do About It 2023
- CAPP-OB course series completed 2022:
 - Fundamental Topics of Pregnancy & Postpartum Physical Therapy
 - Advanced Topics of Pregnancy & Postpartum Physical Therapy
 - Intrapartum lecture
- Physical Therapy Evaluation and Treatment for Musculoskeletal Conditions During Pregnancy: Foundational clinical concepts and techniques for the musculoskeletal therapist. Suzanne Badillo, PT, WCS. Shirley Ryan June 2017

Oncologic Physical Therapy

- Sexual Survivorship: Navigating Sex after Cancer Treatment 2023
- Pelvic Floor Intervention Strategies for Urogenital and Breast Cancer Rehabilitation, 2018

Knowledge Generation and Translation

- Beyond Clinical Practice: Pathways to Become a Physical Therapist Informaticist 2024
- Science isn't finished until it's understood! 2024
- APTA Knowledge Translation Workshop - Recorded 2024
- Knowledge Translation: A Clinical User Guide 2024
- American Board of Physical Therapy Residency and Fellowship Education: Candidacy Workshop 2023
- Specialist Certification Examination Item Writing: An Overview 2023

Equity

- Peripartum Cardiovascular Health Disparities and How Physical Therapists Play a Vital Role across Settings 2024
- Equity Is Not Equality: Our Role in Protecting the Birth Experience They Want 2024
- Racial & Ethnic Disparities in Pelvic Health: Foundations of Providing Equitable Care to Persons of Color 2023
- Utilizing a Health Justice and Systems Thinking Approach to Strengthening DEI Efforts 2023
- Disparities in Maternal and Infant Health and What You Can Do About It 2023

Pain

- Increase Your Expertise By Learning to Treat Complex Patients With Pain and Pelvic Health Concerns 2024
- Pain Science Transformed into Clinical Practice Shirley Ryan Abilitylab
- A World of Hurt: A Guide to Classifying Pain Course RIC 11/13/2016
- Manual Therapy Management of the Lumbopelvic Spine, APTA 10/3/2015
- Lumbar Spine: Manual Therapy Management, Institute of Clinical Excellence

Neurologic

- LSVT Big for Parkinson and Movement disorders - Certified October 7, 2015
 - Recertified November 2017
- Rehab Institute of Chicago (Now Shirley Ryan AbilityLab) - July 22-23rd 2016 22nd Annual Interdisciplinary Stroke Course: New Science and Classic Foundations
- Shirley Ryan AbilityLab Webinars -
 - Yes! You Too Can Predict Stroke Outcomes Part 1: Predicting General Recovery 12/8/16 1.0 hrs
 - Yes! You Too Can Predict Stroke Outcomes Part 2: Predicting General Recovery 12/12/2016 1.0 hrs

- Medical Complications of Patients with SCI and its Impacts on Rehabilitation, Webinar
- Medical Complications after Traumatic Brain Injury, Webinar
- Initial Assessment of Visual Impairment in the Patient with Neurological Deficits, Webinar
- Shirley Ryan AbilityLab August 2017 -Observership program IP Rehab Shadowing - 2016
- ISCOS International Spinal Cord Society - Physiotherapy Management of Spinal Cord Injuries - MOOC, 15 hrs

Combined Sections Meetings

- 2014, 2015, 2023, 2024

References

References will be provided upon request.