

**Theresa Monaco Spitznagle, PT DPT
Board Certified in Women's Health
Curriculum Vitae**

DATE: June 2026

CONTACT INFORMATION:

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PRESENT POSITION: Professor, Physical Therapy and Obstetrics & GYN
Coordinator, Women's Health Clinical Residency
Program in Physical Therapy
Washington University School of Medicine

EDUCATION:

<u>Date(s)</u>	<u>Degree</u>	<u>Institution</u>	<u>Field</u>
1982-1986	BS	Marquette University Milwaukee, Wisconsin	Physical Therapy
1988-1994	MHS	Washington University St. Louis, Missouri	Physical Therapy
1999-2006	DPT	Washington University St. Louis, Missouri	Physical Therapy

PROFESSIONAL EXPERIENCE:

Academic Positions/Employment

1986-1987	Staff Physical Therapist Jewish Hospital St. Louis, Missouri
1987-1988	Supervisor of Acute Medicine Jewish Hospital St. Louis, Missouri
1988-1992	Division Chief of Rehabilitation Jewish Hospital St. Louis, Missouri

1991-1995	Lecturer (part-time) Program in Physical Therapy Washington University School of Medicine St. Louis, Missouri
1991-1995	Lab Assistant, Program in Physical Therapy Washington University School of Medicine St. Louis, Missouri
1992-1996	Home Care PRN Therapist Barnes-Jewish Hospital St. Louis, Missouri
1995-2007	Instructor, Physical Therapy Washington University School of Medicine St. Louis, Missouri
1996-2007	Outpatient Physical Therapist Program in Physical Therapy Washington University School of Medicine St. Louis, Missouri
2007-2013	Assistant Professor, Physical Therapy and Obstetrics & Gynecology Washington University School of Medicine St. Louis, Missouri
2009-Present	Coordinator of Women's Health Clinical Residency Program in Physical Therapy Washington University School of Medicine St. Louis, Missouri
2013-2018	Associate Professor, Physical Therapy and Obstetrics & Gynecology Washington University School of Medicine St. Louis, Missouri
2018-Present	Professor, Physical Therapy and Obstetrics & Gynecology Washington University School of Medicine St. Louis, Missouri

PROFESSIONAL CLINICAL DOCTORATE CURRICULUM:

Diagnosis and Management of Musculoskeletal Conditions II, PT 624	
1996-Present	Lab Assistant
2001-Present	Lecturer
Essential Clinical Skills II, PT627	
2000-2014	Lecturer
2003-2015	Course Master

2016- 2020	Lab Assistant
Diagnosis and Management of General Medical Conditions, PT 636	
2002-Present	Lecturer
Kinesiology II, PT613	
2002-Present	Lecturer
Diagnosis and Evidence Analysis III, PT650	
2005-Present	Course Assistant
2005-Present	Lecturer
Diagnosis and Management of Musculoskeletal Conditions III, PT 638	
2008-2010	Course Master
2005-Present	Lecturer
Case Integration I, PT628	
2009-Present	Group Leader
Case Integration II, PT642	
2009-Present	Group Leader
2014-2019	Course Assistant
2020-Present	Course Master
Case Integration III, PT654	
2009-Present	Student Advisor, Focus Study
2010-Present	Ortho Medicine: Paper Grader
Diagnosis and Evidence Analysis I, PT 601	
2017-2020	Lab Assistant

New Competency-Based Curriculum:

2021-Present	Module 4: Movement and Precision Health, Thoracic and Pelvic Anatomy and Kinesiology (PT 703A, PT 703 B): Lecturer
2021-Present	Module 5: Prevention, Diagnosis, and Management of Complex Movement-Related Problems (PT 710) Musculoskeletal Conditions: Lab Assistant
2021-Present	Module 6: Prevention, Diagnosis, and Management of Complex Movement-Related Problems (PT 711) M6 Module Team Member, Lecturer (Thoracic Spine, Pelvic Girdle, Sex Based Health) Laboratory Coordinator (MSK, Integration and Station labs) Laboratory Assistant (Arthritis, Community Labs, Cervical Spine Mob)
2021-Present	Module 7: Practice and Movement (PT 720) Module Team Member, CSE Advisor, Lecturer, Laboratory Coordinator (Pelvic Lens) Laboratory Assistant (Patient Rounds), Coordinator of CSE Lens Projects
2021-Present	Module 8: Practice, Health and Equity (PT 721) Module Team Member, CSE Advisor, Lecturer, Laboratory Coordinator (Pelvic Lens) Laboratory Assistant (Patient Rounds),
2021-Present	DPT Curriculum CSE Thread: Thread co-Lead: coordinates Phase II Lens sessions

UNIVERSITY AND HOSPITAL APPOINTMENTS AND COMMITTEES:

2010-2014	Bulletin Board Committee
2015-2018	Admissions Committee
2017-2018	Center for Inter-professional Education
2016-Present	Physical Therapy-Inclusion and Diversity Committee
2019-2022	BME-Women's Health in Technology Program Committee

LICENSURE:

1986-Present	State of Missouri #01718
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CLINICAL SPECIALIZATION:

2009-Present	Women's Health Physical Therapy Board Certified Specialist American Board of Physical Therapy Specialists Recertification 2018, MOSC 2022
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HONORS AND AWARDS:

2000	Research Award Recipient for Poster Presentation "A Musculoskeletal Approach to Dyspareunia: Case Study" American Physical Therapy Association Section on Women's Health
2011	Elizabeth Noble Award Recipient American Physical Therapy Association Section on Women's Health
2018	APTA Humanitarian Award
2019	Marquette University Distinguished Alumna of the Year Award College of Health Sciences
2021	HPA-Ronnie Leavitt Award for Leadership in the Promotion of Social Responsibility
2022	Academy of Pelvic Health Physical Therapy - President's Award CPG Steering Committee
2023	APTA Societal Impact Award
2025	2025 Dean's Impact Award. Washington University in St Louis

EDITORIAL RESPONSIBILITIES:

2009-Present	Reviewer for <i>PMR</i>
2010-2016	Reviewer for <i>Spine</i>

2011-Present	Reviewer for <i>Physiotherapy</i>
2011-Present	Reviewer for <i>Musculoskeletal Science and Practice</i>
2012-Present	Reviewer for <i>Journal of Sports Rehabilitation</i>
2016-2021	Editor Board Member, <i>Journal of Women's Health Physical Therapy</i>
2018-Present	Reviewer for the <i>International Journal of Urogynecology</i>
2021	Patient-Centered Outcomes Grant Reviewer – Urinary Incontinence Panel
2025	Patient-Centered Outcomes Grant Reviewer- Pelvic Pain Panel

PROFESSIONAL DESIGNATIONS:

2009	APTA Credentialed Clinical Instructor
2009, 2019	Board Certification and Re-Certification in Women's Health Physical Therapy

INVITED LECTURSHIP:

November 2016	Keynote Speaker 26th Annual Leonard Wall, MD Lecture Movement Impairments Associated with Pelvic Pain Kansas City Gynecological Society Meeting
February 2018	Keynote Speaker Exquisite Risks: Reflections on Professional Value. Combined Sections Meeting New Orleans, LA
February 2019	Keynote Speaker Midwest Global Health Conference Creighton University Omaha, NE
October 2024	49th Annual Ob/Gyn Symposium Demystifying Pelvic Health Physical Therapy Washington University in St Louis

SCIENTIFIC/PROFESSIONAL ORGANIZATIONS/MEMBERSHIPS:

American Physical Therapy Association (APTA)	
Student Member	1984-1986
Active Member	1989-Present
Academy of Pelvic Health	
Director of Education	2002-2004
Post Professional Education Task Force	2002-2004
Program Reviewer	2005-Present
CSM Abstract Reviewer	2005-Present
Book Reviewer	2006
Chair of the Diagnosis Dialog Committee	2010-2018
International Education Committee Member	2017-2023

Domestic Violence Education: Editor	2004-2005
Postpartum Pelvic Girdle Pain	2015-2020
Clinical Practice Guideline Development Group	
APH-CPG Steering Committee Chair	2021-Present
American Board of Physical Therapy Specialties	
Specialization Academy of Content Expert	2007-2009
Women's Health Specialty Council Member	2010-2014
Women's Health Specialty Council Chair	2012-2014, 2018
Chair of the Specialty Council's Chairs Council	2012-2014
Board Member	2014-2018
Women's Health Practice Re-Analysis Committee	2015-2018
Chair Elect Progressing to Chair	2015-2018
Multi-Disciplinary Approach to Pelvic Pain (MAPP) Research Network	2009-2024
Global Women's Health Initiative Board Member	2015-Present
Worldwide Fistula Fund Board Director	2014-Present
Chair of the WFF Rehabilitation Advisory Council	2013-2020
Secretary	2015-2016
Danja Fistula Center Hospital Board Member	2015-2018
Treasurer	2016-2018
Coordinator of the Mekelle Medical School Masters in PT Program Capacity Building Project	2016-2020
Vice Chair	2018-2019
Chair of the WFF Programming Committee	2022-Present
WFF-Mekelle Medical College Urogynecology Fellowship Faculty	2016- Present
Fewsi Foundation-Founding Board Member/Secretary	2022-Present

RESEARCH GRANTS:

Inactive

Source:	NIDDK Ancillary Grant MAPP Research Network
Role:	Investigator
Title:	Multi-Disciplinary Approach to Pelvic Pain (MAPP) Ancillary grant for 2D Ultrasound Evaluation of Pelvic Muscle Function and Topography in Patients with Urological Chronic Pelvic Pain Syndromes (UCPPS)
PI:	Henry Lai MD
Amount:	\$10,000.00
Dates:	July 2011-2013
Source:	NIDDK Ancillary Grant MAPP Research Network
Role:	Investigator

Title:	Multi-Disciplinary Approach to Pelvic Pain (MAPP2) Physical Exam Training
PI:	Henry Lai MD
Amount:	\$20,000
Dates:	July 2015-June 2019
Source:	Grant Number: 1R21DK113525-01A1
Role:	Investigator
Title:	High Density Surface EMG Assessment of the Pelvic Muscle : Hypertonicity Associated with Interstitial Cystitis/Bladder Pain
PI:	Lai, Henry MD
Amount:	\$450,000.00
Dates:	March 2018-December 2019
Source:	NIH-NINR, R21NR020379
Role:	Investigator
Title:	Assessing multifactorial etiology of IC/BPS using a novel PFM-Hip-Trunk muscle network analysis
PI:	Yingchun Zhang, PhD
Amount:	\$442,070
Dates:	2022-07/31/2024
Source:	NIH-NINR, R21HD112985
Role:	Co-PI
Title:	Assessing Multifactorial Etiology of Overactive Bladder Using a Novel PFM-Hip-TRUNK Muscle Network Analysis
PI:	Theresa Spitznagle, DPT, WCS and Yinchun Zhang, PhD
Amount:	\$440,650
Dates:	2024- Aug 31, 2025
Source:	Wash U Department of Surgery
Role:	Investigator
Title:	ABRA Pilot Treatment Trial
PI:	Mathew Rosengart MD
Amount:	5% Salary Support
Dates:	2024- Oct 31, 2025

TRAINEE/MENTEE/SPONSORSHIP RECORD:

Female Pelvic Medicine & Reconstructive Surgery Fellowship: Research Mentoring
2016-2022 Melanie Meister MD

Meister MR, Sutcliffe S, Ghatti M, Chu, **Spitznagle T**, Warren D, Lowder, J. Development of a standardized, reproducible screening examination for assessment of pelvic floor myofascial pain. *Am J of Obst and Gyn*, Volume

220, Issue 3, March 2019, Pages 255.e1-255.e9,
<https://doi.org/10.1016/j.ajog.2018.11.1106>

Meister M, Shivakumar N, Sutcliffe S, **Spitznagle T**, Lowder, J. Physical examination techniques for the assessment of pelvic floor myofascial pain: a systematic review, *Obs & Gyn Survey*, V 74(5), May 2019, p 276-277, DOI: 10.1097/01.ogx.0000554821.40095.69

American Urogynecology Association Conference Poster Presentation: Acceptability of and adherence to pelvic floor physical therapy as a treatment strategy for co-existing pelvic floor myofascial pain and pelvic floor symptoms: Melanie Meister MD, MSc, Siobhan Sutcliffe PhD, MHS, Chiara Ghetti MD, MSc, Christine Chu MD, **Theresa Spitznagle DPT**, Jerry L. Lowder MD, MSc Scientific Salons. Female Pelvic Medicine & Reconstructive Surgery 25(5S):p S80-S166, 9/10 2019. | DOI: 10.1097/SPV.0000000000000767

Meister MR, Sutcliffe S, Ghetti C, Chu CM, **Spitznagle TM**, Lowder JL. A pilot trial of movement-based pelvic floor physical therapy to address pelvic floor myofascial pain and lower urinary tract symptoms. *Int Urogynecol J*. 2023 Jun;34(6):1261-1270. doi: 10.1007/s00192-022-05353-9. Epub 2022 Sep 20. PMID: 36125508; PMCID: PMC10174754.

2019-2022 Stefanie Foster PhD Movement Science Program

Harris-Hayes M, **Spitznagle T**, Probst D, Foster S, Prather, H. A Narrative Review of Musculoskeletal Impairments Associated With Nonspecific Chronic Pelvic Pain. *PM&R* 24 2019 Aug;11 Suppl 1:S73-S82.
<https://doi.org/10.1002/pmrj.12209>

Foster SN, **Spitznagle TM**, Tuttle LJ, Sutcliffe S, Lowder JL, Meister M, Ghetti C, Mueller, MJ, Harris-HayesM. Hip and Pelvic Floor Strength in Women with and without Urinary Urgency/Frequency: Preliminary Results *J Women's Health Phys Ther* 2020;44(1). p E1-E18. doi: 10.1097/JWH.0000000000000161

Foster SN, **Spitznagle TM**, Harris-Hayes M. Movement Impairments in Women with and without Urinary Urgency/Frequency: Preliminary Results. *J Womens Health Phys Ther* 2020;44(1). p E1-E18.
doi:10.1097/JWH.0000000000000161

Erbes NA, Foster SN, Harris-Hayes M, **Spitznagle TM**, Movement Impairments in Women with and without Urinary Urgency/Frequency, *J of Women's Health Physical Therapy*. Accepted April 2021

Foster SN, **Spitznagle TM**, Tuttle, LJ, Sutcliffe, D, Steger-May, K, Lowerder JL, Meister, MR, Ghetti, C, Wang, J, Mueller, MJ, Harris-Hayes, M, Hip and Pelvic floor muscle strength in women with and with out urgency and frequency-predominat lower urinary tract symptoms,

JOWHPT: May 28, 2021 - Volume Online First - Issue - doi:
10.1097/JWH.0000000000000209

Foster SN, **Spitznagle TM**, Tuttle LJ, Lowder JL, Sutcliffe S, Steger-May K, Ghetti C, Wang J, Burlis T, Meister MR, Mueller MJ, Harris-Hayes M. Pelvic Floor Mobility measured by Transperineal Ultrasound Imaging in Women with and without Urgency and Frequency Predominant Lower Urinary Tract Symptoms. *J Womens Health Phys Ther.* 2022 Apr-Jun;46(2):100-108. doi: 10.1097/jwh.0000000000000224. PMID: 35757164; PMCID: PMC9216208.

2019-2022 Haidy Morsy, MD

American Urogynecology Association Conference Poster Presentation: A randomized placebo-controlled trial of vaginal cryotherapy as a treatment modality for pelvic floor myofascial pain: results of a single session. 2021, St. Louis, MO.

Haidy Morsy, MD, Obstetrics and Gynecology, Washington University St. Louis, St. Louis, MO, Melanie R. Meister, MD, Obstetrics and Gynecology, The University of Kansas Medical Center, Kansas City, KS, **Theresa Spitznagle, DPT**, Physical Therapy, Washington University in St. Louis, Manchester, MO, Chiara Ghetti, MD, MSc, Obstetrics & Gynecology, Washington University School of Medicine, St. Louis, MO, Christine Chu, MD, Obstetrics and Gynecology, Washington University St. Louis, Saint Louis, MO, Zoe Jennings, BS, Washington University in St. Louis, St. Louis, MO, Siobhan Sutcliffe, PhD, MHS, Division of Public Health Sciences, Washington University School of Medicine, Saint Louis, MO and Jerry L. Lowder, MD, MSc, Washington University in St. Louis School of Medicine Dept of Ob/Gyn, St. Louis, MO.

Morsy H, Meister M, **Spitznagle T**, Scott C, Zhang T, Ghetti C, Chu C, Sutcliffe S, Lowder JL. [A Pilot Randomized Controlled Trial of Vaginal Cryotherapy for the Treatment of Pelvic Floor Myofascial Pain.](#) *Int Urogynecol J.* 2023 Dec 22. doi: 10.1007/s00192-023-05692-1. Online ahead of print. PMID: 38133837

OTHER PROFESSIONAL ACTIVITIES:

Evaluation of the Pelvic Floor: Rhonda Kotarinos (2-day course)	1996
Movement System Education Retreat (Directed by: Shirley Sahrmann, PT, PhD, FAPTA)	1996-2024
Pelvic Pain: Rhonda Kotarinos (2-day course)	1997
Summer Research Institute Thomas Jefferson University	1998
Pessary Fitting Education	2001
Rehabilitative Ultrasound Internship, Vancouver	2007
International Rehabilitative Imaging Work Group	2010-2015
Academic Women's Network Peer Mentoring Program	2011-2012
Witnessing Whiteness - YWCA	2020

PROFESSIONAL PUBLICATIONS:

Peer Reviewed

Spitznagle TM, Leong FC, Van Dillen LR. Prevalence of diastasis recti abdominis in a urogynecological patient population. *Int Urogynecol J Pelvic Floor Dysfunct*. 2007; 18(3):321-328.

Spitznagle T. Invited Commentary. *J Women's Health Phys Ther*. 2007;32(2):17-18.

Prather H, **Spitznagle TM**, Dugan SA. Recognizing and treating pain and pelvic floor dysfunction. *Phys Med Rehabil Clin N Am*. 2007;18(3):477-496.

Kalisiak B, **Spitznagle T**. What Effect Does an Exercise Program for Healthy Pregnant Women Have on the Mother, Fetus, and Child? *PM&R*. 2009;1(3):261-266.

Spitznagle TM, Sahrman SA. Diagnosis and treatment of two adolescent female athletes with transient abdominal pain during running. *J of Sport Rehab*. 2012;20:228-240.

Prather H, **Spitznagle T**, Hunt D. Benefits of Exercise During Pregnancy. *PM&R*. 2012;4:845-850.

Rho M, **Spitznagle T**, Van Dillen L, Oza S, Prather H. Gender differences in ultrasound imaging of lateral abdominal muscle thickness in asymptomatic adults. *PM&R*. 2013;5(5):374-380.

Spitznagle T, McCurdy Robinson C. Myofascial Pelvic Pain. *Obstetrics and Gynecology Clinics*. Volume 41, Issue 3, Pages 409-432, September 2014.

Krieger JN, Stephens AJ, Landis JR, Clemens JQ, Kreder K, Lai HH, Afari N, Rodríguez L, Schaeffer A, Mackey S, Andriole GL, Williams DA. MAPP Research Network. Relationship between chronic nonurological associated somatic syndromes and symptom severity in urological chronic pelvic pain syndromes: baseline evaluation of the MAPP study. *J Urol*. 2015 Apr;193(4):1254-62. doi: 10.1016/j.juro.2014.10.086. Epub 2014 Oct 22. PMID: 25444992.

Wente KR, **Spitznagle TM**. Movement-Related Urinary Urgency: A Theoretical Framework and Retrospective, Cross-sectional Study. *JOWHPT*, Vol 41 (2) 83-90, May 2017.

Mehyar F, **Spitznagle TM**, Sharma, NK. Reliability of Ultrasound Imaging for Lumbar Multifidus Muscle: Capturing Video vs Static Images. *J Allied Health* 46(3):144-147. 2017

Spitznagle TM, Norton BJ, Abraham K, Cabelka, C, Clinton, S. Diagnosis Dialog for Women's Health Condition's: The process and proposed pelvic floor muscle diagnoses. *JOWHPT*, 41(3)157-162 Sept/Dec. 2017.

Simonds Adrienne H. PT, PhD¹, Abraham Karen PT, PhD², Hill Cheryl PT, MS, DPT, PhD³, **Spitznagle Theresa PT, DPT**, WCS⁴, Cheng M. Samuel PT, MS, ScD³, Parrott J.

Scott PhD⁵. Disability, Pelvic Girdle Pain, and Depressive Symptoms in the First 3 Months Postpartum. *Journal of Women's Health Physical Therapy*: September/December 2018 - Volume 42 - Issue 3 - p 139-147 doi: 10.1097/JWH.000000000000105.

Meister MR, Shivakumar N, Sutcliffe S, **Spitznagle T**, Lowder J. Physical examination techniques for the assessment of pelvic floor myofascial pain: a systematic review. *Am J Obstet Gynecol*. 2018 Jun 27.

Meister MR, Sutcliffe S, Ghatti M, Chu, **Spitznagle T**, Warren D, Lowder J. Development of a standardized, reproducible screening examination for assessment of pelvic floor myofascial pain. *Am J of Obst and Gyn*, Volume 220, Issue 3, March 2019, Pages 255.e1-255.e9, <https://doi.org/10.1016/j.ajog.2018.11.1106>.

Harris-Hayes M, **Spitznagle T**, Probst D, Foster S, Prather, H. A Narrative Review of Musculoskeletal Impairments Associated With Nonspecific Chronic Pelvic Pain. *PM&R* 24 2019 Aug;11 Suppl 1:S73-S82. <https://doi.org/10.1002/pmrj.12209>

Nardos R, Ayenachew F, Roentgen R, Abreha, M, Jacobson I, Haile A, Berhe Y, Gold K, Gregory T, **Spitznagle T**, Payne C, Wall LL. Capacity building in female pelvic medicine and reconstructive surgery: Global Health Partnership beyond fistula care in Ethiopia, *Int Urogynecol J*, epub2020 Jan 3, <https://doi.org/10.1007/s00192-019-04197-0>

Teklehaimanot Tekle Hailemariam, MSc; Yosef Sibhatu Gebregiorgis, MPH, Epidemiology; Berihu Fisseha Gebremeskel, MSc., Physiotherapy; Tsiwaye Gebreyesus Haile, MSc., physiotherapy; **Theresa Monaco Spitznagle**, DPT Physical activity and associated factors among pregnant women in Ethiopia: Facility-based cross-sectional study. *BMC Pregnancy and Childbirth*, epub2020 Feb 10, <http://dx.doi.org/10.1186/s12884-020-2777-6>

Dias N, Zhang C, **Spitznagle T**, Lai H, Zhang Y. High-Density Surface Electromyography Assessment of Pelvic Floor Dysfunction in Women with Interstitial Cystitis/Bladder. *JUrol* Vol 204 (6);1. December 2020, 1275-1283
DOI: 10.1097/JU.0000000000001237

Simonds Adrienne H. PT, PhD¹; Abraham, Karen PT, PhD²; **Spitznagle, Theresa** PT, DPT, WCS³. Clinical Practice Guidelines for Pelvic Girdle Pain in the Postpartum Population. *Journal of Women's Health Physical Therapy*: January/March 2022 - Volume 46 - Issue 1 - p E1-E38 doi: 10.1097/JWH.0000000000000236

Gupta P, Gallop R, **Spitznagle T**, Lai H, Tu F, Krieger JN, Clemens JQ, Bradley CS, Yang C, Sutcliffe S, Moldwin R, Kreder K, Kutch J, Rodriguez LV. Is Pelvic Floor Muscle Tenderness a Distinct Urologic Chronic Pelvic Pain Syndrome Phenotype? Findings from the Multidisciplinary Approach to the Study of Chronic Pelvic Pain Research Network Symptom Pattern Study. *J Urol*. 2022 Aug;208(2):341-349. doi: 10.1097/JU.0000000000002679. Epub 2022 Mar 28. PMID: 35344391.

Houston M, Dias N, Peng Y, **Spitznagle T**, Harris-Hayes M, Lai HH, Zhang Y. Gamma-band Intermuscular Connectivity Is Associated With Increased Neural Drive to Pelvic Floor Muscles in Women With Interstitial Cystitis/Bladder Pain Syndrome. *J Urol*. 2023

Jun 7:101097JU00000000000003554. doi: 10.1097/JU.00000000000003554. Epub ahead of print. PMID: 37285231.

A pilot trial of movement-based pelvic floor physical therapy to address pelvic floor myofascial pain and lower urinary tract symptoms. Meister M. R., Sutcliffe, S., Ghetti C., Chu C., **Spitznagle T.M.**, Lowder J. L. Jun 2023, In: International Urogynecology Journal. 34, 6, p. 1261-1270 10 p.

Morsy H, Meister M, **Spitznagle T**, Scott C, Zhang T, Ghetti C, Chu C, Sutcliffe S, Lowder JL. A Pilot Randomized Controlled Trial of Vaginal Cryotherapy for the Treatment of Pelvic Floor Myofascial Pain. Jan 2024, In: International Urogynecology Journal. 35, 1, p. 215-225 11 p

Validation of a simple body map to measure widespread pain in urologic chronic pelvic pain syndrome: A MAPP Research Network study. Clemens J.Q., Locke K., Landis J. R., Kreder K., Rodriguez L.V., Yang C.C., Tu F.F., Harte S.E., Schrepf A., Farrar J.T., Sutcliffe S., Naliboff B.D., Williams D.A., Afari N., **Spitznagle T.**, Taple B.J., Lai H.H. Mar 2024, In: *Neurourology and Urodynamics*. 43, 3, p. 727-737 11 p.

Ecological momentary assessment of pelvic pain and urinary urgency variability in urologic chronic pelvic pain syndrome and their association with illness impact and quality of life: Findings from the multidisciplinary approach to the study of chronic pelvic pain symptom patterns study, Erickson B.A., Griffith J.W., Wensheng G., Mengying Y., Herman T., Bradley C.S., Quentin Clemens J., Farrar J.T., Gupta P., Kreder K.J., Henry Lai H., Naliboff B.D., Newman D.K., Rodriguez L.V., **Spitznagle T.**, Sutcliffe S., Sutherland S.E., Taple B.J., Richard Landis J., Apr 2024, In: *Neurourology and Urodynamics*. 43, 4, p. 893-901 9.

A Treatment Algorithm for High-Tone Pelvic Floor Dysfunction. Torosis M., Carey E., Christensen K., Kaufman M.R., Kenton K., Kotarinos R., Henry Lai H., Lee U., Lowder J.L., Meister M., **Spitznagle T.**, Wright K., Lenore Ackerman A. Apr 1 2024, In: *Obstetrics and gynecology*. 143, 4, p. 595-602 8 p.

Does Muscle Pain Induce Alterations in the Pelvic Floor Motor Unit Activity Properties in Interstitial Cystitis/Bladder Pain Syndrome? A High-Density sEMG-Based Study Albaladejo-Belmonte M., Houston M., Dias N., **Spitznagle T.**, Lai H., Zhang Y., Garcia-Casado J. Dec 2024. In: *Sensors (Switzerland)*. 24, 23, 7417.

Effect of Midwife-Led Pelvic Floor Muscle Training on Prolapse Symptoms and Quality of Life in Women with Pelvic Organ Prolapse in Ethiopia: A Cluster-Randomized Controlled Trial View ORCID Profile. Melese Siyoum, Rahel Nardos, Biniyam Sirak, **Theresa Spitznagle**, Wondwosen Teklesilasie, Ayalew Astatkie PLOS Medicine, open access March 31, 2025, doi: <https://doi.org/10.1371/journal.pmed.1004468>

Schrepf A, Locke K, Moldwin R, Williams DA, Till S, Farrar J, Richard Landis J, Tu F, Rodriguez L, Lai H, Naliboff B, Kutch J, Harte SE, Harris RE, Kreder KJ, **Spitznagle T**, McKernan L, Yang C, Quentin Clemens J, Mullins C, Clauw DJ. Widespread Pain Moderates the Response to Centrally-Acting Therapies in an Observational Cohort of Patients With Urologic Chronic Pelvic Pain Syndrome: A MAPP Research Network Study.

Neurourol Urodyn. 2025 Aug;44(6):1290-1295. doi: 10.1002/nau.70068. Epub 2025 May 25. PMID: 40415481; PMCID: PMC12264457.

Clemens JQ, Naliboff BD, Bradley CS, Yang CC, Clauw DJ, Williams D, Lai HH, Sutcliffe S, Harte SE, **Spitznagle T**, Landis JR. Transitions From Regional to Widespread Pain in Urologic Chronic Pelvic Pain Syndrome: A Multidisciplinary Approach to the Study of Chronic Pelvic Pain II Research Network Study. *J Urol*. 2026 Jun;215(6):746-755. doi: 10.1097/JU.0000000000004943. Epub 2026 Jan 21. PMID: 41564284.

Abstracts

Spitznagle TM, Van Dillen LR, O'Brien CM. Prevalence of urinary dysfunction in nulliparous females. In Proceedings of the American Urogynecologic Society's 19th Annual Scientific Meeting. Washington, DC. November 12-15, 1998:20.

Spitznagle TM, Van Dillen LR, Leong FC. Occurrence of Diastases Recti Abdominis in the Urogynecological Population. In Proceedings of the Section on Women's Health Combined Sections Meeting Compendium. New Orleans, LA. February 2-6, 2000.

Spitznagle TM, Van Dillen LR. A Musculoskeletal Approach to Dyspareunia: Case Study. *J Women's Health Phys Ther*. 2000;24(2):15.

Spitznagle TM, Van Dillen LR. Pain in the sacral region: A case study. *J of Orthopedic and Sports Phys Ther*. 2001;31:A35.

Spitznagle TM. The relationship between diastasis recti abdominis and pelvic floor dysfunction. *J Women's Health Phys Ther*. 2007;31(1):24.

Reardon S, **Spitznagle TM**. Conservative intervention in pelvic floor dyssynergia related constipation. Section on Women's Health. American Physical Therapy Association Combined Sections Meeting. Poster presentation. Nashville, TN. February 2008.

Kopps J, **Spitznagle TM**. Strength Training in Individuals with Fibromyalgia: A Literature Review. Section on Women's Health. American Physical Therapy Association Combined Sections Meeting. Poster presentation. Nashville, TN. February 2008.

Tylka S, **Spitznagle TM**. Treatment of Urinary Incontinence after Hip Fracture Utilizing a Diagnostic Model: A Case Report. American Physical Therapy Association Combined Sections Meeting. Poster presentation. San Diego, CA. February 2010.

Rho M, **Spitznagle T**, Van Dillen L, Oza S, Prather H. Gender differences in ultrasound imaging of lateral abdominal muscle thickness in asymptomatic adults. World Congress on Low Back and Pelvic Pain. Poster presentation. Los Angeles, CA November 2010.

Spitznagle T, Rho M, Van Dillen L, Oza S, Prather H. Clinical measurements of chest wall motion and lateral abdominal muscle thickness in asymptomatic adults. World Congress on Low back and Pelvic pain. Poster presentation. Los Angeles, CA. November 2010.

Image Segmentation for High-Density Surface Electromyography Mappings of Pelvic Floor Muscle Activity of Women with Interstitial Cystitis/Bladder Pain Syndrome
Houston, M., Dias, N., **Spitznagle, T.**, Harris-Hayes, M., Lai, H. H. & Zhang, Y., 2023, 2023 45th Annual International Conference of the IEEE Engineering in Medicine and Biology Conference, EMBC 2023 - Proceedings. Institute of Electrical and Electronics Engineers Inc., (Proceedings of the Annual International Conference of the IEEE Engineering in Medicine and Biology Society, EMBS).

Non-Peer Reviewed

Spitznagle TM. Pelvic Pain Source versus Cause. In: *Women's Health: A Newsletter of the Women's Health Division of the Canadian Physiotherapy Association*. Winter 1999:6-7.

Spitznagle TM. Musculoskeletal Chronic Pelvic Pain. In: Carriere B, Feldt C, eds. *The Pelvic Floor*. Stuttgart, Germany: Georg Thieme Verlag; 2006:35-64. 2nd edition. 2012.

Spitznagle TM, Ivens R. Movement System Syndromes of the Thoracic Spine (Chapter 4). In: Sahrman S. *Movement System Impairment Syndromes of the Extremities, Cervical and Thoracic Spines*. St. Louis, MO: Mosby Publishing; 2011:103-164.

Christian, EL, **Spitznagle, TM** Donachy, JE. Mechanics and Pathomechanics of Muscle Activity in the Pelvis.(Chapter 36) In: Oatis, CA, Kinesiology: the Mechanics & Pathomechanics of Human Movement 3rd Ed, Lippincott, Williams & Wilkins Publishing, Baltimore, MD, 2015: 654-675

Spitznagle, TM. Physical Therapy for Women with Obstetric Fistula, in L. B. Drew et al. (eds.), A Multidisciplinary Approach to Obstetric Fistula in Africa, Global Maternal and Child Health, Chapter 32, pg 451-465, 2022 <https://doi.org/10.1007/978-3-031-06314-5-32>

SCIENTIFIC AND PROFESSIONAL PRESENTATIONS:

Peer Reviewed

Spitznagle TM, Van Dillen LR. Prevalence of Urinary Dysfunction in College Aged Nulliparous Females, American Urogynecological Society Meeting. Platform presentation. Washington, DC. November 1998.

Spitznagle TM, Van Dillen LR, Leong FC. Occurrence of Diastases Recti Abdominis in the Urogynecological Population. American Physical Therapy Association Combined Sections Meeting. Poster presentation. Seattle, WA. February 1999.

Spitznagle TM, Van Dillen LR. A Musculoskeletal Approach to Dyspareunia: Case Study. American Physical Therapy Association Combined Sections Meeting. Poster presentation. New Orleans, LA. February 2000.

Spitznagle TM, Van Dillen LR. Pain in the Sacral Region. American Physical Therapy Association Combined Sections Meeting. Poster presentation. San Antonio, TX. February 2001.

Spitznagle TM. The relationship between diastasis recti abdominis and pelvic floor dysfunction. American Physical Therapy Association Section on Women's Health. Combined Sections Meeting. Platform presentation. Boston, MA. February 2007.

Reardon S, **Spitznagle TM.** Conservative intervention in pelvic floor dyssynergia related constipation. Section on Women's Health. American Physical Therapy Association Combined Sections Meeting. Poster presentation. Nashville, TN. February 2008.

Kopps J, **Spitznagle TM.** Strength Training in Individuals with Fibromyalgia: A Literature Review. Section on Women's Health. American Physical Therapy Association Combined Sections Meeting. Poster presentation. Nashville, TN. February 2008.

Spitznagle TM, Bloom NJ, Hastings MK. How to Answer a Clinical Question. American Physical Therapy Association Combined Sections Meeting. Las Vegas, NV. February 2009.

Spitznagle TM, Norton BJ, Boissonnault J, Sebba N, Abraham K. Diagnosis Dialog for the WH Physical Therapist. American Physical Therapy Association Combined Sections Meeting. San Diego, CA. 2010.

Spitznagle TM, Stephenson R. Rehabilitative Ultrasound for the Abdominals and Pelvic Floor, Reliability and Validity. American Physical Therapy Association Annual Conference. Boston, MA. June 2010.

Sebba N, **Spitznagle TM.** A Day in the Life of a Women's Health Resident. American Physical Therapy Association Combined Sections Meeting. New Orleans, LA. 2011.

Spitznagle TM, Norton BJ, Boissonnault J, Sebba N, Abraham K. Diagnosis Dialog for the WH Physical Therapist. American Physical Therapy Association Combined Sections Meeting. New Orleans, LA. 2011.

Spitznagle TM, Norton BJ, Sebba N, Abraham K, Maddock J. Diagnosis Dialog for the Complex Patient. American Physical Therapy Association Combined Sections Meeting. Chicago, IL. 2012.

Spitznagle TM, Norton BJ, Massa L, Holiday C, Maddock J. Diagnosis Dialog for the Complex Patient: How does the diagnosis direct treatment. American Physical Therapy Association Combined Sections Meeting. San Diego, CA. 2013.

Spitznagle TM, DeGeeter RA. Abdominal Pain with Running: Is it Visceral or Mechanical? American Physical Therapy Association Combined Sections Meeting. San Diego, CA. 2013.

Abraham K, Cabelka, C, Wente, K, **Spitznagle TM.** Complex Patient Cases: How the diagnosis directed treatment. American Physical Therapy Association Combined Sections Meeting. Indianapolis, IN. 2015.

Stephenson R, **Spitznagle T**, Brook G, Broom R, Daniel J. Trauma Induced Pelvic Floor Disorders: Implications for Physical Therapists. IOPTWH Subgroup Presentation at World Congress for Physical Therapy. May 2015.

Spitznagle, T, Miller J, Wente, K. What does movement have to do with urinary urgency? American Physical Therapy Association Combined Sections Meeting. Anaheim, CA. 2016.

Stephenson R, **Spitznagle T**, Brook G, Broom R, Daniel J. Trauma Induced Pelvic Floor Disorders: Implications for Physical Therapists American Physical Therapy Association Combined Sections Meeting. San Antonio, TX. 2017.

Spitznagle T. Ripple Effects: Capacity Building in Ethiopia. American Physical Therapy Association Combined Sections Meeting. Washington, DC. Jan 2019.

Spitznagle T, Abraham K, Simmons A. Clinical Practice Guidelines for Post Partum Pelvic Girdle Pain, American Physical Therapy Association Combined Sections Meeting, Washington, DC. Jan 2019.

Stephenson R, **Spitznagle T**, Mize L, Adugna B, Daniel J. Panel Presentation: Ripple effects of Capacity Building. IOPTWH Subgroup Presentation at World Congress for Physical Therapy. May 2019. Geneva, Switzerland.

Spitznagle T, Ochuko B, Reardon S and Martin JM. Pelvic Health for Birth Professionals: Social Action For Marginalized Women, Combined Section Meeting. 2022. Nashville, TN.

Spitznagle, T, Ochuko B, Reardon S, Miracle E and Martin JM. Pelvic Health for Birth Professionals: Social Action For Marginalized Women: Outcomes of the Better Birth Project. Combined Section Meeting. 2025. Dallas, TX.

Invited Lectures

Women's Health Issues: Anatomy of Incontinence
Washington University Program in Physical Therapy
Alumni Seminar
St. Louis, MO
September 1998

Missouri Physical Therapy Spring Meeting
Women's Health Programming: Pelvic Pain
Osage Beach, MO
April 2002

Evidence based medicine in women's health physical therapy practice
American Physical Therapy Combined Sections Meeting
Nashville, TN
2004

Movement Impairments related to Pelvic Pain

Academic Women's Network Washington University
St Louis, MO
January 2005

Movement Impairments related to Pain in the Pelvic Region
American Physical Therapy Association Annual Conference
Orlando, FL
June 2006

How to Answer a Clinical Question
Missouri Physical Therapy Eastern District Meeting
St. Louis, MO
March 2008

The Mechanics of Intra-abdominal pressure changes and effects on the pelvic floor musculature
St Louis University School of Medicine, Practical Anatomy & Surgical Education
St. Louis, MO
May 2008

What is Women's Health?
Missouri Physical Therapy Association Fall Conference Plenary Session
Springfield, MO
October 2010

Movement related pain syndromes
Florida Equine Association
Naples, FL
October 2012

What is Women's Health?
Missouri Physical Therapy Eastern District
Chesterfield, MO
March 2013

Pelvic Pain
Pain Management Service
Washington University
St. Louis, MO
March 2013

Movement System Approach to Pelvic Pain
IPPS Post Conference Course
Orlando, Florida
October 2013

2-D US imaging in Urologic Chronic Pelvic Pain
IPPS Conference
Orlando, Florida

October 2013

What is the science of Physical Therapy?
WH Physical Therapy
Mekelle University Medical Conference
Mekelle, Ethiopia
May 2014

Anatomy and Physiology of the Pelvic Floor Musculature.
Physical Therapy Diagnosis and Treatment of Pelvic Floor Conditions.
Mekelle University Urogynecology Medical Conference
Mekelle, Ethiopia
June 2015

Lowder JL, **Spitznagle TM**. Pelvic Floor Symptoms:
When it is not the Uterus, Ovaries, or Bladder
41st Annual Symposium on Obstetrics & Gynecology
Washington University in St Louis School of Medicine
October 8, 2015

Physical Therapy Approaches to Pelvic Pain
Physical Therapy and Pelvic Organ Prolapse
Complex Case Studies
Mekelle University Urogynecology Medical Conference
Mekelle, Ethiopia
June 2016

Complex Pain, Standard Examination and Movement Testing for Spine Evaluation
Masters in Physical Therapy Program
Mekelle University
Mekelle, Ethiopia
February 2017

Diagnosis and Treatment of Movement System Impairment
Syndromes Associated with Lumbo-Pelvic Conditions
Bella Physical Therapy
Fair Lawn, NJ
April 2017

Movement and Urinary Urgency
The Philadelphia Region Pelvic Physical Therapy Group
Philadelphia, PA
July 2017

Musculoskeletal Pelvic Pain
American Society for Pain Management Nursing St Louis Regional Chapter
St. Louis, MO
August 2017

Rehabilitation for Obstetric Fistula
American Urogynecology Society Meeting
Providence, Rhode Island
October 2017

Kinesiology of the Diaphragm, Abdominals and the Pelvic Floor
Movement Diagnoses of the Pelvic Floor Muscles: Clinical Applications of Abdominal
Pressure Impairments
Mekelle University Urogynecology Medical Conference
Mekelle, Ethiopia
June 2018

What is the Science of Physical Therapy?
Physical Therapy approaches for pelvic organ prolapse
Benefits of diversity in clinical teams
Mekelle University Urogynecology Medical Conference
Mekelle, Ethiopia
May 2019

OB-GYN Physical Therapy: Belay Project PT Community Education
Masters of Physical Therapy, Mekelle University
Mekelle University
November 2019

Manual Therapy and Movement Course
Masters of Physical Therapy, Mekelle University
Mekelle University
March 2020

Mekelle College Urogynecology Program: Pelvic Health Interprofessional Education
Hamlin Fistula Hospital, Addis Ababa, Ethiopia
Feb 2026

CONTINUING EDUCATION PROVIDED:

Pelvic Pain Lectures

Lectures and lab-based educational seminars for physical therapists to learn about
musculoskeletal pelvic pain syndromes

Movement Impairments related to Pelvic Pain, Musculoskeletal Aspects of Pelvic Pain
Illinois Physical Therapy Association: Special Interest Group
Belleville, IL
November 1999

Movement Impairments related to Pelvic Pain
Halifax, Canada
April 2000

Diagnosis and treatment of movement impairment syndromes with application to Pelvic pain.
American Physical Therapy Association Combined Sections Meeting
Boston, MA
February 2002

Movement Impairments related to Pelvic Pain, Level I/II
Richmond, VA
July 2003

Movement Impairments related to Pelvic Pain Level I/II
Berkley, CA
September 2003

Movement Impairments related to Pain in the Pelvic Region.
Seattle, WA
March 2008

Movement Impairments related to Pain in the Pelvic Region. Lumbar and Thoracic spine.
St Louis, MO
June 2011

Movement Impairments related to Pain in the Pelvic Region
St Louis, MO
November 2011

Movement Impairments related to Pain in the Pelvic Region. Lumbar and Thoracic spine.
Maywood, IL
April 2012

Movement Impairments related to Pain in the Pelvic Region
Maywood, IL
October 2012

Movement Impairments related to Pain in the Pelvic Region. Lumbar and Thoracic spine
Seattle, WA
April 2013

Movement Impairments related to Pain in the Pelvic Region. Lumbar and Thoracic spine
Sewickley, PA
June 2015

Movement Impairments related to Pelvic Pain
Newark, NJ
March 2017

Weekend Seminars

Lecture and Lab based educational programming for physical therapists to learn about movement impairments

Movement System Impairments Level II Upper Quarter
Women's College Hospital, Toronto, Canada, October 1998
Natrona Heights, PA, November 2000
Milwaukee, WI, February 2003
Augusta, MA, November 2007
Santa Cruz, CA, October 2010

Movement System Impairments Level II Lower Quarter
Women's College Hospital, Toronto, Canada, October 1999
SSM Rehabilitation Center, St. Louis, MO, August 2002
Natrona Heights, PA, June 2002
Virginia Beach, VA, July 2002
Milwaukee, WI, May 2003
New York, NY, January 2004
Dallas, TX, July 2006
Santa Cruz, CA, June 2011
Pittsfield, MA, October 2013

Movement System Impairments Level I

Natrona Heights, PA, July 2000

SSM Rehabilitation Center, St. Louis, MO, February 2002

Kansas City, KS, February 2007

Fargo, ND, October 2007

Rochester, NY, April 2011

San Francisco, CA, May 2011

Charlottesville, VA, September 2012

Pittsfield, MA, February 2013

Advanced Applications to Movement System Impairments: Thoracic Spine

St. Louis, MO, October 2009

St. Louis, MO, October 2010

St. Louis, MO, October 2012

St. Louis, MO, October 2014

St. Louis, MO, October 2016

St. Louis, MO, October 2017

St. Louis, MO, January 2018

St. Louis, MO, October 2018

St. Louis, MO, January 2019

St. Louis, MO, October 2022

St. Louis, MO, October 2023

St. Louis, MO, October 2024

St. Louis, MO, June 2025

St. Louis, MO, June 2026

CONTINUING EDUCATION ATTENDED:

Evaluation of the Pelvic Floor: Rhonda Kotarinos (2-day course)

November 1996

Pelvic Pain: Rhonda Kotarinos (2-day course), St. Louis, MO

May 1997

Summer Research Institute, Thomas Jefferson University

July 1998

Philadelphia, PA

American Physical Therapy Association

Combined Sections Meeting

2000-4, 2006-8, 2010-19

Musculoskeletal Dysfunction in the Pregnant Client, St. Louis, MO

August 2000

Rehabilitation Sports Medicine XIII: The Role of Manual Medicine

December 2000

and Exercise in Sports and Industry, Chicago, IL

AUGS Conference

2001-2017

Pessary Fitting, Richmond, VA, May 2001

San Francisco, CA, October 2002

Washington, DC, June 2015

Providence, RI, October 2017

Missouri Physical Therapy Spring Meeting

April 2007

Women's Health Programming, Kansas City, MO

Rehabilitative Ultrasound Residency, Vancouver, BC

October 2007

Rehabilitative Ultrasound, St. Louis, MO

October 2008

Manipulation in Physical Therapy, St. Louis, MO

December 2012

Male Incontinence, Anaheim, CA

February 2016

Health Care Business Women's Association Meeting, St. Louis, MO	November 2016
Women In Physical Therapy Summit, New York, NY	September 2017
Trauma, Abuse, and Pelvic Health Physical Therapy Webinar	March 2020

COMMUNITY SERVICE:

St. Gerard Majella Fall Fest, Chair	2001-2002
Co-Chair	2000-2001
Mega Majella Ticket Chair	2002-2004
Metro Strikers Soccer Club, Assistant Coach	2002-2006
Team Manager	2002-2006
Sister to Sister Community Council, Council Member	2006-2009
Judevine Center for Autism, Volunteer	2006-2009
Parkway School District Wrestling Boosters, Chair	2008-2009
Pro Bono Clinic	2009-2017
Rebuild St Louis, Volunteer	2010
Rebuild St Louis, Volunteer	2010
PEO- Membership	2010-Present
Hamlin Fistula Hospital, Addis Ababa, Ethiopia, Volunteer	2011-2019
World Wide Fistula Fund Rehab Advisory Council Chair	2012-2022
World Wide Fistula Fund Board Director	2014-Present
Dignity Period Fundraising Gala Board Member	2014-2025
Inspire Her: Global Women's Health Initiative: Board Director	2015-Present
Worldwide Fistula Fund Secretary	2016-2017
Worldwide Fistula Fund Uganda Program Chair	2016-2020
Worldwide Fistula Fund Treasurer	2017-2018
Worldwide Fistula Fund Vice Chair	2018-2019
Worldwide Fistula Fund Program Chair	2020-2025
Worldwide Fistula Fund Chair	2025- Present