

# Kari J. Melby, MPT

## Curriculum Vitae

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**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

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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

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

## RESEARCH AND TRAINING

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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

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06.2020 – present	Pelvic Health physical therapist – <b>Jones Physical Therapy</b> , Bismarck, ND
07.2006 – present	Pelvic Health physical therapist – <b>ATI Physical Therapy</b> , 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 – <b>ATI Physical Therapy</b> 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	Senior Director Women’s Health Services, Clinical Excellence – <b>ATI Physical Therapy</b> Oversee women’s, men’s, and pediatric pelvic health services on national level Develop/instruct ATI Academy women’s and men’s pelvic health educational coursework Clinical mentor for incoming women’s and men’s pelvic health clinicians on national level Establish program expectations and assist in ops/clinical staff knowledge and assimilation Assist in national University partnerships and student needs specific to pelvic health Assist in progressive women’s health research within ATI Physical Therapy
01.2016 – 01.2019	Senior Director Women’s Health Services, Clinical Operations – <b>ATI Physical Therapy</b> Oversee women’s and men’s health services on national level Clinical ops, marketing, sales, mentorship, and programming needs Oversee IL ATI Women’s Health Centers (Naperville, Joliet, Tinley Park) Clinical Mentor for incoming pelvic health clinicians on national level Evaluate and treat variety of specialty diagnoses, including but not limited to: 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
01.2015 – present	CAPP-Pelvic Coursework Instructor - <b>American Physical Therapy Association, Academy of Pelvic Health Physical Therapy</b> , McLean, VA
01.2012 – present	CAPP-Pelvic Coursework Lab Assistant – <b>American Physical Therapy Association, Academy of Pelvic Health Physical Therapy</b> , McLean, VA
01.2011 – 01.2016	Midwest Divisional Director of Women’s Health Services – <b>ATI Physical Therapy</b> Oversee women’s and men’s pelvic health services in Indiana, Wisconsin, and Illinois Involved in national pelvic health marketing and other specialty programming needs
2009 – 01.2011	Clinical Director of the Women’s Health Center of Naperville IL – <b>ATI Physical Therapy</b>
12.2002 – 06.2006	Staff Physical Therapist – <b>Work Conditioning Systems</b> , Aurora and Naperville, IL Evaluated all physical therapy patients within two facilities Participated in monthly educational seminars within company Organized site preparation for CEU with Elizabeth Noble Established relationship with physicians and case managers Evaluate and treat variety of diagnoses, but not limited to: Neurological conditions, sports medicine/rehabilitation, pre and post-op care, aquatic therapy, work related injuries Performed Functional Capacity Evaluations, Work Hardening and/or Work Conditioning
10.2002 – 12.2002	Staff Physical Therapist – <b>Advanced Multi-Care Physicians Group</b> , Bolingbrook, IL Performed all physical therapy evaluations and treatment Treated orthopedic, neurological, and sports medicine populations Established physical therapy marketing arena

## PEER REVIEWED PUBLICATIONS

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- 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, Strauhal 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- "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)**

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- 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