

## Curriculum Vitae

**DATE:** June 2021

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

### Contact Information:

Office: Program in Physical Therapy  
Washington University School of Medicine  
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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	<b>Marquette University</b> Milwaukee, Wisconsin	Physical Therapy
1988-1994	MHS	<b>Washington University</b> St. Louis, Missouri	Physical Therapy
1999-2006	DPT	<b>Washington University</b> 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
1992-1996	Home Care PRN Therapist Barnes-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
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:**

Essential Clinical Skills II, PT627

2000-2014            Lecturer

2003-2015            Course master

2016- Present        Lab Assistant

Diagnosis and Evidence Analysis I, PT 601

2017-2020            Lab assistant

Diagnosis and Management of Musculoskeletal Conditions II, PT 624

1996-Present        Lab Assistant

2001-Present        Lecturer

Diagnosis and Evidence Analysis III, PT650

2005-Present        Course Assistant

2005-Present        Lecture

Diagnosis and Management of Musculoskeletal Conditions III, PT 638

2008-2010            Course Master

2005-Present        Lecturer

Diagnosis and Management of General Medical Conditions, PT 636

2002-Present        Lecturer

Kinesiology II, PT613

2002-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

## **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- Present        BME-Women's Health Program Committee

## **LICENSURE:**

1986-Present        State of Missouri #01718

## **CLINICAL SPECIALIZATION:**

2009-Present        Women's Health Physical Therapy Board Certified Specialist  
American Board of Physical Therapy Specialist,  
Recertification 2018

## **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

## **EDITORIAL RESPONSIBILITIES**

- 2009-Present            Reviewer for *PMR*
- 2012-Present            Reviewer for *Journal of Sports Rehabilitation*
- 2010-2016                Reviewer for *Spine*
- 2011- Present            Reviewer for *Physiotherapy*
- 2011- Present            Reviewer for *Musculoskeletal Science and Practice*
- 2016-2021                Journal of Women’s Health Physical Therapy –  
                                  Editor Board Member
- 2018-Present            Reviewer for the *International Journal of Urogynecology*

## **PROFESSIONAL DESIGNATIONS:**

- 2009                      APTA Credentialed Clinical Instructor

## **INVITED LECTURSHIP**

- Nov 2016                26th Annual Leonard Wall, MD Lecture: Movement Impairments  
                                  Associated with Pelvic Pain. Annual Kansas City Gynecological  
                                  Society Meeting.
- Feb 2018                Exquisite Risks: Reflections on Professional Values,  
                                  Keynote Speaker Combined Sections Meeting: New Orleans, LA
- Feb 2019                Midwest Global Health Conference Keynote Speaker Creighton  
                                  University

## **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
Book Reviewer	2006
Program Reviewer	2005-Present
CSM Abstract Reviewer	2005-Present
Chair of the Diagnosis Dialog Committee	2010-2018
International Education Committee Member	2017-Present
Domestic Violence Education: Editor	2004-2005
Postpartum Pelvic Girdle Pain	2015-Present
Clinical Practice Guidelines Task Force	
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
Women's Health Practice Re-Analysis Committee	2015-2018
Chair Elect Progressing to Chair	2015-2018
Board Member	2014- 2018
Multi-Disciplinary Approach to Pelvic Pain (MAPP) Research Network	2009-Present
Global Women's Health Initiative Board Member	2015- Present
Worldwide Fistula Fund Board Director	2014- Present
Secretary	2015-2016
Chair of the WFF Rehabilitation Advisory council	2013-Present
Danja Fistula Center Hospital Board Member	2015-2018
Treasurer	2016-2018
Vice Chair	2018-2019

## **RESEARCH GRANTS**

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)	July 2011
Multi-Disciplinary Approach to Pelvic Pain (MAPP2) Physical Exam	July 2015-June 2019

High Density Surface EMG Assessment of the Pelvic Muscle March 2018- Dec 2019

Hypertonicity Associated with Interstitial Cystitis/Bladder Pain Syndrome  
Grant Number: 1R21DK113525-01A1

Hip Impairment with women with LUTS March 2019 –March 2020

CTRFP fund 17966

**Trainee/Mentee/Sponsorship Record:**

Female Pelvic Medicine & Reconstructive Surgery Fellowship: Research Mentoring

2016-2019 Melanie Meister MD

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

Meister MR, Sutcliffe S, Ghetti 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>

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

2019-Present 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

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

2016-2021 Stefanie Foster PhD Movement Science program.

Foster SN, **Spitznagle TM**, Tuttle LJ, , Lowder JL, Sutcliffe S, Steger-May K, Ghetti C, Wang, J, Burlis, T, Meister M, Mueller, MJ, Harris-HayesM. 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*, submitted

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.000000000000161

Foster SN, **Spitznagle TM**, Harris-Hayes M. Movement Impairments in Women with and without Urinary Urgency/Frequency: Preliminary Results. *J Womens Health Phys Therap.* 2020;44(1). p E1-E18. doi:10.1097/JWH.000000000000161

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.000000000000209*

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

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* 2019 Aug;11 Suppl 1:S73-S82. <https://doi.org/10.1002/pmrj.12209>

#### **OTHER PROFESSIONAL ACTIVITIES:**

Evaluation of the Pelvic Floor: Rhonda Kotarinos (2-day course)	1996
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
Movement System Education Retreat (Directed by: Shirley Sahrman, PT, PhD, FAPTA)	1996-Present
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** and 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 and **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* 2017; 46(3):144-147.



**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

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, Ghetti 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* 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

#### 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.

### **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,** 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.

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

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* 3<sup>rd</sup> Ed, Lippincott, Williams & Wilkins Publishing, Baltimore, MD, 2015: 654-675

### **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.

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

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, Wentz, 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**- 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

### **Invited Lectures**

Women's Health Issues: Anatomy of Incontinence  
Washington University Program in Physical Therapy  
Alumni Seminar  
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

March 2013

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

2-D US imaging in Urologic Chronic Pelvic Pain  
IPPS Conference  
Orlando Florida  
Oct 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, Oct 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  
Feb 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  
Aug 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  
March 2020

## **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 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 Feb 2013

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, Oct 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

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

**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 Philadelphia, PA	July 1998
Rehabilitation Sports Medicine XIII: The Role of Manual Medicine and Exercise in Sports and Industry, Chicago, IL	December 2000
Musculoskeletal Dysfunction in the Pregnant Client, St. Louis, MO	August 2000
Missouri Physical Therapy Spring Meeting	April 2007
Women's Health Programming, Kansas City, MO	October 2007
Rehabilitative Ultrasound Residency, Vancouver, BC	October 2008
Rehabilitative Ultrasound, St. Louis, MO	Dec 2012
Manipulation in Physical Therapy, St. Louis, MO	Feb 2016
Male Incontinence, Anaheim, CA	
Health Care Business Women's Association Meeting St Louis Mo	Nov 2016
Women In Physical Therapy Summit New York, NY	Sept, 2017
American Physical Therapy Association Combined Sections Meeting	2000-4, 2006-8, 2010-19
Trauma, Abuse, and Pelvic Health Physical Therapy Webinar	March 2020

AUGS Conference:	
Pessary Fitting, Richard, VA	May 2001
San Francisco, CA	October 2002
Washington DC	June 2015
Providence, RI	Oct 2017

**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
Rebuild St Louis, Volunteer	2010
Rebuild St Louis, Volunteer	2010
Pro Bono Clinic	2009-2017
PEO- Membership	2010-present
World Wide Fistula Fund Rehab Advisory Council Chair	2012-Present
Hamlin Fistula Hospital, Addis Ababa Ethiopia Volunteer	2011-2019

World Wide Fistula Fund Board Director	2014-Present
Worldwide Fistula Fund Secretary	2016-2017
Worldwide Fistula Fund Treasurer	2017-2018
Worldwide Fistula Fund Vice Chair	2018-2019
Worldwide Fistula Fund Uganda Program Chair	2016- Present
Dignity Period Fund Raising Gala Board member	2014-Present
Global Women's Health Initiative: Board Director	2015-Present