

PRIYANKA J. VORA PT, DPT, WCS

Curriculum Vitae

EDUCATION

Pelvic & Women's Health Physical Therapy Residency, 2014 – 2015
Brigham and Women's Hospital – Boston, MA

ABPTRFE Board Certified in Women's Health (WCS) 2016, Re-certified 2019 & 2022

Completed CAPP Courses Pelvic Health 1, 2, 3 and OB-Fundamentals 2013 – 2015

CAPP Pelvic Achievement Certification 2016

MGH Institute of Health Professions – Boston, MA | Doctor of Physical Therapy
2010 – 2013

University of Connecticut – Storrs, CT | Bachelor of Science, Allied Health
Science & Biological Sciences 2006 – 2010

WORK EXPERIENCE

Women's Advantage, Inc. | Torrance, CA 2022 – present

Director of Education & Pelvic Health Clinical Specialist PT

- Practicing full-time, 100% caseload of pelvic & women's health patients of all adult genders in an outpatient private practice owned by Jenni Gabelsburg, DPT, MSc, MTC, WCS, BCB-PMD. For specific diagnoses, see "Residency" section below.
- As Director of Education, responsible for: developing strategy, big picture summary, and detailed annual/monthly/weekly content for WAMOH University; increase DPT student awareness of WAMOH clinical internships, residency and WAMOH University; Recruit clinical PT and OT team into the WAMOH University; Participate as a mentor/faculty; staff development curriculum development

Swedish Medical Center, First Hill & Cherry Hill - Seattle, WA 2016 – 2022

Pelvic/Women's Health Clinical Specialist

- Practiced full-time, 100% caseload of pelvic health patients of all genders, pre-natal/postpartum population, and patients with lactation pain in an outpatient hospital-based setting. For specific diagnoses, see "Residency" section below.
- Presented at Grand Rounds with Pelvic Health PT clinicians and with Swedish Pelvic Health Network consisting of urologists, obstetricians/gynecologists, colorectal surgeons and midwives.
- Collaborated with Swedish Midwifery & Family Medicine physicians to establish pelvic PT as part of the routine prenatal/postpartum care for all mothers. Shadowed referring providers, presented to their teams, and had them shadow us at Pelvic PT to learn about our profession and vital role in postpartum care.

- Led several projects to improve the use of pelvic health educational documents and outcome measures in clinical practice and learning about PT care for transgender pelvic health population.
- Taught monthly “Baby your Body” prenatal classes at the Swedish Lytle Center to educate about pelvic health, prenatal exercise and body mechanics.
- Observed cesarean section surgeries with Dr. Mark Lowdermilk and vaginal deliveries/labor with Swedish Midwifery.
- Developed marketing strategies for the Swedish Pelvic PT practice and networked with referring providers at private practices.
- EPIC EMR Superuser (trained staff on EPIC updates and helped troubleshoot EPIC issues).
- During COVID-19 pandemic, provided pro-bono prenatal/postpartum tele-health physical therapy & virtual group classes. Started a social media page for pelvic PT education/awareness.

The Pelvic Health Clinic (TPHC) – Seattle, WA
Pelvic/Women’s Health Clinical Specialist

2018-2019

- Practiced part-time at TPHC (formerly known as the Kathe Wallace Physical Therapy Clinic) to gain experience working in a private practice setting.
- Managed marketing and re-branding for TPHC including website design and social media content generation.
- Participated in weekly staff meetings to improve business operations and marketing strategies.
- Received mentorship in basics of sexual health counseling by a board-certified sexual health therapist.

Rangeela Dance Company (RDC)
Founder & Director

2017 – Present

- RDC is a nationally recognized Bollywood fusion dance company. RDC celebrates the vibrant South Asian culture through the form of dance using visual and performing arts, dance workshops, and choreography services.
- Lead a team of 50 individuals including company dancers, instructors, interns and a management team based in India.
- Director/choreographer of numerous professional video productions and live performances.
- Developed expertise in business operations, social media, digital marketing, finance, sales, people management and team building. RDC has grown to over 40K accumulative subscribers and followers on Instagram, Facebook, and YouTube.

Herman & Wallace Pelvic Rehabilitation Institute – Seattle, WA 2017
Lab Assistant for the PF 1 course in Palo Alto, CA taught by Elizabeth Hampton
Received recognition from Elizabeth Hampton as an “excellent Lab Assistant”

Lahey Hospital & Medical Center - Burlington, MA 2015 – 2016
Staff Physical Therapist

- Treated 90% caseload of pelvic health patients (all genders) and 10% general orthopedic conditions in an outpatient hospital-based setting. Helped expand Lahey’s Pelvic Health PT Program by creating pelvic health educational documents and presenting to the Lahey primary care physicians.

Brigham and Women’s Hospital (BWH) – Boston, MA 2014 – 2015
Women’s Health Physical Therapy Resident

- Selected in a one-year ABPTS accredited Women’s Health Residency program with 75% patient care time and 25% didactic education guided by ABPTS WCS certified mentors, Dr. Rebecca Stephenson and Dr. Meghan Markowski.
- Developed expertise in treating patients with chronic pelvic pain, dyspareunia, vaginismus, lower urinary tract dysfunction with and without neurological dysfunction, pelvic floor dyssynergia, constipation, gynecology-oncology diagnoses, pre-natal/postpartum care, low back pain/pelvic girdle pain, coccygodynia, breast cancer rehab, basic lymphedema, and men’s health diagnoses such as chronic pelvic pain syndrome and post-prostatectomy incontinence.
- Presented residency projects and journal articles in weekly staff meetings.
- Observed gynecological surgeries (cystoscopy/hydrodistension of the bladder, colpocleisis, perineoplasty, TVT sling).
- Final Project: Presented on “Dyspareunia and Vaginismus” and “The role of novel biofeedback devices and mobile applications in improving patient compliance with pelvic floor muscle strengthening” to BWH Rehab staff.
- Received a BWH Rehab Recognition Award on above presentations.

Brigham and Women’s/Mass General Health Care Center – Foxboro, MA 2013 – 2014
Clinical Intern 2012 - 2013

- Treated patients (adolescent to geriatric) with orthopedic conditions (90% of caseload) and pelvic health (10% of caseload) in an outpatient hospital-based setting. Rotated with vestibular PTs and cardiac rehab program during year-long internship.
- Presented “Basics of Pelvic & Women’s Health Physical Therapy” to staff.
- Shadowed and observed Pelvic Health PT Clinical Specialists and participated in monthly pelvic health and orthopedic PT staff meetings.

PROFESSIONAL MEMBERSHIP/CONTINUING EDUCATION

American Physical Therapy Association (APTA) and CA Chapter – Member	2010 - Present
APTA Section on Women’s Health/Academy of Pelvic Health – Member	2014 - Present
Clinical Perspective of Transgender and Non-Binary Healthcare – CME, Attendee	2018
Beth Shelly Pelvic PT Blog – Website Creator & Moderator	2016-2019
GI & Reproductive Visceral Mobilization courses by Ramona Horton	2019
CSM 2017 – Attendee and WCS Recipient	2017
PTWA Conference – “Pelvis is a Busy Place” Course – Tacoma, WA – Attendee	2016
Norton School of Lymphedema – Introduction to Lymphedema Online Course	2015
Boston Shoulder Institute Course, Boston, MA – Volunteer and Attendee	2012, 2013
Int’l Organization of Physical Therapists in Women’s Health Conference, Boston, MA – Attendee	2013

PRESENTATIONS/RECOGNITION

Speaker - Instagram Live, “Pelvic PT for Dancers”	2023
Speaker - YouTube Podcast about Pelvic Health/Postpartum Physical Therapy - Seattle, WA	2021
Speaker - Instagram Live “How to Relax the Pelvic Floor”	2021
Speaker - University of Washington PT School Residency Panel	2018-present
Presenter – Swedish Medical CME on Pelvic Pain; Urinary Incontinence - Seattle WA	2018, 2019
Presenter - Prostate Cancer Support Group on Urinary Incontinence Post-Prostatectomy, Bellevue WA	2017- 2019
Presenter – Swedish Medical CME on Urinary/Fecal Incontinence and Pelvic PT, Seattle WA	2017
Brigham & Women’s Hospital Rehab Recognition Award	2015
Bharatanatyam <i>Arangetram</i> – Indian Classical Dance Solo Graduation for over 500 guests	2005
Languages – Fluent in English & Hindi, conversational in Spanish.	