

**JULIA C. MONIE, PT, MS, WCS**  
**Board Certified Specialist in Women's Health Physical Therapy**  
Barrington, Illinois 60010

**SUMMARY**

Experienced pelvic health and obstetric physical therapist and instructor, Board Certified Specialist in Women's Health Physical Therapy possessing APTA Certificates of Advanced Practice in Obstetric and Pelvic Physical Therapy and Master's degree in Interprofessional Women's Health

**EXPERIENCE**

2017 – Present

**Instructor/Lab Assistant**

**Academy of Pelvic Health Physical Therapy, APTA**

Instructor for CAPP-OB virtual OB-Ante, OB-Post, OB-Intra courses and OB-Ante/Post and OB-Intra live labs. Assist and support instructors as LA/TA in provision of lecture and lab portions of obstetric and pelvic continuing education courses for physical therapist and physical therapist assistants, conduct CAPP testing during courses.

2024

**Instructor OBF, Tokyo, Japan**

**Academy of Pelvic Health Physical Therapy, APTA**

Co-instructor/TA OBF live labs in Tokyo, Japan. Also recorded 2 modules for virtual OBF and created and recorded OBF case reflections for breakout sessions for OBF-Japan.

2024

**International Task Force**

**Academy of Pelvic Health Physical Therapy, APTA**

Member of the International Task Force charged by APHPT Board and the Executive Director with creating documents to be used in assessing member interest in APHPT international engagement, selecting appropriate countries/sites and instructors, providing resources and support to international faculty, and exploring other international opportunities and potential partners

2017 – Present

**CAPP-OB and CAPP-Pelvic Case Reviewer**

**Academy of Pelvic Health Physical Therapy, APTA**

Review, provide feedback to author, and score according to rubric case reflections submitted for CAPP-OB and CAPP-Pelvic Certificate of Achievement.

2011 – 2025

**Endeavor Health, Evanston, IL**

**Pelvic Health Physical Therapist, Level III**

Perform assessments and provide physical therapy interventions to outpatient population including pelvic health (adult and pediatric), OB and ortho diagnoses. Participate in interprofessional Center for Pelvic Health including research projects and anorectal manometry testing. Mentor new staff and act as CI for students. Provide community education programs and observation opportunities in pelvic floor therapy for Family Practice residents.

2017 – 2023	<b>Member/Past Chair CAPP-OB Committee Academy of Pelvic Health Physical Therapy, APTA</b> Collaborated with other committee members to develop and update CAPP-OB course material including updating individual modules and labs, writing and aligning test questions to course content, creating and updating case scenarios for CAPP testing, selecting course pre-reads. As Chair, responsible for leading the Committee to fulfill the CAPP-OB mission.
2007 – 2011	<b>Northwest Community Healthcare, Arlington Heights, IL Rehabilitation Services Manager, CCCE</b> Responsible for daily operations and supervision of PT, OT, ST staff in a multidisciplinary hospital outpatient clinic; provided physical therapy assessments and interventions to outpatient population including pelvic health (men and women), OB, ortho, neuro and general medical diagnoses; coordinated student program at all sites.
2003-2007	<b>Physical Therapist</b> Performed assessments and provided physical therapy interventions to outpatient population including pelvic floor (men and women) ortho, neuro and general medical diagnoses; acted as CI for students; provided community education programs.
2001 – 2003	<b>Sherman Health Systems, Elgin, IL Director of Rehabilitation Services</b> Responsible for clinical and financial operations of acute, TCC, SNF, outpatient and off-site rehabilitation programs (ten cost centers and 60 FTE) including evaluation and development of new service lines, customer satisfaction, employee recruitment and retention, productivity management and JCAHO compliance.
<b>EDUCATION</b>	Masters of Science in Interprofessional Women’s Health Rosalind Franklin University of Medicine and Science  Bachelor of Science and Certificate of Physical Therapy, The University of Wisconsin – Madison
<b>PROFESSIONAL CERTIFICATIONS</b>	ABPTS Women’s Health Clinical Specialist, 2022 Recertification CAPP-OB, APHPT, APTA, 2020 ABPTS Women’s Health Clinical Specialist, 2012 CAPP-Pelvic, SoWH, APTA, 2009
<b>CONTINUING EDUCATION</b>	Male Pelvic Health, Marquette University, 16 hours 2024 Gynecological Visceral Mobilization, APHPT, Gail Wexler 30 hours 2024 Academy of Pelvic Health Programming 20 hours CSM 2021 PT in Gender Affirming Care: Transgender Health APHPT 15 hours 2020 (Pre)Menopause Matters, Snowden and Litos 16 hours 2020 Linked Breathing and Postural Control Mary Massery 14 hours 2020 PF Intervention Strategies for Urogenital and Breast Cancer Rehab APHPT 8 hours 2019 Advanced Dynamic Anatomy Great Lakes Seminars 16 hours 2019

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Male Pelvic Health Paul Hodges Entropy PT 24 hours 2019  
 Treatment of Bowel, Bladder and Pelvic Disorders Marquette Univ 32 hours 2018  
 Considerations and Intervention of Intrapartum Support APTA 22 hours 2017  
 Cancer Rehabilitation 7 hours NCH 2017  
 Section on Women's Health Programming 19 hours CSM 2016  
 November Summit, Topics in Pelvic and Abdominal Health (Diane Lee, Kathe Wallace, Hollis Herman, Deborah Coady, MD) 17 hours 2015  
 Advanced Topics in Pregnancy & Post-Partum APTA 24 hours 2015  
 Pediatric Incontinence and Pelvic Floor Disorders 17 hours 2015  
 Section on Women's Health Programming 19 hours CSM 2015  
 Fundamental Topics in Pregnancy & Post-Partum APTA 24 hours 2014  
 The Active Female throughout the Lifespan RIC 19.5 hours 2014  
 Ultrasound for Examination of Pelvic Floor RIC 4 hours 2014  
 Anorectal Manometry Sandhill Scientific 16 hours 2013  
 Mobilization of Visceral Fascia for the Tx of Pelvic Dysfunction 16.75 hours 2013  
 Advanced CI Education and Credentialing Program APTA 16 hours 2013  
 Strategies for Successful Residency and Fellowship Mentoring 6 hours CSM 2013  
 Behavioral and Rehab Treatment of Bowel Disorders Marquette 17.5 hours 2012  
 Women's Health Section Programming 19 hours CSM 2012  
 Pelvic Physical Therapy Level 3 APTA 23 hours 2008  
 Pelvic Physical Therapy Level 2 APTA 23 hours 2008  
 Pelvic Physical Therapy Level 1 APTA 23 hours 2007  
 Female Core Conversion 7 hours 2007  
 Women's Health Symposium 8 hours 2005

**PROFESSIONAL  
AFFILIATION**

Member APTA, Illinois Chapter & The Academy of Pelvic Health  
 State of Illinois Physical Therapy License # 070-003147  
 CPR certified

**VOLUNTEER  
ACTIVITIES**

Habitat for Humanity Fox Valley, IL; monthly participation in home construction  
 Woodstock Bible Church soup kitchen and food pantry, monthly 2011 to 2019  
 Youth Mission Trip leader, 8-day trip to Detroit, MI, 2013