

Board Certified Women's Health Specialist with expertise in women's and men's health and broad clinical skills experienced in large and small and rehabilitation practices. Recognized for creating and building a distinguished pelvic and women's health clinical practice at multiple sites. Strong clinical and mentoring skills with excellent collaborative working relationships at all levels of an organization. Instructor nationally and internationally, medial writer and past residency co-director. Certifications in pelvic health, lymphedema, childbirth education, and Pilates.

**PROFESSIONAL EXPERIENCE**

**Newton Wellesley Ambulatory Care Center**

**9/2017 to present**

**Clinical Specialist**

- Conduct a women's health practice in all areas of women's and pelvic health treating all genders, breast care, osteoporosis, urogynecology, orthopedics, lymphedema, obstetrics and pre and post-partum orthopedic care.
- Mentor, supervise and train PT staff, and students in pelvic and women's health physical therapy.
- Multiple presentations given on Rehabilitation Ultrasound Imaging, Coccyx Examination and Treatment, and Pelvic Health Physical Therapy.

**Brigham and Women's Hospital Boston MA**

**2006 to 9/2017**

**Coordinator of Women's Health Physical Therapy**

- Conduct a women's health practice in all areas of women's health and male and female pelvic floor disorders, breast care, osteoporosis, urogynecology, orthopedics, lymphadema, obstetrics and pre and post partum orthopedic care.
- Supervise and train PT staff, residents and students in women's health physical therapy.
- Plan and design research projects. High Risk Pregnancy International Survey. PI and member of team investigating breast oncology detection of lymphadema physical therapy intervention, and Early Education of Breast Cancer Surgical patients.
- Lecturing to rehab and medical staff on issues of women's and men's health.
- Member Practice Standards Committee: writer, mentor, reviewer of Standards of Care.
- Co-Director of the Physical Therapy Residencies at BWH, and co-program coordinator of Women's Health Residency.
- Creator of video for education of the high risk obstetric patient on bed rest in the hospital. Received Partners in Excellence Award from Partners.
- Developed program for breast oncology to identify high risk patients and begin treatment prior to breast surgery. Received Partners in Excellence Award from Partners.

**Stephenson Physical Therapy, Medfield, MA**

**2000 to 2006**

**Principle Private Practice,**

- Conduct a private practice providing physical therapy to adult, adolescent, and pediatric clients.
- Specializing in orthopedics and women's health.

**Dedham Medical Associates, Dedham, MA**

**1978 to 2003**

**Senior Clinical Physical Therapist**

- Created and managed a private practice within a large multispecialty practice, with three PT's, 4 PTA's and 2 office personnel that provided physical therapy treatments to adult, adolescent and pediatric clients by professional referral. Patient types include orthopedic, neurological, obstetric, urologic, gynecologic, pediatric, respiratory and psychiatric.
- Supervised and mentored all professional staff.
- Designed and led a program in early pregnancy education.
- Provided consultation and direct service to Eastwood Nursing Home, (Dedham, MA), North Hill, (Needham, MA), Weston Manor Nursing Home, (Weston MA). Provided consultation and direct services to a pediatric school, Mainstay, (Needham, MA).

### **Other Clinical Experience**

#### **Senior Physical Therapist, New England Rehabilitation Hospital, Woburn, MA**

Began as a staff physical therapist. Promoted to senior physical therapist at this 200-bed facility for neurologic, orthopedic, spinal cord and pediatric patients. Coordinated seminar Gait Analysis seminar.

#### **Supervisor, Physical Therapy Clinic, Boston University, Boston, MA**

Directly supervised basic Physical Therapy Master's Degree students in the Physical Therapy Clinic of Boston University.

#### **Physical Therapist, Walter E. Fernald State School, Waltham, Mass**

Member of an interdisciplinary team addressing itself to a 30-patient caseload of developmentally delayed, multi-handicapped, long-term residents age 3-35.

### **PROFESSIONAL ACTIVITIES**

#### **WRITING:**

- *The Physical Therapy Guide to Women's, Pelvic, Reproductive and Perinatal Health*. Lead author and editor, coauthor Darla Cathcart. Taylor & Francis 2025.
- Lymphedema signs, symptoms, and diagnosis in women who are in minority and low-income groups and have survived breast cancer. *JOPT* Feb 7, 2020, Flores AM, Nelson J, Sowles L, Stephenson RG, Robinson K, Cheville A, Sander AP, Blot WJ.
- Book Editor *Journal of Women's Health Physical Therapy*, 2017-2022.
- Co-author Chronic Pelvic Pain Research – a Physical Therapy Perspective Trigger Points, Pressure Pain Hyperalgesia and Mechanosensitivity of Neural Tissue in Women with Chronic Pelvic Pain". *Pain Med*, 2019 Jan 1: 20.
- Journal reviewer for the Academy of Pelvic Health, 2019 to present.
- Author multiple modules and power points for the Academy of Pelvic Health (formerly the Section on Women's Health SOWH) for OB1, OB2, OB3 and the revisions for OB Fundamentals and OB Advanced, 2009-2024.
- Chapter on Electrical Stimulation and Biofeedback for Genitourinary Dysfunction for *Clinical Electrophysiology: Electrotherapy and Electrophysiologic Testing*, 3<sup>rd</sup> edition, author Andrew Robinson Lynn Snyder-Mackler. Lippincott 2008.
- Section on Women's Health Study Module, "Obstetrics Study Module". APTA, 2006.
- Primary co-author *Obstetric and Gynecologic Care in Physical Therapy 1<sup>st</sup> and 2<sup>nd</sup>* editions, Slack Publishers 2000 and 1990.
- Co-author (with Jill Schiff Boissonnault, Kate Divine) chapter "The Obstetric Client" in *Primary Care for the Outpatient Orthopaedic Physical Therapist*, edited by William Boissonnault. Saunders 2005, second edition 2010, third edition 2020, forth edition 2025.
- Orthopedic Home Study Module, APTA, "Lumbopelvic Dysfunctions During Pregnancy and the Postpartum Period", 2002.
- Co-author, Electrical Stimulation, in *Gynecological Manual*, SOWH of APTA 1<sup>st</sup> and 2<sup>nd</sup> editions.
- Co-author, a two-part article on "How to review and understand a research article," for the *Journal of the Section on Women's Health*, March and September 2002.
- Chapter, "Physical Therapy and Women's Health Issues" in *Orthopaedic Physical Therapy Secrets*, Hanley & Belfus 2001, second edition 2006, third edition 2016.
- Products editor for the *Journal for the Section on Women's Health*; numerous columns on women's health related physical therapy products 2000 to 2004.
- 20 clinical protocols for *Iomed* on iontophoresis 1999.
- Reviewer and Board Member for The Back Letter. Newsletter for back clients. Skol Publishing Company. Madison NH. 1987.
- Book review editor, *Bulletin of the Section on Obstetrics and Gynecology*, APTA, 1984-1987.
- Journal abstractor, book reviewer, *Bulletin of the Section on Obstetrics and Gynecology*, APTA, 1982 to 1989,

- Book Reviewer for the *Journal of the American Physical Therapy Association*, i.e., Occupational Therapy in Rehabilitation, Occupational Therapy, Occupational Therapy for Physical Dysfunction, Options – Spinal Cord Injury.
- Journal Abstractor: Abstract articles for the *Journal of the American Physical Therapy Association*, from the *American Journal of Occupational Therapy*, over 10 articles. 1980's.

#### **RESEARCH:**

- High Risk Pregnancy Treatment Around the World. Poster presentation WCPT Singapore 2015.
- Moving On: A Randomized Control Trial for Acceptability and Feasibility of Early Physical Therapy Education Intervention for the Breast Cancer Surgical Patient, BWH 2012 -2016. Principle site investigator.
- Early Detection and Intervention for Mild and Moderate Lymphedema in Patients treated for Breast Cancer: A Randomized Trial: MGH study 2012.
- Master's thesis on "The Effect of Lumbopelvic Support on Back Pain in the Third Trimester of Pregnancy." MGH Institute of Health Professions, 2006.

#### **LECTURING:**

##### National Co-Instructor three day seminars

- OBF, OBA, OBI courses domestically 6x a year 2020, 2021, 2022, 2023, 2024, 2025
- OBF Oct 2019 Chicago IL
- OBF Oct 2019 Houston TX
- OBA Sept 2019 Houston TX
- OBF Sept 2019 Orlando FL
- OBF Sept 2018, Hartford CT
- OBA Spring 2018, Houston, TX
- OBA, Sept. 2016, Atlanta, GA.
- OBA Sept. 2013, Boston, MA.
- OBF April 2012, Boston, MA.
- OB 2 August 2011, Portland, WA.
- OB2 April 2011, Boston, MA.
- OB Special Topics in Pregnancy and Postpartum, Jacksonville, FL. Fall 2010.
- OB1 Boston, March 2010
- OB2 Boston, March 2010.
- OB Advanced High-Risk Pregnancy and Postpartum Physical Therapy, Jacksonville, FL. Fall 2009.

##### Other Lectures

- Unspoken Pain: Evaluation and Management of Pelvic Pain from a Physical Therapy Lens. Mass Pain Initiative, Sept 2024
- Pelvic Floor Physical Therapy for residents at LaSalle Village, Boston Ma. 2023
- WCPT Geneva Switzerland, May 2019. Knowledge transfer across borders: ripple effect of providing gender health education. Planned, organized and spoke as part of a 7-person panel.
- CSM 2019 Global Volunteerism from Organization to Boots on the Ground Washington DC. Presented and organized three-part full day presentations.
- CSM 2017 Trauma Induced Pelvic Floor Disorders: Implications for Physical Therapists, San Antonio, TX.
- CSM 2014 Maintaining Mobility: Review of Adaptive Products, Braces and supports for Mobility Needs of the Pregnant and Postpartum Woman.
- Massachusetts General Institute of Health Professions Presentation White Coat Ceremony July 10, 2013
- Three-hour lectures on women's health at Boston University 2009, 2010, 2011, 2012.
- APTA Annual Meeting 2010. Rehabilitative Ultrasound Imaging Seminar: RUSI of the Bladder and Pelvic Floor, Boston, MA.
- Women's Health Physical Therapy: Sexual Healing and Pelvic Floor Rehabilitation, Dana Farber Cancer Institute, Boston, MA Nov. 2010.

- CSM 2010. What do Women's Health Physical Therapists Do? Panel, San Diego, CA.
- Advanced Scope of Practice in Women's Health Physical Therapy, Maryland, Oct. 2009.
- APTA Nov. 2009. Mass Chapter Meeting, Integrating Ultrasound Imaging into Physical Therapy: A Case Based Approach, Norwood MA.
- CSM 2009. Clinical Update & Interdisciplinary Care: Rehabilitation Following Breast Cancer Surgery. Las Vegas, NV.
- Rehabilitation Grand Rounds, Case Studies in Women's Health. Brigham and Women's Hospital, Feb 2007.
- Examination and Treatment of Musculoskeletal Conditions of the Childbearing Year, two day conference for the Louisiana State Chapter, 2007.
- New Hampshire Musculoskeletal Institute, September 2006.
- CSM 2006 Physical Therapy & Breast Cancer Recovery Roundtable, San Diego CA.
- APTA Annual Meeting 2005. Effect of Lumbosacral Support on Back Pain in the Third Trimester of Pregnancy research platform, Boston, MA.
- CSM 2005 The Breast Cancer Patient. New Orleans, LA.
- CSM 2003 Advance Case presentation Tampa, FL.
- Women's Health Issues co-led two-day conference Maine State Chapter APTA, 2003.
- Presentations on Musculoskeletal Dysfunctions of the Childbearing Year at CSM twice, and Products for Pregnancy, locally and nationally multiple times.
- *Examination and Treatment of Musculoskeletal Conditions of the Childbearing Year*, a two-day conference for Education Resources, Inc. from 2003 to 2007, over 20 times.

#### **AWARDS:**

- Distinguished Alumni Award May 2018 Massachusetts General Institute of Health Professions.
- Section on Women's Health, volunteer award for ongoing commitment and years of service 2017.
- Co-wrote and awarded Library Grant \$8,400 to maintain A Knowledge Management System to Support Clinical Practice for BWH.
- Lucy Blair Service Award from the American Physical Therapy Association June 2013.
- Partners in Excellence award for High Risk Pregnancy Video used on the inpatient high risk unit at Brigham and Women's Hospital 2012.
- Partners in Excellence award for creating and leading the team for Breast Oncology patients at Brigham and Women's Hospital 2012.
- Barbara Adams Fellow Award from the Mass General Hospital Institute of Health Professions for leadership, service to the profession and potential to contribute significantly as a clinical scholar, May 2002.
- The Elizabeth Noble Award for outstanding vision and service to the Section on Women's Health of the American Physical Therapy Association 1998.

#### **GWHL.org NON PROFIT**

##### **INSPIREHER: A GLOBAL WOMEN'S HEALTH INITIATIVE NON-PROFIT- GWHL.org**

Original founder and Chair of nonprofit 501(c)3 to support and fund physical therapy projects domestically and internationally that improve women's health. <https://gwhi.org/>

#### **PROFESSIONAL AFFILIATIONS:**

##### **International Organization of Physical Therapists in Women's Health (IOPTWH)**

- President of the International Organization of Physical Therapists in Women's Health a sub-group of the World Confederation of Physical Therapy (WCPT) 2007-2015. Assisted in the WCPT House of Delegates, Amsterdam 2011.
- Secretary, IOPTWH 1999-2007. Organized 4 international women's health physical therapy conferences.
- Conference organizer: IOPTWH: April 2013 "International Physical Therapy Conference, Topics on Women's Health and Aging in Men and Women" Boston, Ma. June 2007 "Prevention and

Management of Osteoporotic Fractures” Vancouver, Canada. September 2005 “Update on Pelvic Floor Research and Rehabilitation” Ljubljana, Slovenia. June 2003 “Low Back and Pelvic Girdle Pain in Pregnancy” Barcelona, Spain.

**American Physical Therapy Association (APTA)**

- Board member of American Board of Physical Therapy Specialists of APTA 2010-2014 first Women’s Health Board Certified Specialist for ABPTS.

**Academy of Pelvic Health APTA (previously SOWH)**

- Chair Academy International Education Committee, 2016-May 2024.
- Committee member and instructor CAPP OB of the SOWH of the APTA 2008-Jan 2024, writer, lecturer and mentor of new committee members and teachers.
- Instructor and mentor CAPP OB Committee Academy of Pelvic Health 2024-present.
- Web Radio on issues of Women’s Health sponsored by APTA and SOWH Spring 2012.
- CAPP Curriculum Oversight Task Force 2012.
- Reviewer of policy and procedures for CAPP Committee.
- Successfully negotiated the OB CAPP teacher agreements summer 2010.
- Director of Communications-Section on Women’s Health APTA 2005 to 2007.
- Secretary and delegate to the international IOTWH from 2000 to 2007.
- Past secretary of the Section on Women’s Health of the APTA 6 years.

**Seminar Coordinator:** For APTA: August 2008 “Pelvic Floor I” Boston MA. Feb 2007 “An Integrated Approach to Examination and Intervention of Pelvic Organ Prolapse” Boston, MA. Pelvic Floor: Function, Dysfunction and Treatment Boston, MA. June 1993 SOWH. APTA Clinical Education Series Women’s Health Track 6 presentations. For MA Chapter APTA Education Committee of the APTA, coordinated seminars on “Physical Therapist in the School System” and “Normal Child Development.”

**Adjunct Clinical Assistant Professor** at the Massachusetts General Hospital Institute of Health Professions 2008 to present. Multiple lectures on issues of women’s health, rehabilitation ultrasound imaging, lab assistant orthopedic spine courses.

Boston University

Invited yearly lecturer at Boston University on Rehabilitation Ultrasound Imaging of the Bladder and Pelvic Floor.

**International Teaching**

- OB Fundamentals and Lab assistant for Pelvic Health Seoul, Korea 1 2020, 2023.
- OB Fundamentals Nov 2019 Mekelle University, Mekelle Ethiopia.
- OB Fundamentals Tokyo, Japan 2018, Mekelle University, Mekelle Ethiopia 2017, 2018:
- OB Fundamentals and Advance Case studies Santiago, Chile July 2013, 2015, 2016
- Advance Case studies Santiago, Chile 2017
- Lymphedema Physical Therapy Evaluation and Treatment, Santiago, Dominican Republic, April 2013.

Medical Mission: Operation Walk Santiago, Dominican Republic, member rehabilitation team April 2013.

Member: American Physical Therapy Association; Sections: Women’s Health, Orthopedic and Health Policy and Administration.

Audio-Visual Producer: Produced a video “Back Pain in Pregnancy”; a training video on “How Teachers Can Best Utilize the Services of a Physical Therapist”; and a slide show on Adaptive Equipment.

Past Member Rehab Advisory Committee Council of the World-Wide Fistula Fund.

## **EDUCATION**

- MGH Institute of Health Professions, Doctor of Physical Therapy:
- MGH Institute of Health Professions: Advanced Master's thesis in orthopedic physical therapy with a concentration in women's health.
  - Teaching and research preceptorships, Teaching Assistant Functional Anatomy and Clinical Management of Musculoskeletal Disorders. Thesis on "The Effect of Lumbopelvic Support on Back Pain in the Third Trimester of Pregnancy."
- Boston University Sargent College of Allied Health Professions: Bachelor of Science Degree and Certificate of Physical Therapy.

### **Certifications:**

- Board Certified Women's Health Specialist: American Board of Physical Therapy Specialists 2009, recertification 2018.
- Certified Pilates Rehabilitation Instructor.
- Certified lymphedema therapist, Norton School.
- Candidate for certification in Medical Writing and Editing from the American Medical Writers Association.
- Certificate in Childbirth Education, Council of Childbirth Education Specialists, Inc.
- Attendance at 9 WCPT conferences, and 29 national APTA conferences.
- More than 75 continuing education courses taken, available on request.
- Registered Physical Therapist in Massachusetts license # 2413.

### **WCPT World Congress and International Travel: Speaker and Participant Roles.**

2023 Seoul Korea co instructor 3-day labs for OB Fundamentals and lab assistant for Pelvic Health 1  
2023 Seoul Korea lead speaker 2-hour presentation to Seoul Korean Physical Therapy Association on Women's and Pelvic Health  
2020 Seoul Korea 3-day OB Fundamentals co- instructor and lab assistant for Pelvic Health 1  
2019 Mekelle Ethiopia, 5-day OB Fundamentals lead teacher  
2019 Geneva Switzerland WCPT-Organized, presented and lead a 7-person panel.  
2018 Tokyo Japan, OBF three-day co-lead course OBFundamentals  
2018 Mekelle University, Mekelle Ethiopia 5-day course instructor on Pre and Postpartum Care in Physical Therapy  
2017 Mekelle University, Mekelle Ethiopia 5-day course instructor on Pre and Postpartum Care in Physical Therapy.  
2016 Santiago Chile Advance Case Study, two-day course instructor.  
2015 Santiago Chile OB Fundamentals, three-day course instructor.  
2015 Singapore WCPT Congress, President IOPTWH, presented Platform on Practice Issues Internationally.  
2013 Boston, MA, IOPTWH Topics on Women's Health and Aging in Men and Women organizer and presenter on Advanced Pelvic Health Issues.  
2013 Santiago Chile OB Fundamentals, three-day course co-instructor.  
2011 Amsterdam WCPT Congress, president IOPTWH lead meetings and attended Physiotherapeutic Management of Anorectal Dysfunction in Adults and Children.  
2009 Lisbon, Portugal, IOPTWH, The Core: It's Role in Women's Health attended  
2007 Vancouver, Canada WCPT Congress, Prevention and Management of Osteoporotic Fractures organized and attended  
2005 Ljubljana, Slovenia, IOPTWH, Update on Pelvic Floor Research and Rehabilitation organized and attended  
2003 Barcelona, Spain WCPT Congress, Low Back and Pelvic Girdle Pain in Pregnancy organized and attended  
2001 Oxford, England UK, Physiotherapy Meeting, IOPTWH Meeting.  
1999 Yokahama, Japan WCPT Congress.  
1995 Washington, DC WCPT Congress.

1978 London, UK Bobath Centre.  
1974 Montreal, Canada WCPT Congress