

## Gina Kelly-Elliott, PT, DPT

### Doctor of Physical Therapy

### Board-Certified Specialist in Women's Health Physical Therapy (WCS)

### Certificate of Achievement in Pelvic Health Physical Therapy (CAPP-Pelvic)

Email: ginamichellekelly@gmail.com

Phone Number: (773) 414-4397

319 E. Morgan Ave Chesterton, IN 46304

## Education

<b>Governors State University</b> Doctor of Physical Therapy	Class of 2015
<b>New School for Social Research</b> BA Cultural Studies	Class of 2000

## Training

<b>Lumbopelvic Rehabilitative Ultrasound Imaging: A Clinical Training Course</b> The Prometheus Group with Ramona Horton   WI	April 2022
<b>Birth Doula Workshop   DONA International   Crown Point, IN</b> Pregnancy, intrapartum, and post-partum support and advocacy training	July 2022
<b>Spinning Babies   Valparaiso, IN</b> Pregnancy and intrapartum support	2018
<b>Dry Needling Foundations   Myopain Seminars   Indianapolis, IN</b> 34 hrs foundational training	2018

## Licensure and Certifications

<b>Indiana State Physical Therapist License #05011844A</b>	2015-present
<b>Board-Certified Specialist in Women's Health Physical Therapy (WCS)</b> American Board of Physical Therapy Specialties	2023
<b>Pregnancy and Postpartum Corrective Exercise Specialist</b> Core Exercise Solutions	2021
<b>Certificate of Achievement in Pelvic Health Physical Therapy (CAPP-Pelvic)</b> APTA Academy of Pelvic Health	2019

## Work Experience

<b>Clinical Specialist</b> <b>Powers Rehabilitation Center   Crown Point, IN</b> <ul style="list-style-type: none"><li>Updated chart audit procedure for the department to streamline process and enhance clinical utility</li><li>Trained in and implemented RUSI evaluation and treatment strategies to modernize care</li><li>Revised clinic evaluation and treatment templates to maximize carryover of current best practices into daily documentation</li></ul>	2022-present
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<ul style="list-style-type: none"> <li>• Provided monthly mentorship to early career pelvic therapists</li> </ul>	
<b>Physical Therapist</b> <b>Franciscan Alliance   Crown Point, IN</b> <ul style="list-style-type: none"> <li>• Expanded neurological treatment options through initiating LSVT Big program, selection of equipment including overhead harness and treadmill system for best practice in stroke rehabilitation</li> <li>• Initiated pelvic health program at Franciscan Point; increased referrals through marketing and professional affiliations; decreased referrals out by expanding treatments offered</li> <li>• Oversaw St. John clinic for a year during hiring process; initiated dry needling program; increased referral volume to support increase from PT to therapist and PTA team; recruited and oriented new hires</li> <li>• Inpatient Acute/Rehabilitation 2015-2017</li> <li>• Treated patients in Acute Inpatient including the ICU early mobility program and step down unit, vestibular, post-operative orthopedic, trialed and prescribed assistive devices</li> <li>• Collaborated with physicians, nursing, allied health, social work, and patient/family on patient care and discharge planning</li> <li>• Provided staff with body mechanics and safety training</li> <li>• Treated patients in Rehabilitation Institute of Chicago at Franciscan Health Crown Point</li> <li>• Participated in Observership program at new Shirley Ryan AbilityLab for patients with stroke, brain injury, and vestibular conditions</li> <li>• Partnered with Trauma department of hospital to provide research-based community fall prevention education programs; completed Stepping On Balance and Falls Prevention; provided education and marketing at community events, senior centers, and libraries</li> <li>• Provided presentations at libraries, senior centers, community centers, and scouting events on Parkinson disease, balance and fall prevention, disability and diversity, women's health</li> </ul>	2015-2022
<b>Physical Therapist</b> TLC Physical Therapy, LLC   Valparaiso, IN <ul style="list-style-type: none"> <li>• Provided coverage for caseload overflow</li> </ul>	2021-2022

## Teaching Experience

<b>Adjunct Faculty - Ivy Tech College 2025-present</b> Anatomy & Physiology
<b>Teaching Assistant – Academy of Pelvic Health Physical Therapy 2023 - present</b> <ul style="list-style-type: none"> <li>• CAPP-OB Series, CAPP-Pelvic Series</li> <li>• International experience - Dubai, UAE Fall 2025</li> <li>• Teaching Mentee - 2026</li> </ul>
<b>Teaching Assistant – Prometheus 2024</b> Lumbopelvic Rehabilitative Ultrasound Imaging: Clinical Training Course
<b>Presenter - Best Practices for Peri-Partum Rehabilitation: Foundations, Disparities and Innovations 2023 APTA Fall Conference   Evansville, IN</b>
<b>Presenter - Rehabilitation Ultrasound for Core Assessment and Training</b> APTA IN Northwest District Meeting   Crown Point, IN
<b>Presenter - Improving Peri-natal Outcomes with PT</b> APTA Pelvic Health Webinar Midwest Journal Club Lunch & Learn   Virtual

<p><b>Presenter - Running During Pregnancy and Postpartum, Why Do Women Stop Running During Pregnancy and Not Return to Running in the Postpartum Period?</b> APTA Pelvic Health Webinar Midwest Journal Club Lunch &amp; Learn   Virtual</p>
<p><b>Speaker - Pelvic Floor Physical Therapy Information Session</b> Prima Bella   Virtual</p>
<p><b>Graduate Assistant - Governors State University</b> Writing Center   University Park, IL</p> <ul style="list-style-type: none"> <li>Provided tutoring, workshops, research assistance to college students and faculty</li> </ul>
<p><b>Adjunct Professor - Prairie State College</b> English, Writing, English as a Second Language   Chicago Heights, IL</p> <ul style="list-style-type: none"> <li>created a learning community partnership between Writing and Biology departments, assisted with English/Spanish GED/ABE; co-created and delivered new programs including content area, advanced, and bridge classes</li> </ul>
<p><b>Instructor – Istituto San Clemente</b> Brescia, Italy</p> <ul style="list-style-type: none"> <li>Levels Basic through Advanced</li> </ul>
<p><b>Bilingual Teacher – Bloom High School</b> Chicago Heights, IL</p> <ul style="list-style-type: none"> <li>American History, Biology, Geography, and mathematics recovery through Algebra 1; volunteered after school for Project Hope &amp; dance club</li> </ul>
<p><b>Teacher - English as a Second Language/Bilingual – Lowell-Longfellow Elementary</b> Harvey, IL</p> <ul style="list-style-type: none"> <li>Instructed grades 2-3, conducted state testing, assisted in IEP meetings</li> </ul>
<p><b>Paraprofessional for English as a Second Language – Thornridge High School</b> Dolton, IL</p> <ul style="list-style-type: none"> <li>providing instructional and translation support to teachers and parents, conducted and scored state testing, assisted in IEP meetings</li> </ul>

## Professional Affiliations and Memberships.

American Physical Therapy Association	2012-present
Academy memberships: Pelvic, Male and Pregnancy & Postpartum SIGs; Pediatrics; Leadership and Innovation, Global Health and Tech SIGs	Varied, 2012-present
Global Pelvic Health Alliance	2021-present
DONA International	2021-2023
Evidence-Based Birth	2021-2023

## Leadership and Volunteer Experience

<p><b>Guideline Development Group Chair</b> APTA Academy of Pelvic Health, Clinical Practice Guideline Steering Committee</p> <ul style="list-style-type: none"> <li>Volunteered and participating in initial development</li> <li>Attended and reported back on CSM annual CPG meeting</li> </ul>	February 2024-Present
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<ul style="list-style-type: none"> <li>Barrier identification and current development of strategies together with leadership to streamline process improving quality and efficiency of future initiatives</li> </ul>	
<b>Social Responsibility Award Volunteer</b> APTA Academy of Leadership and Innovation <ul style="list-style-type: none"> <li>Abstract review with recommendations</li> <li>Awarding of ribbons to selected scholars</li> </ul>	February 2024
<b>Specialization Academy of Content Experts</b> American Board of Physical Therapy Specialties <ul style="list-style-type: none"> <li>Item Writing for Specialty and Maintenance exams</li> <li>Standard Setting Maintenance of Specialty Certification</li> </ul>	January 2024-Present
<b>Knowledge Translation Task Forces Postpartum Pelvic Girdle Pain &amp; Functional Constipation CPGs</b> APTA Academy of Pelvic Health, Knowledge Transfer Committee <ul style="list-style-type: none"> <li>Collaborating with group and leadership to general deliverables including patient, PT, and referral facing implementation materials to facilitate use of research in clinical practice</li> <li>Developing KT handbook and orientation training materials based of KTA framework to establish foundation for future successful knowledge translation activities</li> </ul>	April 2023-Present
<b>Volunteer Teaching Assistant</b> APTA Academy of Pelvic Health, CAPP-OB Program <ul style="list-style-type: none"> <li>Assisted in attendance, breakout rooms, and student questions at live labs OBF, OBA, OBI and virtual lecture OBF</li> </ul>	June-November 2023
<b>Indiana State Representative</b> APTA Academy of Pelvic Health, Membership Committee <ul style="list-style-type: none"> <li>Collaborated with a local author and DEI state chair for fall conference presentation</li> <li>Began quarterly interview with pelvic professionals for newsletter</li> <li>Developing an interdisciplinary local network to help future representatives including doulas and minority health coalition leaders</li> <li>Facebook live development and recordings highlighting health inequities and relevant Academy resources for further learning; posting events and resources in FaceBook and Member Engage</li> </ul>	April 2022-Present

## Continuing Education

<b>Pelvic Health</b> <ul style="list-style-type: none"> <li>Cystic Fibrosis and Pelvic Health Function 2024</li> <li>Keeping Kegels in the Mix: Evidence and Nuance 2024</li> <li>Increase Your Expertise By Learning to Treat Complex Patients With Pain and Pelvic Health Concerns 2024</li> <li>Managing Urinary Incontinence in Men: Evidence-Based Assessments and Exercises for Individualized Treatment 2024</li> <li>Treating the Whole Person: Endocrine, Gastrointestinal, and Hormonal Considerations for PT Practice 2023</li> <li>Changing "POP" Culture: An Evidence-Based Approach to Helping People With Pelvic Organ Prolapse 2023</li> <li>MSK-US Integration into Physical Therapist Clinical Practice: Directions Exemplified By Case Reports 2023</li> <li>Female Pelvic Health in Sports through the Lifespan 2023</li> <li>Talli Rosenbaum Sexual Health Medbridge 2019</li> </ul>	April 2024-present
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- Part A: Sex and Sexuality in Physical Therapy Practice
- Part B: Sexuality for Pelvic Floor Practitioners
- Part C: Clinical Tools for Treatment of Complex Sexual Pain Disorders - Addressing Psychosocial Factors in Treatment
- Pediatric Pelvic - Dawn Sandalcini, course series MedBridge
- Pediatric Pelvic - Carina Siracusa course series, Medbridge

#### **Obstetric Physical Therapy**

- Peripartum Cardiovascular Health Disparities and How Physical Therapists Play a Vital Role across Settings 2024
- Equity Is Not Equality: Our Role in Protecting the Birth Experience They Want 2024
- Oh Baby! How Biomechanics Research Can Inform Perinatal Clinical Decisions 2023
- Disparities in Maternal and Infant Health and What You Can Do About It 2023
- CAPP-OB course series completed 2022:
  - Fundamental Topics of Pregnancy & Postpartum Physical Therapy
  - Advanced Topics of Pregnancy & Postpartum Physical Therapy
  - Intrapartum lecture
- Physical Therapy Evaluation and Treatment for Musculoskeletal Conditions During Pregnancy: Foundational clinical concepts and techniques for the musculoskeletal therapist. Suzanne Badillo, PT, WCS. Shirley Ryan June 2017

#### **Oncologic Physical Therapy**

- Sexual Survivorship: Navigating Sex after Cancer Treatment 2023
- Pelvic Floor Intervention Strategies for Urogenital and Breast Cancer Rehabilitation, 2018

#### **Knowledge Generation and Translation**

- Beyond Clinical Practice: Pathways to Become a Physical Therapist Informaticist 2024
- Science isn't finished until it's understood! 2024
- APTA Knowledge Translation Workshop - Recorded 2024
- Knowledge Translation: A Clinical User Guide 2024
- American Board of Physical Therapy Residency and Fellowship Education: Candidacy Workshop 2023
- Specialist Certification Examination Item Writing: An Overview 2023

#### **Equity**

- Peripartum Cardiovascular Health Disparities and How Physical Therapists Play a Vital Role across Settings 2024
- Equity Is Not Equality: Our Role in Protecting the Birth Experience They Want 2024
- Racial & Ethnic Disparities in Pelvic Health: Foundations of Providing Equitable Care to Persons of Color 2023
- Utilizing a Health Justice and Systems Thinking Approach to Strengthening DEI Efforts 2023
- Disparities in Maternal and Infant Health and What You Can Do About It 2023

#### **Pain**

- Increase Your Expertise By Learning to Treat Complex Patients With Pain and Pelvic Health Concerns 2024
- Pain Science Transformed into Clinical Practice Shirley Ryan Abilitylab
- A World of Hurt: A Guide to Classifying Pain Course RIC 11/13/2016
- Manual Therapy Management of the Lumbopelvic Spine, APTA 10/3/2015
- Lumbar Spine: Manual Therapy Management, Institute of Clinical Excellence

#### **Neurologic**

- LSVT Big for Parkinson and Movement disorders - Certified October 7, 2015
  - Recertified November 2017
- Rehab Institute of Chicago (Now Shirley Ryan AbilityLab) - July 22-23rd 2016 22nd Annual Interdisciplinary Stroke Course: New Science and Classic Foundations
- Shirley Ryan AbilityLab Webinars -
  - Yes! You Too Can Predict Stroke Outcomes Part 1: Predicting General Recovery 12/8/16 1.0 hrs
  - Yes! You Too Can Predict Stroke Outcomes Part 2: Predicting General Recovery 12/12/2016 1.0 hrs

- Medical Complications of Patients with SCI and its Impacts on Rehabilitation, Webinar
- Medical Complications after Traumatic Brain Injury, Webinar
- Initial Assessment of Visual Impairment in the Patient with Neurological Deficits, Webinar
- Shirley Ryan AbilityLab August 2017 -Observership program IP Rehab Shadowing - 2016
- ISCOS International Spinal Cord Society - Physiotherapy Management of Spinal Cord Injuries - MOOC, 15 hrs

**Combined Sections Meetings**

- 2014, 2015, 2023, 2024

## References

References will be provided upon request.