

# CAROL ANN SPARKS, PT, DPT

## Curriculum Vitae

### EDUCATION

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DPT	University of Nevada, Las Vegas, <i>Doctorate of Physical Therapy</i> Las Vegas, NV	05/2023
BFA	Illinois Wesleyan University, <i>Theatrical Design &amp; Production</i> Bloomington, IL	05/1998

### LICENSURE & CERTIFICATION

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PT	Federal State Board of Physical Therapy State of California, License No. 304969	Exp. 11/2024
PT	Federal State Board of Physical Therapy State of Nevada, License No. 6246	Exp. 08/2024
BLS	American Heart Association Basic Life Support for Healthcare Providers (CPR & AED)	Exp. 05/2025

### WORK EXPERIENCE

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Women's Advantage, Men's Optimal Health   Long Beach, CA	11/06/2023 – present
Dignity Health Physical Therapy – Blue Diamond   Las Vegas, NV	06/12/2023 – 10/19/2023

### CLINICAL EXPERIENCE

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Dignity Health Physical Therapy – Blue Diamond   Las Vegas, NV	02/13/2023 – 04/21/2023
Summerlin Hospital & Medical Center   Las Vegas, NV	09/26/2022 – 12/02/2022
Mountain View Hospital   Las Vegas, NV	06/11/2022 – 09/16/2022
Movement for Life Physical Therapy   San Luis Obispo, CA	06/07/2021 – 07/09/2022

### MEMBERSHIPS

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APTA	American Physical Therapy Association	2020 – 2023
	<i>Section Member: Academy of Pelvic Health</i>	2021 – 2023
	APTA Nevada	2021 – 2023
IATSE	International Alliance of Theatrical Stage Employees <i>Theatrical Wardrobe Union, No. 768</i>	2010 – present

## CONTINUING EDUCATION

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### Herman & Wallace Pelvic Rehabilitation Institute

Level 1: <i>Introduction to Female Pelvic Floor Function, Dysfunction &amp; Treatment</i>	09/2022
Level 2A: <i>Colorectal Pelvic Health, Pudendal Neuralgia, and Coccyx Pain</i>	02/2024
Level 2B: <i>Urogynecologic Examination and Treatment Interventions</i>	09/2024

### Academy of Pelvic Health Physical Therapy

Physical Therapy in Gender-Affirming Care: Transgender Health	06/2022
<i>Understanding a Minority Population in the Context of Healthcare Access Sex, Sexuality, And Gender Identities Legal Considerations Communication Strategies Appearance Practices in Gender Transition Hormones for Medical Transition of Gender Supporting Tissue Healing: Pre-operative &amp; Post-operative Considerations Gender Affirming Appearance Surgeries Gender Examination Considerations: Differential Diagnosis Physical Therapy Considerations for Treating Pain in TGNB People Reproductive and Obstetric Considerations for Transgender Patients</i>	

### Annual Fall Symposium

<i>Muscles and Tendons and Menopause The Secrets to Becoming a Stronger Patient Educator in Pelvic Health Increased PFM Tone and Over Activity of the PFM – Distinct and different conditions Hip Dysplasia: A Hidden Differential in Pelvic Health Enhanced Recovery after Cesarean Hysterectomy with Acute Care Rehabilitation Management of Cancer-Related Sexual Dysfunction</i>	09/2021
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### American Physical Therapy Association

Combined Sections Meeting, San Antonio, TX	02/2022
Lynda D. Woodruff Annual Lecture:	
<i>Overcoming DEI Fatigue</i>	06/2022
<i>The Road to Success: Are We Ready to Change Direction?</i>	06/2021
<i>Who Do We Want to Be? Responsible Stewardship of Our Profession</i>	06/2020
APTA Nevada: <i>Time to Embrace Holistic Care</i>	10/2020

### Dignity Health Pelvic Health SIG

<i>Pelvic Pain, Trauma-Informed Care, &amp; Motivational Interviewing</i>	09/2023
<i>Nutrition and Endometriosis</i>	09/2023
<i>Conservative Management of Fecal Incontinence</i>	07/2023
<i>Obstetrics Care: Safety and Facts</i>	03/2023
<i>Consensus Based Terminology</i>	03/2023

### Select University

*Understanding the Psychology of Human Sexuality and Pelvic Health Disorders* 03/2023  
*Driver Ergonomics* 03/2023

## Institute for Birth Healing

Annual Birth Healing Summit 07/2022

*From Foot to Floor, The Pelvic Floor That Is!*  
*Improving the Responsiveness of the Pelvic Floor Through the Kinetic Chain*  
*Pregnancy and Postpartum Impact on the Organs*  
*The Uterosacral Ligament – Sex and Postpartum Wellness*  
*A New Paradigm for Depression in New Mothers*  
*A Whole-Body Approach to Female Abdominal Scars*  
*How Trauma Impacts our moms and Business*  
*Bio Tensegrity Model for Pelvic Support and Prolapse*  
*Advanced Loading Concepts for Core Rehab*  
*Tummy Tucks*  
*Preventing and Minimizing Birth Trauma*  
*Informed Consent: What's at Stake*  
*Making Breech Birth Safe Again*  
*Why Wait? Therapy Immediately After Birth*  
*Don't Mess with the Latch!*  
*Symphysis Pubis and SIJ Dysfunction in Pregnancy and Postpartum*  
*Pregnancy and Postpartum Pelvic Girdle Pain*

## UNLVPT

UNLV Sports Medicine Club: *Taping Lab* 03/2022  
*How Physical Therapy Contributes to Performing Arts Medicine* 03/2022  
*Native American Health and Cultural Competency* 09/2020

CDC Training and Continuing Education 08/2021

*STEADI: Empowering Healthcare Providers to Reduce Fall Risk* 08/2021

The Otago Exercise Program: *Fall Prevention Training* 11/2021

Clark County Department of Family Services

*Mandated reporter training for childhood abuse and neglect* 11/2020

## TEACHING & MENTORING EXPERIENCE

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### In-Service

Patient Education: *Diaphragmatic Breathing for Pelvic Floor Relaxation, Bladder Diary, Perineal Ball Sit for Relaxation of Pelvic Floor* 04/2023

Dignity Health Physical Therapy, Las Vegas, NV  
*Functional Outcome Measures for the Acute Care Setting* 12/2022

Summerlin Hospital, Las Vegas, NV  
*Managing Constipation in Inpatient Rehab* 09/2022  
Mountainview Hospital, Las Vegas, NV

## COMMUNITY INVOLVEMENT

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### Fall Prevention Screenings and Outreach

Skyview YMCA, Las Vegas, NV	06/2022
City of Henderson Downtown Senior Center, Henderson, NV	05/2022
UNLV PT/OT & Cleveland Clinic: <i>National Fall Prevention Awareness Week</i>	09/2021

### UNLVPT

UNLV Campus Community Garden   Volunteer	3/2022 – 9/2022
UNLVPT Community Clinic Club   Member	1/2021 – 5/2021
UNLVPT Diversity, Equity, & Inclusion Club   Member	8/2020 – 5/2023

Rock Steady Boxing: *Fighting Back Against Parkinson's* | Volunteer Trainer 12/2021 – 5/2022

Culinary Academy Las Vegas – *The Just One Project* | Food Bank Volunteer 12/2020

IATSE Mask-Making Task Force | Volunteer Seamstress 2/2020 – 5/2020

Los Angeles LGBT Center: *Senior Services* | Volunteer Mask-maker 4/2020

IATSE West Coast & Los Angeles Regional Food Bank | Food Drive Volunteer 4/2020

## RESEARCH

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Gutierrez, E., Nogra, J.J., **Sparks, C.**, & Voels, B., "Development of a Multifactorial Virtual Fall Prevention Tool for Community Dwelling Older Women" (2023). UNLV Theses, Dissertations, Professional Papers, and Capstones.