

JENNIFER J. GABELSBERG, PT, DPT, MSc, WCS, PRPC, BCB-PMD

Curriculum Vitae

EDUCATION

DPT	University of St. Augustine for Health Sciences <i>Doctorate of Physical Therapy</i> St Augustine, Florida	2002
MScPT	University of St. Augustine for Health Sciences <i>MScPT in Orthopedic Physical Therapy</i> St Augustine, Florida	1998
BS	University of Vermont, <i>BS Physical Therapy</i> Burlington, VT	1994

LICENSURE & CERTIFICATION

PT	Federal State Board of Physical Therapy State of California, License No. 20633	1999 – present
WCS	American Board of Physical Therapy Specialties Board Certified Clinical Specialist in Women’s Health	2009 – 2019
WCS	Re-certified Clinical Specialist in Women’s Health (10 yr)	2022 - present
BCB-PMD	Biofeedback Certification Institute of America Pelvic Muscle Dysfunction Biofeedback, Certificate No. P5017	2009 – present
MTC	University of St. Augustine for Health Sciences Manual Therapy Certified	1995 – present
PRPC	Herman Wallace Pelvic Rehab Institute Pelvic Rehab Practitioner Certification	2022 - present
CI	APTA Credentialed Clinical Instructor	2022 - present

WORK EXPERIENCE

Women’s Advantage, Inc. Owner/Founder & Director - Torrance, CA	2001 – present
Skypark Physical Therapy Torrance, CA	1995 – 2004
Overland Therapy Services Travel Physical Therapy	1994 – 1995

MEMBERSHIPS/COMMITTEE PARTICIPATION

APTA	American Physical Therapy Association <i>Section Member: Academy of Pelvic Health, Private Practice</i>	1994 – present
CPTA	California Physical Therapy Association	1994 – present
PFSM	Pelvic Floor & Sexual Medicine of Southern California <i>Founding member, Steering Committee, Speaker & Host (LA Chapter)</i>	2011 – present
NVA	National Vulvodynia Association	2011 – present
IPPS	International Pelvic Pain Society	2011 – present
AUGS	American Urogynecologic Society	2016 – 2018

TEACHING & FACULTY EXPERIENCE

Teaching Assistant

Herman & Wallace Pelvic Rehabilitation Institute	2006 – 2011
<i>Level 2A: Pelvic Floor Function, Dysfunction & Treatment (San Diego, CA)</i>	
<i>Pregnancy & Postpartum Clinical Highlights (Seattle, WA)</i>	
<i>Level 3: Pelvic Floor Function, Dysfunction & Treatment (Mission Viejo, CA)</i>	
<i>Level 2B: Pelvic Floor Function, Dysfunction & Treatment (Mission Viejo, CA)</i>	
<i>Level 1: Female Pelvic Floor Function, Dysfunction & Treatment (San Diego, CA)</i>	
<i>Capstone (TA for satellite hosting in Torrance, CA November 2021)</i>	
Prometheus Group	
<i>Pediatric Pelvic Floor Dysfunction & Incontinence (Kansas City, MO)</i>	

Senior Faculty Member

Herman & Wallace Pelvic Rehabilitation Institute	2011 – present
<i>Level 1: Introduction to Female Pelvic Floor Function, Dysfunction & Treatment</i>	
Virtual/Remote	09/30/2023
Virtual/Remote	02/04/2023
Virtual/Remote	01/21/2023
Virtual/Remote	10/29/2022
Virtual/Remote	10/01/2022
Virtual/Remote	04/23/2022
Virtual/Remote	04/09/2021
Virtual/Remote	10/24/2020
Virtual/Remote	10/10/2020
Santa Cruz, CA	01/10/2020
Stockton, CA	03/01/2019
San Diego, CA	01/11/2019
San Diego, CA	11/30/2018
Carlsbad, CA	02/09/2018
Los Angeles, CA	01/26/2018
Stockton, CA	01/27/2017
Nashville, TN	10/07/2016
Mission Hills, CA	08/12/2016
Houston, TX	07/23/2016
Austin, TX	01/29/2016
Durham, NC	04/25/2014
San Francisco, CA	10/18/2013
Burbank, CA	05/18/2012
<i>Level 2A: Colorectal and Coccyx Conditions, Male Pelvic Floor, Pudendal Nerve Dysfunction</i>	
San Diego, CA	02/07/2020
Los Angeles, CA	03/09/2018
Stockton, CA	03/17/2017
La Jolla, CA	12/11/2015
<i>Level 2B: Urogynecological Examination and Treatment Interventions</i>	
Virtual/Remote	09/23/2023
Virtual/Remote	04/22/2023
Virtual/Remote	09/17/2022

Virtual/Remote	03/06/2021
Virtual/Remote	06/05/2021
Carlsbad, CA	10/04/2019
Mission Hills, CA	08/09/2019
Medford, OR	04/26/2019
Carlsbad, CA	04/27/2018
<i>Pregnancy Rehabilitation</i>	
Virtual/Remote	03/27/2021
Virtual/Remote	09/18/2020
Mission Hills, CA	11/09/2019
Liverpool, CA	09/09/2018
Nashville, TN	09/16/2017
Los Angeles, CA	03/04/2017
Somerset, NJ	04/30/2016
San Diego, CA	02/02/2013
<i>Postpartum Rehabilitation</i>	
Virtual/Remote	09/24/2022
Virtual/Remote	06/12/2021
Virtual/Remote	07/18/2020
Los Angeles, CA	02/18/2020
Liverpool, CA	06/02/2018
Nashville, TN	09/16/2017
Oakland, CA	03/29/2014
San Diego, CA	04/27/2013
<i>Postpartum Special Topics</i>	
San Diego, CA	10/05/2013
<i>Pregnancy & Postpartum: Clinical Highlights</i>	
Seattle, WA	09/22/2012
Naperville, IL	04/12/2012
<i>Pelvic Rehabilitation: Course Intensive</i>	
Vancouver, WA	08/19/2011
Diego, CA	04/2011

International Teaching Invitations

Kenya Medical Training College (KMTC) in Nairobi Taught PF1/PF2A to Kenyan Physiotherapists	02/2022
Kenyatta National Hospital (Nairobi, Kenya) Mentored Kenyan Physiotherapists in pelvic health treatments	03/2022

National Teaching Invitations

International Society for the Study of Women's Sexual Health (ISSWSH) "Adapting Physical Therapy to Virtual Care"	2021
American Urogynecological Society (AUGS) PFD Week Speaker: "The Complicated Bladder: New Frontiers in Research, Assessment & Treatment of Urinary Tract Infection and Urinary Incontinence/Overactive Bladder" Topic: Low Level Laser Therapy for Female Bladder & Pelvic Pain Conditions	2016
Combined Sections Meeting (CSM), sponsored by Section on Women's Health "Stilletto's, Spit-Up and Success: Mothers in Leadership in the PT Profession"	2017

Local Teaching Invitations

MemorialCare Pelvic Health Board	
"The Role of Physical Therapy in GI Disorders" (Seal Beach, CA)	05/2023
Pelvic Floor & Sexual Medicine (PFSM) Los Angeles Meetings	
"Advances in Pelvic Pain Treatment Options" (UCLA)	09/2019
"Postpartum Rehabilitation: the Missing Link" (Torrance, CA)	01/2018
"PT Evaluation & Treatment of Vulvodynia Secondary to a Chemical Burn" (Torrance, CA)	05/2013
South Bay Midwives & Doulas	02/2018
"Facilitating Optimal Birthing & Postpartum Recovery for Pelvic & Abdominal Health"	
Collaboration with Urologists, Urogynecologists, and MIGS Specialists	
"Take Control of Your Pelvic Health" (Torrance, CA)	02/2018
Girls on the Run	09/2014
"Running Techniques & Active Stretching for Girls on the Run" (Los Angeles, CA)	
Doulas of the South Bay	
"Pelvic Floor & Childbirth Considerations" (Torrance, CA)	2014
California State University Long Beach, Graduate Department of Physical Therapy	
"Pelvic Floor Anatomy & Function" (Long Beach, CA)	
Veterans Administration PCP & Women's Health Department	
"What is Women's Health PT?" (Long Beach, CA)	2013
Bright Beginnings at The Nest	
"Postpartum Recovery" (Hermosa Beach, CA)	2013 – present
"Beyond Mommy & Me" Bi-Annual Class for ages 0-6 & 6-12mo	2009 – 2013
South Bay Osteoporosis Support Group	
"Bone Building Exercises" (Torrance, CA)	2012
Beach Cities Health District	
"Beyond Kegels" Quarterly Class (Redondo Beach, CA)	2001 – 2009

NATIONAL LEGISLATIVE INVOLVEMENT

APTA and Congresswoman Buetler-Herrera	2022
Prenatal and Fourth Trimester Legislative Task Force	
Expert consultant who assisted in the creation of HR8181 bill named "Optimizing Postpartum Outcomes" presented to Congress	
APTA Academy of Pelvic Health	
Reviewer and consultant of the Bill "Military Moms Matter"	2022

PROFESSIONAL MEETINGS ATTENDED

American Physical Therapy Association

Combined Sections Meeting	
San Diego, CA	2023
Virtual Remote (COVID)	2022
Virtual Remote (COVID)	2021
Denver, CO	2020
Washington, DC	2019
New Orleans, LA	2018
San Antonio, TX	2017
Anaheim, CA	2016
Indianapolis, IN	2015

Las Vegas, NV	2014
San Diego, CA	2013
Chicago, IL	2012
New Orleans, LA	2011
San Diego, CA	2010
Las Vegas, NV	2009
Nashville, TN	2008
Boston, MA	2007
San Diego, CA	2006
Private Practice Section National Meeting	
Denver, CO	2022
Denver, CO	2018
Chicago, IL	2017
Third World Congress of Pelvic & Abdominal Pain	
Washington, DC	2017
American Urogynecological Society (AUGS) Annual Conference/PDF Week	
Denver, CO	2016
Seattle, WA 2015	
Long Beach, CA	2011
International Pelvic Pain Society (IPPS) Annual Fall Meeting	
Las Vegas, NV	2011
World Congress Physical Therapy Conference (WCPT)	
Washington, DC	1995

EDUCATIONAL DEVELOPMENT

Herman Wallace PRPC Exam <i>Item Writer/Reviewer</i>	2022 - present
Occupational Therapist Pelvic Health 12 week training program <i>Creator</i>	2022 - present
Empowered Mamas Thrive <i>Creator</i>	2020 – present
Learn to Thrive Postpartum 12 week online postpartum recovery pg) <i>Creator</i>	
Women’s Advantage Pelvic Health Residency <i>Residency Coordinator</i>	2020 – present
Women’s Advantage DPT Student Program <i>Module Developer</i>	2015 – present
Journal of Sexual Medicine <i>Expert Peer Research Reviewer</i>	
Herman & Wallace Pelvic Rehabilitation Institute <i>Obstetric Course Series Developer</i>	2012 – 2013
Pelvic Floor & Sexual Medicine (PFSM) <i>Founding Member, Steering Committee</i>	2011 – present
Empowerment in Eight Weeks: Taking Charge of Urinary Incontinence DVD <i>Creator</i>	2006
APTA Women’s Section Journal <i>Research published “Biofeedback Progressions in 8 Weeks for Urinary Incontinence”</i>	1999

PRESS & MEDIA INTERVIEWS

Global Pelvic Health Alliance Membership (GPHAM)	
International Obstetric Panel: “Preparing for Birth - Pelvic Floor, Positions, Breathing, & More”	12/2018
Divine Intervention Podcast by Dr. Elena Rodriguez, MD	10/2018
PT Treatments for Women with Pelvic Floor Disorders	
National Public Radio “Take Care” Radio Show	05/2016
PT Interventions for Urinary Incontinence & Pelvic Organ Prolapse	
SouthBay Magazine “Understanding, Identifying & Treating Postpartum Diastasis”	12/2015
Interviewed by surgeon Dr. Jay Granzow, MD	

COMMUNITY INVOLVEMENT

Transitions in Motherhood I Volunteer	2022 - present
Girl Scouts USA Middle & High School Troop Leader	2015 – present
Girls on the Run Los Angeles Head Coach	2014 – 2020

CONTINUING EDUCATION (2000-2019) *prior coursework available upon request

American Physical Therapy Association (APTA)

Combined Sections Meeting (CSM)	
Pelvic Health Considerations in the Transgender Client (Washington, DC)	01/22/2019
Endometriosis: What Every Physical Therapist Needs to Know (Washington, DC)	01/23/2019
Pelvic Floor Treatment of Urinary Incontinence: An Evidence Update	02/21/2018
Making Sense of Lumbopelvic Pain (San Antonio, TX)	02/14/2017
New Advances in Management of Male Continence (Anaheim, CA)	02/17/2016
Taking Your Practice to the Next Level (Indianapolis, IN)	02/03/2015
Graded Motor Imagery (Las Vegas, NV)	02/03/2014
Chronic Myofascial Pain & Sensitization: Objective Findings & Treatment Strategies (San Diego, CA)	01/20/2013

The Practical Application of Mental Imagery in Therapeutic Setting (San Diego, CA)	01/20/2013
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Academy of Pelvic Health Physical Therapy (previously Section on Women's Health)

Breathing & Postural Control - Applying Cardiopulmonary Strategies to Women's Health Issues (Chicago, IL)	02/07/2012
Restoring Form & Function of the Abdominal Wall After Pregnancy (New Orleans, LA)	02/08/2011
Looking Beyond the Pelvic Floor (Las Vegas, NV)	02/08/2009
PT's Role in Understanding & Promoting Sexual Health (Nashville, TN)	02/06/2008
An Integrated Approach to Examination & Treatment of Pelvic Organ Prolapse (Boston, MA)	02/14/2007
Integrating Orthopedic & Manual Therapy Treatment into Patient Care: Getting to the Bottom of the Pelvic Pain Puzzle	09/30/2005

Online

CPI Training for Clinical Instructors (online)	01/07/2015
Specialist Certification Exam Item Writing: An Overview (online)	06/24/2014

American Urogynecologic Society (AUGS)

Advanced Practice, PT & Allied Health (APPTAH) SIG Boot Camp: Pelvic Pain & Sexual Dysfunction Related to Pelvic Floor Disorders (Seattle, WA)	10/14/2015
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PT 101: Helping Physicians Understand PT Musculoskeletal Assessment & Treatment PDF Week (Seattle, WA)	10/13/2015
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Herman & Wallace Pelvic Rehabilitation Institute

Pudendal Neuralgia Assessment & Treatment (Oakland, CA)	03/09/2013
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California Education Connection

BLS for the Healthcare Provider - CPR (Torrance, CA)	10/10/2012
Pregnancy & Pilates (Los Angeles, CA)	04/17/2004
The Divine Secrets of the Wee Wee Sisters: Incontinence	

Evaluation & Treatment (Los Angeles, CA)	09/14/2003
California PT - Innovative Educational Services	
Ethics & Jurisprudence (online)	07/31/2012
International Pelvic Pain Society (IPPS)	
Biomechanical Evaluation & Treatment Considerations for Patients with Pelvic Pain (Las Vegas, NV)	10/23/2011
Prometheus Group	
Pelvic Girdle & Pelvic Floor for the Physical Therapist (San Diego, CA)	01/26/2008
Pregnancy & Postpartum: Clinical Highlights (San Diego, CA)	08/07/2004
Female Pelvic Floor Function, Dysfunction & Treatment Level 2 (Atlanta, GA)	11/12/2004
R3 Programs (Leslie Waltke)	
PT Treatment for the Patient with Breast Cancer (Torrance, CA)	09/22/2007
Pelvic Rehab Institute	
Sacroiliac Joint Evaluation & Manual Therapy Treatment (San Francisco, CA)	08/26/2006
Jones Institute	
Strain Counterstrain for Pelvic Pain (El Segundo, CA)	11/2005
Strain Counterstrain One for the Spine (San Diego, CA)	08/2005
the Treatment of Men & Women (Los Angeles, CA)	
Hollister	
Beyond Nuts & Bolts - Pelvic Floor Therapy Level 2 (Libertyville, IL)	09/18/2004
The Nuts & Bolts of Continence Therapy (Libertyville, IL)	10/11/2003
Holly Herman, PT	
An Intermediate Course: Treatment for Pelvic Floor Dysfunction (Pleasanton, CA)	09/07/2001
Medica	
Bone Densitometer Training Program for Non-Diagnostic Screenings	09/2000
Sara Meeks, PT	
Osteoporosis: A Comprehensive Treatment Strategy (Culver City, CA)	08/05/2000
Elizabeth Noble, PT	
Instructor Training in Prenatal & Postpartum Exercise (Stanford, CA)	02/19/2000
Wahl & Associates	
Treatment of Urinary Incontinence (Los Gatos, CA)	04/25/2000