

## **CURRICULUM VITAE**

**DATE:** July 1, 2024

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

### **CONTACT INFORMATION**

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

Business: Washington University School of Medicine  
Program in Physical Therapy  
4444 Forest Park, Campus Box 8052  
St. Louis, MO 63108  
Office: (314) 454-5104  
Fax: (314) 286-1410  
E-mail: [tylkas@wustl.edu](mailto:tylkas@wustl.edu)

### **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**

### **Teaching Responsibilities in DPT Legacy Curriculum**

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: 2006-2022

Lymphedema Unit Lecturer: 2007-2022

3 credit hours

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

Laboratory Instructor: 2004-2022

Laboratory Coordinator: 2008-2022

Laboratory Lead: 2016-2022

3 credit hours

Case Integration III (P.T. 654)

Clinical Research Advisor: 2004-2022

Women's Health Focus Study Advisor, Co-Coordinator, & Presenter: 2010-2023

Human Anatomy (P.T. 611)

Laboratory Instructor: 2005-2021

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: 2010-2021

5 credit hours

General Medical Conditions (PT 636)

Lecturer & Laboratory Instructor: 2006-2022

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

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

**Teaching Responsibilities in New DPT Competency-Based Curriculum** (initiation of new curriculum fall 2021)

Module 4 Build Team  
Year 1 Assessment Team

Underpinnings of Movement Thread Lead

Module 3 (PT-702): 2021-present  
Content expert for Reproductive System and Pelvic Floor Anatomy

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.

Content expert for Lumbosacral Plexus, UE & LE Vasculature, Surface Anatomy, Abdominal & Erector Spinae Musculature, Integumentary Lab

Co-coordinator for Anatomy Donor Memorial Service

Negotiation Assessment Assessor

Module 6 (PT-711): 2022-present  
Lead for Lymphedema Clinical Management Content  
Lab assistant for Pelvic Girdle and Gender-Specific Healthcare  
Coordinator for Anatomy Lab Experiences

Negotiation Assessment Assessor

Module 7 & 8 (PT-720, PT-721): 2024-present

Contributor to Pelvic Health Lens: Lecturer, Anatomy Lab Coordinator

**Past Teaching Responsibilities**

Professional Clinical Doctorate (DPT) Curriculum (Maryville University): enrollment 45-50  
Maryville University Physical Therapy Program 2010-2022  
Lymphedema: Pathophysiology & Clinical Management  
Guest Lecturer & Laboratory Lead

**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      *Physiotherapy Research International*  
                         Lymphedema Rehabilitation Content

## **SCIENTIFIC/PROFESSIONAL ORGANIZATIONS MEMBERSHIPS**

<b>American Physical Therapy Association (APTA)</b>	
Active Member	2002-present
Student Member	2000-2002
<b>Academy of Pelvic Health Member</b>	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
<b>Section of Oncology Member</b>	2012-present
<b>Eastern District of the Missouri Physical Therapy Association Member</b>	2000-present
Advisor to Program Chair	2011-2012
Program Chair	2005-2011
<b>Klose Training &amp; Consulting (National Lymphedema Educator)</b>	
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
<b>St. Louis Pelvic Floor Alliance Member</b>	2014-2020
<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

## **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
Soliciting Tips for Impacting Psychological Safety on Teams Panel Presentation Center for Interprofessional Education WUSM	April 25, 2024



## **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
Pro Bono Network Annual Conference	2023, 2024
Learner Panel Presentation Mentor	2024

### **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
Master Interprofessional Education Series WUSM Interprofessional Education 101 and 201	2024

### **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
5 <sup>th</sup> Grade Committee Lead	2024

<b>Lindbergh Community Education and Recreation</b>	
Volunteer Soccer Coach	2021-present
Volunteer Basketball Coach	2021-present
Volunteer Volleyball Coach	2022-present

**Other**

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