

## CURRICULUM VITAE

**DATE:** July 1, 2023

**STACY L. TYLKA, PT, DPT, WCS, CLT-LANA**

### CONTACT INFORMATION

#### **ADDRESS/TELEPHONE/EMAIL:**

Business: Washington University School of Medicine  
Program in Physical Therapy  
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### PRESENT POSITION

2016-present Associate Professor of Physical Therapy  
Department of Orthopaedic Surgery  
Department of Obstetrics & Gynecology  
Program in Physical Therapy  
Washington University School of Medicine

### EDUCATION

<u>Year</u>	<u>Degree</u>	<u>Institution</u>	<u>Field</u>
2000	B.S.	<b>St. Louis University</b> St. Louis, MO	Exercise Science Magna Cum Laude
2002	M.P.T.	<b>St. Louis University</b> St. Louis, MO	Physical Therapy
2009	D.P.T.	<b>Washington University</b> St. Louis, MO	Post-professional DPT

## **ACADEMIC POSITIONS/EMPLOYMENT**

- 2002-2005    Staff Physical Therapist  
The Rehabilitation Institute of St. Louis  
St. Louis, MO  
2002-2005        Outpatient Orthopedics and Women's Health Physical Therapist  
2003-2005        Clinical Instructor  
2004-2005        Lymphedema Program Coordinator
- 2005-2009    Instructor  
Washington University School of Medicine Program in Physical Therapy  
St. Louis, MO
- 2009-2016    Assistant Professor  
Washington University School of Medicine Program in Physical Therapy  
St. Louis, MO
- 2016-present Associate Professor  
Washington University School of Medicine Program in Physical Therapy  
St. Louis, MO

## **CLINICAL TITLE AND RESPONSIBILITIES**

- 2005-present Washington University Physical Therapy Clinics: Physical Therapist  
*Clinical Responsibilities:* direct care and care coordination of patients with pelvic, lymphatic, and orthopedic conditions.
- 2005-present Barnes Jewish Hospital: Credentialed Physical Therapist  
*Clinical Responsibilities:* direct care of patients and mentor resident in care of women with musculoskeletal and women's health conditions
- 2006-present Washington University Physical Therapy Clinics:  
Lymphedema Program Coordinator  
*Clinical Responsibilities:* direct care, peer mentoring, and program initiatives; marketing & education associated for patients with lymphatic conditions
- 2006-2007    Habif Health and Wellness Physical Therapy Supervisor  
*Clinical Responsibilities:* direct care of patients as well as coordinate integrated care for students receiving physical therapy services on Washington University's Danforth Campus
- 2022-present Washington University Interprofessional Pro Bono Clinic:  
Interprofessional Clinic Director  
Physical Therapy Lead

## **TEACHING RESPONSIBILITIES**

### **Current Teaching Responsibilities**

Professional Clinical Doctorate (DPT) Curriculum (WUSM): enrollment 85-88 students

Essential Skills in Physical Therapy II (P.T. 627)

Laboratory Instructor: 2003-2012

Lymphedema Unit Coordinator: 2006-present

Lymphedema Unit Lecturer: 2007-present

3 credit hours

Diagnosis & Management of Musculoskeletal Conditions in PT II (P.T. 624)

Laboratory Instructor: 2004-present

Laboratory Coordinator: 2008-present

Laboratory Lead: 2016-present

3 credit hours

Case Integration III (P.T. 654)

Clinical Research Advisor: 2004-present

Women's Health Focus Study Advisor, Co-Coordinator, & Presenter: 2010-present

Human Anatomy (P.T. 611)

Laboratory Instructor: 2005-present

Laboratory Coordinator: 2009

Lecturer: 2009-present:

Musculoskeletal System, Anterior & Medial Thigh, Gluteal Region, Lumbosacral Plexus, Cervical Plexus, ANS, Head&Neck/UE/LE Vasculature, Reproductive System, Surface Anatomy

Course Master: 2010-present

5 credit hours

General Medical Conditions (PT 636)

Lecturer & Laboratory Instructor: 2006-present

Pregnancy & Exercise, Pelvic Floor Dysfunction

3 credit hours

Professional Skills & Development I, II (PT 602, PT 615)

Negotiation Practical Skills Tester, 2006-present

Clinical Instructor: Washington University ECE-CE 4: 2007-present

Module 4 Lead and Team Member (PT-703A and PT-703B): 2021-present

Integrated 1<sup>st</sup> year DPT Module including Anatomy, Physiology, Neuroscience, Kinesiology, and Diagnosis & Management of Movement Problem Educational Threads.

Professional Clinical Doctorate (DPT) Curriculum (Maryville University): enrollment 45-50

Maryville University Physical Therapy Program 2010-present  
Lymphedema: Pathophysiology & Clinical Management  
Guest Lecturer & Laboratory Lead

**Past Teaching Responsibilities**

Diagnosis & Management of Musculoskeletal Conditions in PT I (P.T. 614)  
Laboratory Instructor: 2004-2005

Case Integration II (P.T. 642)  
Laboratory Instructor: 2005-2007  
Clinical Research Advisor: 2005-2009

**UNIVERSITY POSITIONS AND COMMITTEES**

**Committees/University Service**

*School of Medicine*

Mini Medical School	2004-present
Injury Prevention Day Volunteer, St. Louis Science Center	2006
Minority Career Fair	2006-2009
Washington University Physicians Marketing Health Fairs	2007-present
Health Happenings	2008-present
Medical School Special Study Elective Course Master	2009
School of Medicine Student Leadership Council (SOMSLC)	2010
Advisor for Integrated Case Study Learning Experience	
Washington University Teen Pregnancy Clinic Physical Therapy Mentor	2010-2013
Facilitator, Center for Interprofessional Practice First-Year Experience	2017
Interim Director and Leadership Team Member for WUSM Interprofessional Pro Bono Clinic	2020-present

*Program in Physical Therapy*

DPT Preview Small Group Leader	2008-present
Washington University Pro-Bono Physical Therapy Clinic Mentor	2009-2013
Women's Health Residency Selection Committee	2009-present
Clinical Mentor for Clinic Associates	2009-present
DPT Orientation Small Group Leader	2010-present
Search Committee: Assoc. Director of DPT Curriculum	2017

Professional DPT Curriculum

Committee on Academic and Professional Evaluation of Students (CAPES) Member	2006-present
Admissions Committee Member	2011-present
Competency Attainment Committee (CAC)	2021-present

## **Positions**

*Washington University School of Medicine*

### Administrative Positions

Center Coordinator for Clinical Education 2007-2013  
Interim Center Coordinator for Clinical Education 2015

*Responsibilities:* Direction of processes related to scheduling and matching students for clinical rotations, mentorship of clinical instructors, and coordination of clinical inservices for clinicians.

### Mentorship

Mentor for Women's Health Physical Therapy Residency 2010-present

*Responsibilities:* Direction of processes related to scheduling continuing education resources for the residency program, mentorship of the women's health residency for clinical care, initial examination training via standardized patients, and didactic projects, residency admissions committee.

## **LICENSURE**

2002-present Physical Therapist, Missouri # 2002005865

## **CLINICAL SPECIALIZATION/BOARD CERTIFICATION**

2009-present Women's Health Board Certified Specialist (WCS)  
American Board of Physical Therapy Specialties  
(Recertification obtained 2019)

2019-present Certification in Lymphedema Therapy (CLT-LANA)  
Lymphology Association of North America

## **PROFESSIONAL DESIGNATIONS**

2008-present Certified Lymphedema Therapist (CLT)  
Klose Training & Consulting

2009-present Credentialed Clinical Instructor  
American Physical Therapy Association

## **HONORS AND AWARDS**

2018 APTA Section on Women's Health  
Outstanding Course Host and Coordinator  
2006 APTA Section on Women's Health  
Emerging Leader Award  
2004 APTA Section on Women's Health  
Volunteer of the Year Award  
2004 HealthSouth Clinical Career Ladder  
Women's Health Clinical Specialization, Clinician II Level

	St. Louis University Physical Therapy Department
2000, 2002	Chairman's Awards for Excellence in Community Service
2007	Service to the Profession Award
2000	Alpha Eta Society National Allied Health Honor Society Elected Member
2000	Alpha Phi Omega, National Service Fraternity Outstanding Senior Award for Service and Leadership
1999	Alpha Sigma Nu Jesuit Honor Society Elected Member
1998	Golden Key National Honor Society Elected Member

### **EDITORIAL RESPONSIBILITIES**

January 2015	<i>Physiotherapy Research International</i> Lymphedema Rehabilitation Content
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### **SCIENTIFIC/PROFESSIONAL ORGANIZATIONS MEMBERSHIPS**

#### **American Physical Therapy Association (APTA)**

Active Member	2002-present
Student Member	2000-2002

#### **Academy of Pelvic Health Member**

	2000-present
Nominating Committee Chair	2011-2012
Nominating Committee Member	2009-2011
Advisor to Regional Course Committee	2009-2012
Regional Course Site Coordinator	2004-2009
Certified CAPP (Certificate of Achievement in Pelvic Physical Therapy) Tester, Level I	2007
Laboratory Instructor for Pelvic Physical Therapy Levels I-III	2004-present
Co-editor for Pregnancy Learning Module	2003
Assistant to the Director of Education	2003

#### **Section of Oncology Member**

2012-present

#### **Eastern District of the Missouri Physical Therapy Association Member**

	2000-present
Advisor to Program Chair	2011-2012
Program Chair	2005-2011

#### **Klose Training & Consulting (National Lymphedema Educator)**

Faculty	2012-present
Lab assistant	2012-2018
Lecturer	2018-present
Primary Instructor	2019-present

<b>American Board of Physical Therapy Specialties</b>	2011-present
Women's Health Content Expert (SACE)	2012-2015
Women's Health Committee of Content Experts (CCE)	2015-2020
WCS Case Reviewer	2012-present
Item Writing Session Participant & Host	2011-2020
WCS Standard Setting Committee Member	2011,'15,'17

<b>Midwest Therapist Lymphedema Study Group Member</b>	2011-2013
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<b>St. Louis Pelvic Floor Alliance Member</b>	2014-2020
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<b>Movement System Continuing Education Courses</b>	2005-present
Laboratory Instructor	

<b>Herman &amp; Wallace Pelvic Rehabilitation Institute</b>	2008-2016
Laboratory Instructor	

<b>International Pelvic Pain Society Member</b>	2017-present
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**INVITED LECTURESHIPS & PRESENTATIONS**

Lumbar Spine Evaluation and Treatment Habif Health and Wellness Center	April 18, 2007
Lymphedema Patient Education Series Siteman Cancer Center	2009-present
Gynecological Anatomy Review St. Louis Region Women's Health Special Interest Group	2010-2012
Breast Cancer Rehabilitation for the Non-Women's Health Practitioner Co-presentation with Renee Ivens, PT, DPT Eastern District Missouri Physical Therapy Association	January 25, 2011
Preparing for the Women's Health Specialization Exam: Learn from Those That Have Already Been There. Panel Speaker APTA Combined Sections Meeting	February 2011; 2012
Musculoskeletal Health in Pregnancy and Postpartum Periods Co-presentation with Tracy Spitznagle, PT, DPT, WCS WUSM Department of Obstetrics and Gynecology: Grand Rounds	September 29, 2011
Scapular and Glenohumeral Movement Faults Associated with Breast Cancer Treatment Co-presentation with Renee Ivens, PT, DPT Midwest Therapist Lymphedema Study Group	July 21, 2012
Residencies & Fellowships Co-presentation with Cheryl Smith, PT, DPT, OCS Missouri Physical Therapy Association Student Conference	April 13, 2013
Sacroiliac Joint Rehabilitation: Lecture & Case Presentation Washington University Postdoctoral Fellowship in Movement Science	January 17, 2015

Physical Therapy Management of the Complex Oncology Patient Squamous Cell Carcinoma of the Mouth Washington University Program in Physical Therapy Clinical Rounds	August 27, 2015
HPLSO Case Panel Presenter, Oncology Washington University School of Medicine	April 6, 2017
Health Disparity & Health Care Needs of Women Maryville University College of Health Professions Speaker Series	March 25, 2019
Healthcare Provider Experience with Exercise & Pregnancy Recommendations Panel & Case Presenter American College of Sports Medicine Annual International Meeting	May 28, 2019
Washington University Head & Neck Cancer Survivorship Meeting Presenter & Discussion Leader	August 21, 2019
Washington University Program in Physical Therapy Commencement Speaker	May 15, 2020
Axillary Cording Discussion on Etiology, Musculoskeletal Management, and Outcomes Washington University Program in Physical Therapy Clinical Rounds	April 6, 2021

## **BIBLIOGRAPHY**

### **Reports**

**Vielhaber S.** Journey into the Political Side of Physical Therapy. Highlights on Women's Health: Newsletter for the Section on Women's Health. 2003; 8 (3).

### **Abstracts**

Wang J, **Tylka S.** Physical Therapy Diagnosis and Treatment of Complex Regional Pain Syndrome I in an 11-Year-Old: A Case Report. Accepted for poster presentation at APTA Combined Sections Meeting, February 2010.

**Tylka S,** Spitznagle T. Treatment of Urinary Incontinence after Hip Fracture Utilizing a Diagnostic Model: A Case Report. Accepted for platform presentation at APTA Combined Sections Meeting, February 2010.

Turner LA, **Tylka SL,** Miller J. Physical Therapy Evaluation and Treatment of Facial Lymphedema: A Case Report. Accepted for poster presentation at APTA Combined Sections Meeting, February 2011.

Preston KL, **Tylka SL.** Conservative Management of Axillary Web Syndrome: A Case Report. Accepted for poster presentation at APTA Combined Sections Meeting, February 2011.

**Tylka S,** Spitznagle T. Utilization of Standardized Patients in Laboratory Education for Women's Health Residency Education. Accept for poster presentation at MPTA Spring Meeting, April 2023.



## **CONTINUING EDUCATION AUTHORED & PROVIDED**

Breast Cancer Rehabilitation: A Comprehensive Clinical Update	November 3, 2012
8 Contact Hours	December 1, 2012
Sponsored by Professional Therapy Seminars	December 2, 2012
	March 7, 2015

## **CONTINUING EDUCATION/CONFERENCES**

### **Conferences Attended**

Combined Sections Meeting	2001-2019
American Physical Therapy Association (specifically 2001, 2003-2008, 2010-2013, 2015, 2018, 2019)	
Klose Training Lymphedema Conference	2011, 2019
Missouri Physical Therapy Association Spring Meeting	2023

### **Continuing Education Attended (Sample)**

Diagnosis and Treatment of Movement Impairment Syndromes Upper Quarter Level I Washington University Program in Physical Therapy	2002
Pelvic Floor Dysfunction Level I & II HealthSouth Corporate Clinical Education	2002
Diagnosis and Treatment of Movement Impairment Syndromes Upper Quarter Level II/III Washington University Program in Physical Therapy	2003
Intermediate Pelvic Floor Dysfunctions APTA Section on Women's Health	2003
Custom Fitter Certification for JOBST Custom Garments BSN-JOBST, Inc.	2004
Urologic & Gynecologic Pain Syndromes St. Louis University School of Medicine Practical Anatomy	2004
Lymphedema Therapy Certification Course Klose Training & Consulting	2008
Pelvic Physical Therapy III APTA Section on Women's Health	2008
Credentialed Clinical Instructor Program APTA	2009

Breast Cancer Rehabilitation Klose Training & Consulting	2013
Power Lymphatics Symposium	2021
Witnessing Whiteness: The Need to Talk About Race and How to Do It	2021
The Pro Bono Network Annual Conference	2023

### **COMMUNITY AND SERVICE ACTIVITY**

<b>St. Mark United Church of Christ Member</b>	1992-2013
Sunday School Teacher	2002-2008
Ronald McDonald House Field Trip Sponsor	2002-2011
Confirmation Mentor	2003-2004

<b>St. Lucas United Church of Christ Member</b>	2013-present
Young Families Group	2017-present
Vacation Bible School Volunteer	2018, 2019
Easter Egg Hunt Planning Committee	2019-2020

<b>Almost Home Women's Shelter</b>	
Childcare Provider	1998-2000
Tutor	2000-2002
Exercise Class Coordinator	2007-2009

<b>Long Elementary Parent-Teacher Organization</b>	2018-present
Grant Reviewer	2018-2019
Room Parent Lead	2018-2020

#### **Other**

Beginning Babies with Books, St. Louis Senior Olympics, CHIPS Geriatric Exercise Class Assistant, Relay for Life Sponsor