

Jennifer Miller-Katsafanas, PT, DPT, CLT, WCS
11/2024

Contact Information

Office Address

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Present Position

07/2016-present, Assistant Professor, Physical Therapy & Obstetrics & Gynecology

Clinician Track

Washington University School of Medicine

Program in Physical Therapy

Education

Undergraduate

08/1991-05/1994

Associate in Arts

St. Louis Community College, St. Louis, Missouri (Business Administration)

08/1994-05/1996

Bachelor of Science

University of Missouri, St. Louis, Missouri (Business Administration/Marketing)

Graduate

08/2009-05/2012

Doctor of Physical Therapy

Washington University School of Medicine in St. Louis
Program in Physical Therapy, St. Louis, Missouri (Physical Therapy)

Post-graduate training

08/2012-08/2013

APTA-Credentialed Women's Health Residency

Washington University School of Medicine in St. Louis
Program in Physical Therapy, St. Louis, Missouri

Additional education

07/2012-07/2012

Certified Lymphedema Therapist

Klose Training and Consulting, St. Louis, Missouri

Academic and Promotion History:

- 01/2014-07/2016 Instructor, Physical Therapy
Washington University School of Medicine
Program in Physical Therapy
St. Louis, Missouri
- 08/2013-07/2014 Clinic Associate, Physical Therapy
Washington University Physical Therapy Clinic
St. Louis, Missouri

Professional Licensures and Certifications

Licenses

- 07/2012-present License # 2012023602, Missouri (active)
09/2023-present License # 070.025219, Illinois (active)

Certifications

- 07/2012 Certified Lymphedema Therapist
06/2015 Board Certified in Women's Health Physical Therapy

Honors and Awards

- 04/1996 Alpha Mu Alpha Student Honors

Editorial and Review Responsibilities

Ad Hoc Manuscript Reviews

- 10/2014 Editorial Reviewer, Physiotherapy Theory & Practice
12/2014 Editorial Reviewer, Physiotherapy Research International

Other Peer Review Activities

- 01/2018-12/2021 Women's Health Journal of Physical Therapy/Book Reviewer

Community Service Contributions

Washington University in St Louis *School of Medicine* Committee and Administrative Service:

- 07/2015-Present Interviewing and assisting with selection of women's health residency applicants (Voting Member, Washington University Program in Physical Therapy Clinical Residency in Women's Health Committee)

05/2016-05/2020 Made recommendations and assisted with selection of Movement System Fellows (Advisory Committee Member, Washington University Physical Therapy Movement System Fellowship)

11/2020-10/2023 Assisted organization of content during a 5-week module during transition to competency-based learning curriculum for first year physical therapy students (Build Team Member, Movement and Population Health Module)

04/2021 Provided physical therapy education and recommendations for ergonomic solutions when working from home via Zoom during the Gender Equity Women's Faculty Lunch Meeting, St. Louis, Missouri

6/2021-11/2024 Student Health and Wellness Committee Lead for the Program in Physical therapy through Becker Library, St. Louis, Missouri

10/2023 – present Responsible for planning, organizing and administration of 5-week module for first year physical therapy students (Team Lead, Movement and Population Health Module)

Community Outreach & Volunteer Service:

09/2009 On The Move™ Student Exercise Instructor, Washington University Program In Physical Therapy, St. Louis, Missouri

02/2012 Washington University Program in Physical Therapy Pro-Bono Clinic Student Volunteer, Washington University Program In Physical Therapy, St. Louis, Missouri

04/2012 Girls on the Run Group Leader Volunteer, St. Louis Charter School, St. Louis, Missouri

08/2012-08/2013 Barnes Jewish Hospital Teen Pregnancy Center Physical Therapy Volunteer, St. Louis, Missouri

4/2015 and 11/2015 Community Education on Pelvic Floor Dysfunction and Treatment Options, Des Peres Lodge, St. Louis, Missouri

11/2016 Provided physical therapy education and recommendations for weight training in adolescent females for the St. Louis Adolescent Female Sports Medicine Initiative at host site Clayton Chiropractic Center, St. Louis, Missouri

01/2018 Provided physical therapy education and recommendations for health movement to members of the Missouri Chapter Support Group of the National Arthritis Foundation St. Louis, Missouri

8/2018 Global Women’s Health Initiative Yoga Fundraiser, Washington University Program In Physical Therapy, St. Louis, Missouri

10/2018-6/2023 Attended meetings and provided physical therapy education and recommendations for pelvic health, fitness and lymphedema-related concerns for cancer survivors (Presenter, Siteman Together Group, Barnes Jewish Hospital and Zoom)

05/2019 Volunteer Yoga Instructor to Community Members, Messiah Community Center, St. Louis, Missouri

01/2022 Provided sex-based education on physical fitness effects of disordered eating in female athletes via Zoom to St. Louis Adolescent Female Sports Medicine Initiative via Facebook Live event St. Louis, Missouri

09/2022 Provided physical therapy education and recommendations related to pelvic health during PECaD, Siteman Cancer Center and BJH Collaborative Series “Let’s Talk About Sex” via Zoom

10/2023-10/2024 Global PT Day of Service, Gateway 180 Homeless Shelter and Forest Park, St. Louis, Missouri

11/2023 Provided physical therapy education and recommendations for weight training in adolescent female athletes via Zoom to St. Louis Adolescent Female Sports Medicine Initiative via Facebook Live event, St. Louis, Missouri

02/2024 Presented information on “Removing Barriers to Physical Activity” to Washington University employees in person and via Zoom (presenter, Washington University Human Resources, St. Louis, Missouri)

Membership in Professional Societies

8/2010-present American Physical Therapy Association

8/2010-present Missouri Physical Therapy Association

8/2012-present American Physical Therapy Association Academy of Pelvic Health

Teaching

Major External Invited Presentations, including Professorships and Lectures

04/2016 “What Does Movement Have to do with Urinary Urgency?”
American Physical Therapy Association, Section on Women’s Health Combined Sections Meeting, Anaheim, CA

01/2017 “Exercise Equipment: Application of Movement Analysis in Athletes and Exercisers, Movement System Impairment Syndromes of the Low Back, Hip and Knee: Fundamental Concepts and Application”
Washington University Program in Physical Therapy, St. Louis, Missouri

05/2017 “Pelvic Floor Exercise for Incontinence Across the Lifespan”
Wound Ostomy and Continence Nurses Society, 49th Annual Conference
Salt Lake City, Utah

09/2017 “Strengthening and Sports Related Training Movement System Impairment
Lower Quarter Advanced Course”
Washington University Program in Physical Therapy, St. Louis, Missouri

01/2018 “Movement System Impairment Introduction to Lower Quarter Course”
Team Rehabilitation Services, Detroit, Michigan

11/2019 “Strengthening and Fitness Movement System Impairment Lower Quarter
Advanced Course”
Washington University Program in Physical Therapy, St. Louis, Missouri

04/2024 “Diagnosis and Treatment of Movement System Impairments. Introduction to
Concepts and Application: The Lower Quarter.
Endeavor Swedish Hospital, Chicago, Illinois

Washington University Presentations & Lectures

First Year Physical Therapy Students (80-100/year)

04/2016-present *Anthropometrics*
04/2016-present *Palpation of the Abdomen*
08/2023-present *Physical Activity, Sleep and Nutrition*
08/2023-present *Fitness Testing*
08/2023-present *American Physical Therapy Association Assessment*
10/2023-present *Movement and Population Health*
09/2024 *Motivational Interviewing*
10/2024 *School Fitness and Health*

Second Year Physical Therapy Students (80-100/year)

04/2015-present *Arthritic Conditions*
05/2014-present *Biofeedback*
10/2017-present *Spinal Traction*
10/2023-present *Hip Adduction with Medial Rotation*
11/2023-present *Hip Extension with Knee Extension*
11/2024-present *Femoral Acetabular Impingement and Developmental Dysplasia of the
Hip*
11/2024-present *Femoral Anterior and Posterior Glide*

11/2024-present *Hip Source Testing and Low Back Interactions*
11/2024-present *Femoral Hypomobility*

Third Year Physical Therapy Students (80-100/year)

1/2016-present *Yoga for Physical Therapists*
4/2016-present *Fitness and Health in Cancer Survivors*
1/2017-present *PTs in the Continuum*
4/2019-4/2023 *Strengthening and Sports*
3/2019-3/2023 *Using Groups in PT Prevention*
4/2020-4/2021 *Movement Analysis in Athletes and Exercisers*
4/2023-present *Physical Therapists in a Health Fair Setting*
3/2024-present *Nutrition and Physical Therapy*

Mentorship & Sponsorship Record

Served as **faculty research mentor and/or sponsor** for:

Women's Health Physical Therapy Residents:

Nina Marino, PT, DPT, CLT
July – September, 2014
Residency Graduate

Jessica Zager, PT, DPT, CLT
September – December, 2014
Residency Graduate

Elizabeth Machonacy, PT, DPT, CLT
October – December, 2015 and July-August 2016
Residency Graduate

Yewande Apatira, PT, DPT, CLT
September-December, 2016
Residency Graduate

Taylor Chapman, PT, DPT, CLT
September-December 2017 and July-August 2018
Residency Graduate

Rachel Hohman, PT, DPT, CLT
September-December 2018 and July-August 2019
Residency Graduate

Nikki Erbes, PT, DPT, CLT
September-December 2019 and July-August 2020
Residency Graduate

Sarah Flood, PT, DPT, CLT
September-December 2020 and July-August 2021
Residency Graduate

Julia Foster, PT, DPT, CLT
October-December 2021
Residency Graduate

Martina Mapa, PT, DPT, CLT
December 2021-September 2022
Residency Graduate

Bridget Ochuko, PT, DPT, CLT
October 2022-March 2023
Residency Graduate

Emily Yakel, PT, DPT, CLT
March 2023-September 2023
Residency Graduate

Gin Ngo, PT, DPT, CLT
Women's Health Resident
September 2023 – March 2024

Jessica Moss, PT, DPT, CLT
Women's Health Resident
March 2024-September 2024

Physical Therapy Graduate Students

Margaret Stohlmann, SPT
July – September, 2017
DPT Graduate

Julian Mushill, SPT
September – December, 2014
DPT Graduate

Stacy Jackson, SPT
September-December, 2016
DPT Graduate

Bibliography

Abstracts

- 1) Turner LA*, Tylka SL, **Miller J**. Physical Therapy Evaluation and Treatment of Facial Lymphedema: A Case Report. Poster presentation at APTA Combined Sections Meeting, New Orleans, Louisiana, February 2011.