

# *Laura LaPorta*

Regis University, 3333 Regis Boulevard G-4, Denver, CO 80221

---

## **Education**

Texas Women's University, Department of Physical Therapy  
Degree: PhD in Physical Therapy, 1998-2002

University of Miami Medical School, Department of Physical Therapy  
Degree: Master of Science in Physical Therapy, 1991-1993

University of Colorado, Boulder  
Degree: Bachelor of Science in Kinesiology, 1987-1991

## **Certifications**

EIM Hybrid Learning Certification, 2020 (in progress)

Orthopedic Certified Specialist  
American Board of Physical Therapy Specialties, 2008; Recertified 2018

Certificate of Achievement in Pelvic Physical Therapy (CAPP-Pelvic)  
American Physical Therapy Association, Section on Women's Health, 2016

Women's Health Certificate  
Texas Woman's University, 2002

## **Teaching Experience**

### **Regis University, Department of Physical Therapy**

**Assistant Professor** 2020-Present

**Affiliate Faculty** 2012-2020

**Associate Professor** 2008-2011

DPT 705 Kinesiology I  
DPT 714 Psychosocial Aspects of Physical Therapy  
DPT 735 Musculoskeletal Management III  
DPT 732 Musculoskeletal Management II  
DPT 738 Management Applications of Physiology: MAP III  
DPT 775 Professional Issues/Case Management VI  
DPT 762t Mentoring in Physical Therapy  
DPT 751 Clinical Education II  
DPT 752 Clinical Education III  
DPT 781J Women's Health in Physical Therapy (Elective)  
DPT 797 Integrated Clinical Exam (Examiner)  
DPT 799 PT Capstone (Portfolio Reviewer)

**Assistant Professor** 2005-2007

<b>Baylor University, Online/Ground Based Hybrid Doctor of Physical Therapy Program Adjunct Faculty</b>	2019
DPT 6500 Musculoskeletal Management I	
<b>PIPER – Providence Institute of Practice, Education and Research</b>	2016-Present
President/Owner/Instructor, professional clinical education	
PIPER is the education and research expansion of Providence Physical Therapy. We (1) provide professional continuing education to physical therapists, physical therapist students, and medical professionals wanting to learn more about pelvic health, women's health and men's health; (2) provide free health and wellness education to the community, and (3) conduct ongoing clinical research related to our educational outreaches.	
<b>University of Nevada, Las Vegas, Department of Physical Therapy</b>	1997-2005
<b>Assistant Professor</b>	
PTS 720 Selected Topics in Physical Therapy	
PTS 721 Advanced Topics in Physical Therapy	
PTS 730 Foundations of Observation and Assessment	
PTS 732 Therapeutic Exercise and Functional Training	
PTS 742 Pathophysiology (Urogenital/Reproductive Systems)	
PTS 761 Clinical Education I	
PTS 762 Clinical Education II	
PTS 763 Clinical Education III	
PTS 764 Clinical Education IV	
PPTS 770 Professional Development	
PTS 751 Women's Health in Physical Therapy	
PTS 774 Psychosocial Aspects of Physical Therapy	
PTS 785 Orthopedic Rehabilitation (Spine/Pelvis/Hip)	
PTS 788 Advanced Spine Examination and Intervention	
<b>University of Nevada, Las Vegas, Department of Women's Studies</b>	1998
<b>Assistant Professor</b>	
WOM 489 Women's Health	
<b>University of Nevada, Las Vegas, Department of Physical Therapy</b>	1997-2000
<b>Coordinator of Clinical Education</b>	
<u>Experience:</u> Development of clinical education program including acquisition and retention of clinical sites; student placement, clinical educator benefits and rewards program	
<b>University of Nevada Las Vegas, Department of Kinesiology</b>	1994-1997
<b>Co-Instructor</b>	
SIM 180 Introduction to Physical Therapy	
<b>University of Miami, School of Physical Therapy</b>	1992-1993
<b>Graduate Teaching Assistant</b>	
PTS 570 Clinical Skills	
<b><i>Clinical Experience</i></b>	
<b>Providence Physical Therapy – President, Owner</b>	2008-Present
Entrepreneur of a private physical therapy practice providing women's health, men's health, orthopedic, and pelvic floor rehabilitation, 2 locations (Littleton/Englewood)	

### **Ascent Physical Therapy**

Experience: Co-Director of Women's Health program. Marketing and patient care responsibilities 2006-2008

### **Keith Kleven Institute of Orthopedic, Sports, and Dance Rehabilitation**

1994-2005

Experience: Clinical Director/Director of Women's Health Program in private outpatient orthopedic practice. Rehabilitation of spine, extremity and neurological injuries in high school, college, professional athletes, and dance populations. Women's health/men's health practice in areas of general orthopedics, spine/pelvis dysfunction, oncology, urology, prenatal, postpartum, pelvic floor dysfunction, gynecology, and osteoporosis. Application of holistic approach with emphasis on sports medicine philosophy and wellness/prevention.

Responsibilities: Liaison between staff and Owner/CEO; staff management; office management; public relations; marketing and promotion of Women's Health Program.

### **Horizon Specialty Hospital**

1994-1997

Experience: *Sub-acute rehab*

### **Southern Nevada Home Health**

1996-1997

### ***Honors/Awards***

Regis University, School of PT Excellence in Teaching Award	2011, 2012
APTA Clinical Education Consensus Conference Participant	2007
APTA Section on Women's Health Research Award	2004, 2005, 2006
Nevada Physical Therapy Association Research Award	2001
Texas Woman's University Graduate Research Grant	1998, 2000
Texas Woman's University Academic Scholarship	1998
UNLV Merit Award for Teaching/Service/Scholarship	1997-'00, '02-'03
APTA Mary McMillan Scholarship Award	1992
Graduate Teaching Assistant Scholarship - Miami, FL	1992-1993
Lucile Funk Keely Scholarship - Miami, FL	1991
Undergraduate Research Opportunity Program Grant, CU, Boulder, CO	1989
Regent Scholarship, University of Colorado (CU) - Boulder, CO	1987

### ***Institutional Service***

#### **Regis University, Ruckert-Hartman College for Health Professions**

School of Physical Therapy Council on Research and Teaching	2009-2010
Boyer's Model Task Force, Chair	2009
School of Physical Therapy CAPTE Committee; Team Leader	2009-2010
School of Physical Therapy Work Flow Task Force, Chair	2009-2010
School of Physical Therapy Department of Professional Studies	2008-2009
Generic Abilities Task Force, Chair	2009-2010
RHCPS Faculty Forum, Chair	2007
RHCPS Academic Council	2005-2007
RHCPS Outcomes Committee	2005-2007
School of Physical Therapy Curriculum Committee	2005-2007
School of Physical Therapy Doctor of Physical Therapy Work Group	2008
School of Physical Therapy Director of Clinical Education	2005-2008
School of Physical Therapy Administrative Team	2007-2008

#### **University of Nevada, Las Vegas**

UNLV Program Review Committee	2002-2005
UNLV Wellness Event Coordinator	1998-2004
UNLV Department of Physical Therapy Curriculum Committee	1999-2005
UNLV Department of Physical Therapy Academic Review Committee Chairperson	1998-2005

UNLV Department of Physical Therapy Orientation Day Committee Co-Chairperson	1998-2005
UNLV Department of Physical Therapy Admissions Committee - Chair, 1997-1999; Committee member 2000-2005	1997-2005
Graduate Curriculum Committee Member, UNLV College of Health Sciences	1997-'00; 2005
College of Health Sciences Research Council Member	2001-2002
College of Health Sciences Teaching Award Committee	2001
Department of Health Physics Faculty Search Committee	1999-2000

### ***Professional Service***

#### **Regis University Rueckert-Hartman College of Health Professions**

Advisory Board Member, School of Physical Therapy 2019-Present

#### **American Physical Therapy Association**

APTA Section on Women's Health CSM Poster and Platform Committee	2006-2017
APTA Section on Women's Health Research Endowment Committee	2010
APTA Section on Geriatrics, Committee on Clinical Practice for Osteoporosis	2004
APTA Section on Women's Health, Task Force on Entry-Level Physical Therapist Education	2002-2005

#### **Nevada State Board of Physical Therapy Examiners**

Chairman	2003-2005
Secretary/Treasurer	2001-2003

#### **Northwest Intermountain Consortium**

Secretary (Chair Elect) 2006-2007

#### **Nevada Physical Therapy Association**

Governance Committee Liaison	2004-2005
NPTA Southern District – Education Chairperson	1998
NPTA Southern District – Public Relations Chairperson	1998
NPTA Health and Fitness Screenings Coordinator	1997-1998

#### **Nevada State Board of Physical Therapy Examiners**

Chairman	2003-2005
Secretary/Treasurer	2001-2003

#### **University of Miami, School of Medicine**

PT ForUM President, University of Miami	1992-1993
Executive Committee Wheelchair Challenge; Sponsorship Co-Chair, Univ. Miami	1992
Executive Council, Class of 1993, University of Miami	1991-1993
Executive Co-coordinator, Marquette Challenge Benefit Gala, University of Miami	1991-1992

### ***Community Service***

Project Homeless Connect	2007
Women's Health Awareness	2006-2007
UNLV Wellness Event Coordinator	2000-2004
Disability Awareness Day	2000
Sun City Summerlin Health Fair, Las Vegas, NV	1999
University of Colorado Alumni Association – Boulder, CO	1997-1998
Active member, Stand Up-Miami Project to Cure Paralysis - Miami, FL	1992-1993
Volunteer, Shake-A-Leg Sailing Club for able and non-abled - Miami, FL	1991-1993
Gamma Phi Beta Alumni Association	1992-1999

## Scholarship

### Grants Funded

- LaPorta Krum L.** Hock A, Anderson D, VanDiempen N, Thorpe B, Allen T, Boshuizen E, Webb L. (2010). *Benefits of physical therapy intervention status-post pelvic organ prolapse repair: A case-series*. Regis University SPARC Grant [\$1500]. 2010
- LaPorta Krum L,** Hock A, Anderson D, VanDiempen N, Thorpe B, Allen T, Boshuizen E, Webb L. (2009). *Benefits of physical therapy intervention status-post pelvic organ prolapse repair: A case-series*. Regis University SPARC Grant [\$500]. 2010
- LaPorta Krum, L,** Elliott J, Adams M, Anderson K, Johnson K, Mueller A, Shorter D, Utes E, Sapsford R. (2008). *Effect of pregnancy and delivery on pelvic floor muscles: MRI comparisons of vaginal and caesarean births versus nulliparous controls*. University of Queensland Centre for Clinical Research Excellence in Spinal Pain, Injury and Health [\$2000]. 2010
- LaPorta Krum, L,** Elliott J, Adams M, Anderson K, Johnson K, Mueller A, Shorter D, Utes E, Sapsford R. (2008). *Effect of pregnancy and delivery on pelvic floor muscles: MRI comparisons of vaginal and caesarean births versus nulliparous controls*. Regis University SPARC Grant [\$1048]. 2008
- LaPorta Krum L.,** Tomco V, Winkel J. *Effect of pelvic floor strengthening exercises and nutritional recommendations to reduce incidence of incontinence in female collegiate basketball athletes*. Regis University SPARC Grant [\$500] 2007
- Mangus, B., Dufek, J., Mercer, J., Wilson, K., **LaPorta Krum, L.** *Etiology of knee joint laxity: Gender considerations*. UNLV SITE Grant. [\$6355] 2005
- Bowles, C., **LaPorta Krum, L.,** Kruskall, L. *Effect of Pilates-based exercise on bone mineral density levels, muscle strength, and balance in a group of postmenopausal women*. U.S. Department of Education [\$22,000]. 2005
- LaPorta Krum, L.** *Effects of conservative physical therapy management and education on pain and functional recovery post cesarean section*. UNLV New Investigator Award [\$7,558]. 2004
- Chaddick, B., **LaPorta, L.** and Shepherd, S. *Kid's Bike Safety Booth*. State of Nevada Office of Traffic Safety, \$2000. 2002
- LaPorta, L.,** McWhorter, W., and Landers, M. *Acquisition of equipment to support DEXA scan research*. UNLV SITE Grant, \$4,685. 2002
- Rudin, M.J., Bowles, C., Kruskall, L., **LaPorta, L.,** and Mercer, J. *Acquisition of a DEXA scanner*. UNLV Planning Initiative Award. \$30,000. 2001
- LaPorta, L.** *Effect of prescribed step length and gait velocity in walking ground reaction force and bone mineral density in postmenopausal women with osteoporosis of the hip*. Nevada Physical Therapy Association Research Award, \$500. 2000

### Grants Submitted - Not Funded

- LaPorta-Krum L.,** Elliott, J, Gerig, N. (2011). *Use of MRI to detect underlying pelvic floor muscle pathology in patients with vestibulodynia and pelvic pain*. National Vulvodynia Association Medical Research Fund, \$29,210.

**LaPorta-Krum, L**, Elliott J, Adams M, Anderson K, Johnson K, Mueller A, Shorter D, Utes E, Sapsford R. (2008). *Effect of pregnancy and delivery on pelvic floor muscles: MRI comparisons of vaginal and caesarean births versus nulliparous controls*. Bob Doctor Research Award, \$3957.00.

Landers, M., Wallmann, H., McWhorter, W., Altenburger, B., Altenburger, P., **LaPorta Krum, L**. (2004). *Body weight support system to support locomotor research in patients with neuromuscular dysfunction*. UNLV SITE Grant.

**LaPorta, L.**, Rudin, M. (2002). *Effect of a 12-Month Prescribed Walking Exercise Program on Bone Density of the Hip in Post Menopausal Women*. University of Nevada Las Vegas, Applied Research Initiative, \$69,900.

**LaPorta, L.**, Smith, S. (2000). *Effect of prescribed step length and gait velocity in walking ground reaction force and bone mineral density in postmenopausal women with osteoporosis of the hip*. American Physical Therapy Association, Orthopedic Section, \$10,000.

**LaPorta, L.** (1998). *Anthropometric and biomechanical analysis of gait in women with low bone density of the hip*. American Physical Therapy Association, \$30,000.

### Publications

Shelly E, **LaPorta Krum L**. Methods used by physical therapists to learn pelvic floor muscle examination. *American Urogynecology Society (AUGS), Conference Proceedings*, 2008, p. 321

Shelly E, **LaPorta Krum L**. Techniques Physical Therapists Use to Examine Pelvic Floor Muscles. *Society of Urological Nursing Association (SUNA)*, 2008.

**LaPorta Krum L**, del Fin M, Ford R, Badger T, Wesley M. Effects of conservative physical therapy management post cesarean section: A randomized controlled trial. *Journal of Women's Health in Physical Therapy*, 2006, 30(1):24.

**LaPorta Krum L**, Smith S. Educating physical therapists in women's health: Recommendations for entry-level and postprofessional curricula. *Journal of Physical Therapy Education*, 2005; 19:31-41.

Landers M, McWhorter J, **LaPorta Krum L**, Glovinsky D. Mandatory continuing education in physical therapy: A survey of therapists in states with and without a mandate. *Physical Therapy*, 2005; 85:861-871.

**LaPorta Krum L**, Trout S, Perez J, Pike E, Altenburger E. Balance reactions in pregnant and postpartum women compared to nulliparous controls. *Journal of Women's Health in Physical Therapy*, 2004; 29(1):25.

**LaPorta Krum L**, Smith S. Educating physical therapists in women's health: Curricular implications. *Journal of Women's Health in Physical Therapy*, 2003;28:(1),25.

McWhorter JW, Wallmann H, Landers M, Altenburger B, **LaPorta-Krum L**, Altenburger P. The effects of walking, running, and shoe size on foot volumetrics. *Physical Therapy in Sport*, 2003;4, 87-92.

**LaPorta-Krum L**, Smith S, Sanborn C, Thompson M. Effect of step length, gait velocity, and ground reaction force on bone mineral density in postmenopausal women with and without low bone mass of the hip. *Physical Therapy*, Available online: <http://ptjournal.org/abstracts/pt2003/abstractspt2003.cfm> [Abstract]

McWhorter JW, Wallmann H, Landers M, **LaPorta L**, Altenburger P, Altenburger B. The effects of walking, running, and shoe size on foot volumetrics. *Physical Therapy*, Available online: <http://ptjournal.org/abstracts/pt2003/abstractspt2003.cfm>.

**LaPorta L**, McWhorter JW, Naas E. Assessment of a curricular component designed to introduce physical therapy students to rural practice issues. *Journal of Rural Health*, 2002;18: 384-387.

Shamus, E, **LaPorta L.** Promoting wellness: Reach past a patient's primary diagnosis to screen for urinary incontinence. *Advance for Directors in Rehabilitation*, May 2001: 73-76.

Naas E, **LaPorta L**, Beatty D. Description and assessment of a curricular component designed to introduce physical therapy students to issues involved with practice in rural areas. *Physical Therapy*, 2001; 81:A11.

### **Platform Presentations**

Hoch A, Anderson D, VanDiempen N, Thorpe B, Allen T, Boshuizen E, Webb L, **LaPorta Krum L.** (2013). Benefits of physical therapy intervention status-post pelvic organ prolapse repair: A case-series. APTA Combined Sections Meeting, San Diego, CA. [Abstract].

**LaPorta Krum L**, Mueller A, Anderson K, Johnson K, Elliott J. (2011). Effects of pregnancy and delivery on pelvic floor muscles: MRI comparisons of vaginal and caesarean birth versus nulliparous controls. APTA Combined Sections Meeting, New Orleans, LA. [Abstract]. **\*Awarded APTA Section on Women's Health Research Award\***

**LaPorta Krum L**, Mueller A, Utes E, Adams M, Anderson K, Shorter D, Elliott J. (2010). A magnetic resonance imaging (MRI) measure of intramuscular fat in pelvic floor musculature of nulliparous women. APTA Combined Sections Meeting, San Diego, CA. [Abstract]. **\*Awarded APTA Section on Women's Health Research Award\***

Mulligan N, Davis A, Christenson M, **LaPorta Krum L**, A Francis, Tschoepe B. (2010). Clinical Education Scholar Program: Creating Innovative Partnerships Between Academic Physical Therapy Programs and Clinical Faculty. APTA Combined Sections Meeting, San Diego, CA. [Abstract].

Tomco V, Winkel J, **LaPorta Krum L.** (2009) Effect of pelvic floor strengthening exercises and nutritional recommendations to reduce incidence of incontinence in female collegiate basketball athletes. APTA Combined Sections Meeting, Las Vegas NV. [Abstract].

Francis A, **LaPorta Krum L.** (2009) Clinical Education Curricular Assessment Using APTA's "Minimum Required Skills of Physical Therapist Graduates at Entry-Level": A Proposed Evaluation Tool. APTA Combined Sections Meeting, Las Vegas NV. [Abstract].

Shelly E, **LaPorta Krum L.** (2009). Pelvic Floor Muscle Examination Techniques used by Physical Therapists: Characteristics of therapists reporting high and low skill confidence. APTA Combined Sections Meeting, Las Vegas NV. [Abstract].

Shelly E, **LaPorta Krum L.** (2008). Techniques Physical Therapists Use to Examine Pelvic Floor Muscles. Society of Urological Nursing Association (SUNA), Tampa, FL. [Abstract].

Elliott J, **Krum L**, Mulligan N, and Christenson M. (2007). Technology profile of clinical instructors in physical therapy: Bridging the gap between practice and academia. APTA Combined Sections Meeting, Boston, MA. [Abstract].

**Krum L**, Tschoepe B, Sage L. (2007). Models of clinical faculty development: A comparison study of one university's experience. APTA Combined Sections Meeting, Boston, MA. [Abstract].

**Krum L**, and Schuerman S. (2007). Female collegiate athletes: Relationships of quadriceps angle, bone mineral density (BMD), muscular strength, body composition, and calcium intake across sports. APTA Combined Sections Meeting, Boston, MA. [Abstract].

Smith M, Whitman J, **Krum L.** (2007). Assessing student performance in the clinical: Analysis of practice projects. APTA Combined Sections Meeting, Boston, MA. [Abstract].

**LaPorta Krum L**, del Fin, M, Ford, R., Badger, T, Wesley, M. (2006). *Effects of conservative physical therapy management post cesarean section: A randomized controlled trial.* American Physical Therapy Association, Combined Sections Meeting, San Diego, CA. [Abstract]. **\*Awarded APTA Section on Women's Health Research Award\***

**LaPorta Krum, L**, Trout, S., Perez, J, Pike, E., Altenburger, E. (2005). *Balance reactions in pregnant and postpartum women compared to nulliparous controls*. American Physical Therapy Association, Combined Sections Meeting, New Orleans, LA [Abstract]. [\\*Awarded APTA Section on Women's Health Research Award\\*](#)

**LaPorta Krum, L**, Smith, S. (2004). *Educating physical therapists in women's health: Curricular implications*. American Physical Therapy Association, Combined Sections Meeting Nashville, TN. [Abstract]. [\\*Awarded APTA Section on Women's Health Research Award\\*](#)

Wyler, J., Golding, L., Kruskall, L., **LaPorta Krum, L.**, Patton, P. (2004). *Dual energy x-ray absorptiometry use in determining body composition of student athletes*. 49<sup>th</sup> Meeting of the Health Physics Society, Washington, DC. [Abstract].

**LaPorta-Krum, L.**, Smith, S., Sanborn, C., Thompson, M. (2003). *Effect of step length, gait velocity, and ground reaction force on bone mineral density in postmenopausal women with and without low bone mass of the hip*. Annual Conference and Exposition of the American Physical Therapy Association Washington, DC [Abstract].

**LaPorta, L**, Wesley, M. (2001). *Postpartum pelvic dysfunction and pain*. Nevada Biomedical Research and Education Conference, Las Vegas, NV [Abstract].

### Poster Presentations

Hoch, A, Anderson D, Allen T, Thorpe B, Webb, L Van Diepen, N, Boshuizen, E, **LaPorta Krum L.** (2012) *Functional training using local muscle activation and EMG biofeedback to treat women status post pelvic organ prolapse repair: a case study*. Annual Conference and Exposition of the American Physical Therapy Association, Tampa, FL.

**LaPorta Krum L**, Flynn T. (2010). *Subclavicular and neck pain managed by manipulation and trigger point dry needling*. American Physical Therapy Association Combined Sections Meeting, San Diego, CA.

Shelly E, **LaPorta Krum L.** (2008). *Methods used by physical therapists to learn pelvic floor muscle examination*. American Urogynecology Society (AUGS) Annual Scientific Meeting, Chicago, IL. [Abstract].

**LaPorta Krum, L**, Gallagher, R., Okuda, C. (2004). *Evidence-based exercise guidelines to increase bone mass in young women: What every physical therapist should know*. APTA Combined Sections Meeting, Nashville, TN.

Landers, M., McWhorter, J.W., **LaPorta Krum, L.**, & Glovinsky, D. (2004). *A survey of physical therapy continuing education in states with and without mandatory continuing education requirements*. APTA Combined Sections Meeting, Nashville, TN.

McWhorter, J.W., Wallmann, H., Landers, M., **LaPorta, L.**, Altenburger, P., Altenburger, B. (2003). *The effects of walking, running, and shoe size on foot volumetrics*. APTA Annual Conference, Washington D.C.

Naas, E., **LaPorta, L.**, Beatty, D. (2001) *Description and assessment of a curricular component designed to introduce physical therapy students to issues involved with practice in rural areas*. Nevada Physical Therapy Association Fall Conference, Las Vegas, NV.

Springer, C., Derrington, M., **LaPorta, L.**, Smith, S. (2000). *Relationship between anthropometric measures and bone mineral density in women with and without osteoporosis*. Texas Woman's University Spring Conference, Dallas, TX.

Rine, R.M., Voight, M., Mancini, R., **LaPorta, L.** (1993). *Ankle referenced comparison of sway under altered sensory conditions*.

### Non-Peer Reviewed Publications

ACUSA Incontinence Article. Pelvic Floor Muscles: Exposing the Truth About and Intimate Health Issue. (2007)



Section on Women's Health, APTA. Guidelines for Women's Health Content in Professional Physical Therapist Education. (2005)

### **Research in Progress**

**LaPorta L, Eigsti H.** Use of aesthetic expression in developing sensitivity to psychosocial issues in professional physical therapy education.

**LaPorta L.** Educating physical therapists in men's health: Curricular and clinical implications.

**LaPorta L, Hoch, A., Natsume S.** When to initiate pelvic floor examination and treatment: A decision algorithm for orthopedic physical therapists and physicians.

### **Book Review**

Aspen Publishers, Inc. The measurement of strength: A strength norm referenced manual. 1999

### ***Professional Presentations***

Grand Rounds, Regis University 2008  
*"Using the New PT CPI Web"*

American Physical Therapy Association, National Meeting, Denver, CO 2007  
*"Current Best Evidence in Women's Health Physical Therapy"*

School-Based Physical Therapy Workshop 2007  
*"Clinicians and Technology: Accessing Evidence Based Information in your PT Practice"*

American Physical Therapy Association, Combine Sections Meeting, Boston, MA 2007  
*"Strategies for Teaching Women's Health Physical Therapy Content"*

Continuing Education Series at The Kleven Institute in Las Vegas, NV 2006  
*"Physical Therapy Management of Women's Health Issues and Pelvic Dysfunction"*

Grand Rounds, Regis University 2006  
*"Differential Diagnosis of Pelvic Floor Dysfunction"*

American Physical Therapy Association Combined Sections Meeting, Nashville, TN 2004  
*"Preliminary Results of the Section on Women's Health Task Force on Women's Health Physical Therapy Content in Professional PT Education".*

American Physical Therapy Association Regional Meeting: Preview 2020 2003  
*"Spinal Stabilization"* with Carolyn Kisner, PT, PhD

University of Nevada, School of Medicine OB/GYN Residency Lecture 2003  
*"Unique Exercise Considerations for the Aging Woman"*

University of Nevada, Rural Health Conference 2001  
*"Women's Health in the Middle Years"*

Clinical Medical Electrologist Annual Conference 2001  
*"Cumulative Trauma Disorders: Etiology and Prevention"*

Texas Woman's University Postprofessional Program <i>"Women's Health: Function and Dysfunction in the Menopausal Years"</i>	2000
Nevada Physical Therapy Association <i>"The Biology of Aging: Incontinence"</i>	1999
Nevada Physical Therapy Association <i>"Balance Disorders and Falls in the Elderly"</i>	1999
<b>Community Presentations</b>	
Children's Hospital - Pregnancy Parenting Partners <i>"Bouncing Back After Pregnancy: Backs, Tummies, and Bottoms"</i>	2019
Functional Therapeutics and Physical Therapy <i>"Pelvic Health and Orthopedic Differential Diagnosis"</i>	2018
Denver First Church <i>"Your Wellness: Brain, Heart, Balance, Bladder, Bones"</i>	2017
PIPER Community Education <i>"Your Intimate Health: Are You Curious?"</i>	2016
PIPER Community Education <i>"The 3 P's of Pregnancy: Pain, Posture, Pelvis"</i>	2016
Lifetime Fitness Personal Trainer Education <i>"Women's Health and Men's Health: Reading Between the Lines"</i>	2015
International Church of Las Vegas, NV <i>"Inductive Study of Women's Health Through the Lifespan" – 4 Week Seminar</i>	2004
Nevada Orthopedic Study Group <i>"Anatomy Review and Examination of the Face and Neck"</i>	2002
Sun City Anthem <i>"Prevention and Treatment Strategies for Osteoporosis and Incontinence"</i>	2002
Nevada Orthopedic Study Group <i>"Anatomy Review and Examination of the Shoulder and Upper Extremity"</i>	2001
Nevada Orthopedic Study Group <i>"Anatomy Review and Examination of the Pelvis and Lower Extremity"</i>	2000
Urology Physician Group <i>"Pelvic Floor Treatment of Post-Prostatectomy Incontinence "</i>	1999
Radiation Oncology Center of Las Vegas, NV <i>"Lymphedema: Causes, Prevention and Treatment"</i>	1997
Las Vegas Ski Club - Las Vegas, NV <i>"Ski Injury and Prevention"</i>	1995
Group Health Cooperative - Seattle, WA <i>"Rehabilitation Exercise and Recreational Activities for Amputee Athletes"</i>	1993

### ***Professional/Educational Conferences Attended***

APTA Combined Sections Meeting – Denver, CO	2019
EIM Hybrid Education Conference – San Antonio, TX	2019
APTA Annual Conference – Tampa, FL	2012
APTA Combined Sections Meeting – New Orleans	2011
APTA Combined Sections Meeting – San Diego, CA	2010
APTA Combined Sections Meeting – Las Vegas, NV	2009
APTA Annual Conference – Denver, CO	2007
Northwest Intermountain Consortium Meeting – Albuquerque, NM	2006
APTA Combined Sections Meeting – San Diego, CA	2006
APTA Combined Sections Meeting – New Orleans, LA	2005
APTA Combined Sections Meeting – Nashville, TN	2004
APTA Annual Conference – Washington, D.C.	2003
APTA Annual Conference – Anaheim, CA	2001
APTA Self Study Workshop for Accreditation and CSM	2000
National Clinical Education Conference – Orlando, FL	1999
APTA Clinical Instructor Credentialing, Las Vegas, NV	1998
APTA Annual Conference – San Diego, CA	1997
APTA Annual Conference - Cincinnati, OH	1993
Annual Florida Physical Therapy Association Conference - Orlando, FL	1992

### ***Women's Health Continuing Education***

Demystifying Pudendal Neuralgia, Rummer and Prendergast, Denver CO	2012
Visceral Mobilization SOWH, Gail Wetzler Pomona, CA	2009
OB1 – APTA Section on Women's Health (CAPP)	2008
Emerging Issues in Women's Health, Denver CO	2006
Alternative Health Care for Women, San Diego, CA	2006
Johns Hopkins University Urogynecology Conference	2004
Epidemiology and Physical Therapy Management of Pelvic Organ Prolapse, Constipation, and Fecal Incontinence, Dr. Pauline Chiarelli	2004
Women's Health: Function and Dysfunction in the Menopausal Years, Texas Woman's University (TWU) Women's Health Certificate Program	2000
Functional Pelvic Floor Exercises, Beate Carriere	2000
Female Anatomy, Physiology and Endocrinology, TWU Women's Health Certificate Program	1999
Biology of Aging, TWU Women's Health Certificate Program	1998
Pathophysiology of Exercise, TWU Women's Health Certificate Program	1998
Prenatal and Post-Partum Exercise Prescription, Elizabeth Nobel	1998
Clinical Observation: Bonnie Cardenas Physical Therapy and UCLA Pelvic Pain Clinic	1997
Women's Health What Every P.T. Should Know, Elizabeth Nobel	1997
Pregnancy and Pelvic Floor Dysfunction, Kathy Wallace	1995

### ***Orthopedic Continuing Education***

MELT Method Level 1	2018
MELT Method Hand and Feet	2017
Kineticore Functional Applications of Dry Needling	2016
Colorado Manipalooza	2011
GEMT Trigger Point Dry Needling – Level 3	2011
GEMT Trigger Point Dry Needling – Level 2	2010
GEMT Trigger Point Dry Needling – Level 1	2009
Beyond the Pelvic Floor – Paul Hodges	2009
Functional Manual Therapy for the Upper Quarter, Alan Weismantel	2004
The Mulligan Concept: Manual Therapy NAGS, SNAGS, MWMS	2003
NAIOMT Upper Quadrant II	2002

Sahrmann Level 2	2002
Jones Strain Counterstrain I (Spine and Pelvis)	2002
Sahrmann Level 1	2001
Ola Grimsby MT1 Course	2001
NAIOMT Lower Quadrant III	1999
NAIOMT Lower Quadrant II	1998
Ola Grimsby MT5 Course – Extremity Evaluation and Manipulation	1997
Spine Care Series I	1996
Institute of Physical Therapy - S1 Spinal Evaluation and Manipulation	1994
Sports Conference	1994

### ***Special Skills***

- Teaching/advising doctoral students academics and research at a graduate level in ground-based and online classrooms
- Design and oversight of master's/doctoral physical therapy curriculum
- Success and experience in preparing physical therapy program for CAPTE accreditation and re-accreditation including preparation of Declaration of Intent (DOI), related self-study reports, and site visits
- Design and/or modification of effective work flow systems, policies and procedures in clinical and academic settings
- Project leadership/management including coordination, planning, and management in meeting deadlines for product delivery
- Marketing/promotion of niche clinical services in pelvic health
- Fiscal management and financial planning in a private, outpatient physical therapy practice
- Management and mentorship of clinical and administrative personnel
- Human resources administration including payroll and benefit management
- ICD –9 and ICD-10 coding
- CPT coding and management/administration of physical therapy billing
- Insurance contract negotiation