

Kari J. Melby, MPT

Curriculum Vitae

TITLE: Pelvic Health Physical Therapist, Jones Physical Therapy
Senior Director Women's Health Services, ATI Physical Therapy

Work Address: 1655 N Grandview Ln #204, Bismarck, ND 58503
790 Remington Blvd, Bolingbrook, IL 60440

EDUCATION

2000 – 2002	Master of Physical Therapy, University of North Dakota, Grand Forks, ND, <i>summa cum laude</i>
1999 – 2000	Bachelor of Science in Physical Therapy, University of North Dakota, Grand Forks, ND
1996 – 1999	Major, Pre-Physical Therapy, University of North Dakota, Grand Forks, ND

LICENSURE INFORMATION/REGISTRATION NUMBER

Licensed Physical Therapist: State of Illinois – **070013264**
State of Arizona – **LPT-30930**
State of North Dakota – **2265**

RESEARCH AND TRAINING

2002	Scholarly Project, “ <i>Determining the level of knowledge of UND college age women in regards to the risks, precautionary measures, and modes of exercise during pregnancy</i> ”
2006 – present	Trained women's and men's pelvic health physical therapist
2005 – present	Trained prenatal and postpartum exercise instructor

EMPLOYMENT AND POSITIONS HELD

06.2020 – present	Pelvic Health physical therapist – Jones Physical Therapy , Bismarck, ND
07.2006 – present	Pelvic Health physical therapist – ATI Physical Therapy , Chicago, IL and Phoenix, AZ <i>See additional information below for positions held and professional experience within ATI Physical Therapy</i>
01.2020 – present	Senior Director Women's Health Services, Quality – ATI Physical Therapy Oversee women's, men's, and pediatric pelvic health services on national level Develop and establish women's health educational tracks for operational/clinical needs Establish program expectations and assist in ops/clinical staff knowledge and assimilation

01.2019 – 12.2019	<p>Senior Director Women's Health Services, Clinical Excellence – ATI Physical Therapy</p> <p>Oversee women's, men's, and pediatric pelvic health services on national level</p> <p>Develop/instruct ATI Academy women's and men's pelvic health educational coursework</p> <p>Clinical mentor for incoming women's and men's pelvic health clinicians on national level</p> <p>Establish program expectations and assist in ops/clinical staff knowledge and assimilation</p> <p>Assist in national University partnerships and student needs specific to pelvic health</p> <p>Assist in progressive women's health research within ATI Physical Therapy</p>
01.2016 – 01.2019	<p>Senior Director Women's Health Services, Clinical Operations – ATI Physical Therapy</p> <p>Oversee women's and men's health services on national level</p> <p>Clinical ops, marketing, sales, mentorship, and programming needs</p> <p>Oversee IL ATI Women's Health Centers (Naperville, Joliet, Tinley Park)</p> <p>Clinical Mentor for incoming pelvic health clinicians on national level</p> <p>Evaluate and treat variety of specialty diagnoses, including but not limited to:</p> <p>Bowel and bladder dysfunction, pelvic pain syndromes, coccydynia, endometriosis, abdominal pain, interstitial cystitis, pudendal neuralgia, post-operative pelvic and urogynecological care, prenatal and postpartum musculoskeletal dysfunction</p>
01.2015 – present	<p>CAPP-Pelvic Coursework Instructor - American Physical Therapy Association, Academy of Pelvic Health Physical Therapy, McLean, VA</p>
01.2012 – present	<p>CAPP-Pelvic Coursework Lab Assistant – American Physical Therapy Association, Academy of Pelvic Health Physical Therapy, McLean, VA</p>
01.2011 – 01.2016	<p>Midwest Divisional Director of Women's Health Services – ATI Physical Therapy</p> <p>Oversee women's and men's pelvic health services in Indiana, Wisconsin, and Illinois</p> <p>Involved in national pelvic health marketing and other specialty programming needs</p>
2009 – 01.2011	<p>Clinical Director of the Women's Health Center of Naperville IL – ATI Physical Therapy</p>
12.2002 – 06.2006	<p>Staff Physical Therapist – Work Conditioning Systems, Aurora and Naperville, IL</p> <p>Evaluated all physical therapy patients within two facilities</p> <p>Participated in monthly educational seminars within company</p> <p>Organized site preparation for CEU with Elizabeth Noble</p> <p>Established relationship with physicians and case managers</p> <p>Evaluate and treat variety of diagnoses, but not limited to:</p> <p>Neurological conditions, sports medicine/rehabilitation, pre and post-op care, aquatic therapy, work related injuries</p> <p>Performed Functional Capacity Evaluations, Work Hardening and/or Work Conditioning</p>
10.2002 – 12.2002	<p>Staff Physical Therapist – Advanced Multi-Care Physicians Group, Bolingbrook, IL</p> <p>Performed all physical therapy evaluations and treatment</p> <p>Treated orthopedic, neurological, and sports medicine populations</p> <p>Established physical therapy marketing arena</p>

PEER REVIEWED PUBLICATIONS

- Course Manual: Pelvic Health Physical Therapy Level 3, Male Pelvic Health – Academy of Pelvic Health
 - Citation: Harvey M, Bartley W, Shultz A, Holland E, Melby K, Gray K, Shankar L, Hughes-Johnson M, Strauhall MJ, Nassaney M. Pelvic Health Physical Therapy Level 3, Male Pelvic Health. *Academy of Pelvic Health Physical Therapy of the American Physical Therapy Association*. McLean, VA. 2021.

- Course Manual: Pelvic Health Physical Therapy Level 1 – Section on Women’s Health
 - Citation: Mize L, Majzun C, Huge BS, Giglio S, Miracle E, Strauhal MJ, Melby (Ziemba) K. Pelvic Health Physical Therapy Level 1. *Section on Women’s Health of the American Physical Therapy Association*. McLean, VA. 2014.
- Course Manual: Pelvic Health Physical Therapy Level 3 – Section on Women’s Health
 - Citation: Mize L, Majzun C, Huge BS, Giglio S, Miracle E, Strauhal MJ, Melby (Ziemba) K. Pelvic Health Physical Therapy Level 3. *Section on Women’s Health of the American Physical Therapy Association*. McLean, VA. 2013.
- Course Manual: Pelvic Health Physical Therapy Level 2 – Section on Women’s Health
 - Citation: Mize L, Majzun C, Huge BS, Giglio S, Miracle E, Strauhal MJ, Melby (Ziemba) K. Pelvic Health Physical Therapy Level 2. *Section on Women’s Health of the American Physical Therapy Association*. McLean, VA. 2012.

NON-PEER REVIEWED PUBLICATIONS

- Blog Submission for ATI Physical Therapy, author and contributor by invitation: “Kicking off National Women’s Health Week,” published May 8, 2019 <https://www.atipt.com/blog/kicking-off-national-womens-health-week>
- Blog Submission for ATI Physical Therapy, author and contributor by invitation: “Featured Body Part: Coccyx,” published August 2, 2017 <https://www.atipt.com/blog/featured-body-part-coccyx>
- Blog Submission for ATI Physical Therapy, author and contributor by invitation: “Featured Body Part: Pelvic Floor,” published June 30, 2017 <https://www.atipt.com/blog/featured-body-part-pelvic-floor>
- Blog Submission for ATI Physical Therapy, author by invitation: “Female Athletes and Dysfunction of the Pelvic Floor,” published August 23, 2013 <https://www.atipt.com/blog/female-athletes-and-dysfunction-of-the-pelvic-floor>
- Blog Submission for ATI Physical Therapy, contributor by invitation: “A Salute to National Women’s Health Week,” published May 10, 2013 <https://www.atipt.com/blog/a-salute-to-national-womens-health-week>

PEER REVIEWED PROFESSIONAL PRESENTATIONS

- Presenter: American Physical Therapy Association (APTA) Combined Sections Meeting, invited presentation for the Academy of Pelvic Health, “Career Transitions: I Don’t Want to Treat Clinically Anymore, Now What?” Denver, CO. February 2020
- Presenter: American Physical Therapy Association (APTA) Combined Sections Meeting, invited presentation for the Academy of Pelvic Health, “Career Transitions: Clinician → Leader/Manager” Denver, CO. February 2020

NON-PEER REVIEWED PRESENTATIONS

- Presenter: ATI Academy (2019), Topics: Antepartum Patient Management, Women’s and Men’s Pelvic Health Level 1 and Level 2, Advanced Patient Populations: Pediatrics and Neurological Pelvic Health Conditions
- Presenter: SNAPS Nurse Practitioner Group (January 2018), Topic: Underactive Pelvic Floor Muscle Disorders: Treatment Considerations
- Presenter: ATI Physical Therapy University Recruitment Educational Event (August 2018), Topic: Treatment Strategies for the Pregnant Client

- Presenter: ATI Academy (November 2018), Topic: The Pelvic Floor's Influence on Core Stability in Your Ortho Patient
- Presenter: Advocate Health Care System Co-presenter with OBGYN (May 2017), Topic: Comprehensive Treatment of Women with Dyspareunia
- Presenter: ATI Physical Therapy Educational Event (February 2016), Topic: ATI Women's Health, How We Can Help You and Your Patients
- Presenter: Rush-Copley Medical Center Women's Healthcare Associates (March 2016), Topic: The Prenatal Client
- Presenter: Rush-Copley Medical System Co-presenter with OBGYN and UROGYN (May 2016), Topic: Pelvic Floor Dysfunction: Following a Woman Across Her Lifespan – Childbirth and Beyond
- Presenter: ATI Physical Therapy Educational Event (May 2016), Topic: The Prenatal and Postpartum Client
- Presenter: ATI Physical Therapy Educational Event (November 2016), Topic: Diastasis Rectus Abdominis
- Presenter: ATI Physical Therapy Educational Event (November 2016), Topic: Os Sacrum, "Holy Bone" – Sacral Assessment and Treatment
- Presenter: ATI Physical Therapy Educational Event (2016), Topics: Manual Lymph Techniques for the Pelvic Floor Client, Musculoskeletal Management of the Prenatal Client
- Presenter: Carillon Club Senior Living Community (July 2015), Topic: Incontinence and Other Pelvic Health Concerns – How Can Physical Therapy Help?
- Presenter: National Athletic Training Association of North Dakota (April 2014), Topic: Improving Your Athlete's Performance: The Pelvic Floor's Influence on Core Stability
- Presenter: ATI Physical Therapy Sports Medicine Summit (August 2013), Topic: Improving Your Athlete's Performance: The Pelvic Floor's Influence on Core Stability
- Presenter: Rush-Copley Family Medicine Residency Program, Rush-Copley Medical Center (October 2013), Topic: Introduction to Women's Health Physical Therapy
- Presenter: Midwestern University, Doctor of Osteopathic Medicine OBGYN and Medical Students (October 2009), Topic: Introduction to Women's Health Physical Therapy

UNIVERSITY AND TEACHING EXPERIENCE

- Adjunct Faculty – Department of Physical Therapy, University of Mary, 2021—present
- International Faculty for the APTA's Academy of Pelvic Health for "Pelvic Health Physical Therapy – Level 1" (PH1) in the CAPP certification courses, 2020—present
- National Faculty for the APTA's Academy of Pelvic Health (Section on Women's Health) for "Pelvic Health Physical Therapy – Level 2 Pain" (PH2-Pain) in the CAPP certification courses, 2018—present
- National Faculty for the APTA's Academy of Pelvic Health (Section on Women's Health) for "Pelvic Health Physical Therapy – Level 2 Bowel" (PH2-Bowel) in the CAPP certification courses, 2018—present
- National Faculty for the APTA's Academy of Pelvic Health (Section on Women's Health) for "Pelvic Health Physical Therapy – Level 3" (PH3) in the CAPP certification courses, 2017—present
- National Faculty for the APTA's Academy of Pelvic Health (Section on Women's Health) for "Pelvic Health Physical Therapy – Level 1" (PH1) in the CAPP certification courses, 2015—present

- National Faculty for the APTA's Academy of Pelvic Health (Section on Women's Health) for "Pelvic Health Physical Therapy – Level 2" (PH2) in the CAPP certification courses, 2015—2017
- National Lab Assistance Faculty for the APTA's Academy of Pelvic Health (Section on Women's Health) for CAPP-Pelvic certification courses, 2012—present
- Guest Instructor and Course Author – "The Pregnant Athlete," Lewis University, March 2014
- Guest Instructor and Course Author – "Introduction to Women's Health Physical Therapy," Governor's State University, Department of Physical Therapy, Summer 2013, 2015, 2016, 2017
- Clinical Instructor for Midwestern University Department of Physical Therapy Program, 2 years
- Clinical Instructor for Northwestern University Department of Physical Therapy Program, 1 year
- Clinical Instructor for the University of North Dakota Department of Physical Therapy Program, 1 year

CONSULTATIVE AND ADVISORY POSITIONS HELD

- Certificate of Achievement of Pelvic Physical Therapy (CAPP-Pelvic) Committee Member and course author, 2012-2015
- Certificate of Achievement of Pelvic Physical Therapy (CAPP-Pelvic) Committee Member and course author, 2018-2021
- American Physical Therapy Association (APTA) Academy of Pelvic Health (Section on Women's Health) Governance Committee Member, 2018 – present

MEMBERSHIP IN PROFESSIONAL AND ACADEMIC ORGANIZATIONS

- American Physical Therapy Association (APTA) member
- APTA Academy of Pelvic Health Physical Therapy member
- Phi Eta Sigma Honor Society member, 1996 – present
- Alpha Lambda Delta Honor Society member, 1996 – present

RESEARCH INTERESTS/SCHOLARLY AGENDA

- Influence of Pelvic Floor Muscle Function on Diastasis Rectus Abdominis Closure and Core Function
- Prenatal and Postpartum Physical Therapy Program Impact on Employee Absenteeism and Medical Claims to aid in Employee Quality of Life and Employer Cost Reduction

COMMUNITY SERVICE, HONORS, AND AWARDS

- "CAPP-Pelvic Outstanding Instructor" of the Year, APTA's Academy of Pelvic Health (Section on Women's Health), 2018
- President, University of North Dakota Physical Therapy Class of 2002 (1999 – 2002)
- Summa Cum Laude Graduate, University of North Dakota, 2002

- President, Phi Eta Sigma Honor Society, 1997
- President, Alpha Lambda Delta Honor Society, 1997
- Dean's List (4.0 GPA), University of North Dakota, Fall 1996 – Fall 2000, Fall 2001, Fall 2002
- President's List (3.5 and above GPA), University of North Dakota, 1996 – 2002
- Attend Hillsong Church (Evangelical Free Denomination)

CONTINUING EDUCATION COURSES (MOST PERTINENT TO SPECIALTY PRACTICE)

- Visceral Manipulation for the Treatment of Pelvic Dysfunction: The Urologic System
- Orthopedic Approach to Pelvic Pain
- Pelvic Floor Function, Dysfunction and Treatment, Level 1
- Pelvic Floor Function, Dysfunction and Treatment, Level 2B
- Pelvic Floor Function, Dysfunction and Treatment, Level 2A
- Pelvic Floor Function, Dysfunction and Treatment, Level 3
- 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
- The “How-To” of Teaching Patients about Pain (Recorded Webinar)
- A Clinical Application of Easing Pain via Neuroplasticity
- Evidence-Based Examination and Treatment of the Pelvis
- Pediatric Pelvic Floor Rehabilitation: Evaluation and Treatment of Common Conditions
- Current Guidelines for Prenatal Fitness
- Lymphatic Drainage for Pelvic Pain
- Benefits of Pelvic Floor Physical Therapy for the Gynecological Patient
- Sexual Counseling for the Pelvic Client
- Yoga for Pelvic Pain
- Beyond Kegels: Bladder Health and the Pelvic Rotator Cuff, Level 1 and 2
- Manual Therapy for Treating Pelvic Pain Syndromes, Dysautonomia
- Musculoskeletal Dysfunction in the Pregnant Client
- The Basics of Sacroiliac Mobilization
- Combined Sections Meeting (CSM) 2010 – 2013, 2016, 2018, 2019, 2020, 2021