

Susan E. George PT, DPT, MS, OCS, WCS
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Education

2006-08 Temple University, DPT in Physical Therapy
1990-92 University of Pittsburgh, M.S. in Orthopedic Physical Therapy
1980-84 University of Pittsburgh, Magna Cum Laude, B.S. in Physical Therapy
1976-80 Fort Le Boeuf High School, Waterford, PA 16441

Employment and Positions Held:

10/96-present **Centers for Rehab Services:** Director of **Women's Rehab and Men's Health**. Developed and implemented treatment programs to address pelvic floor dysfunction: urinary urgency, urinary incontinence, pelvic pain, fecal incontinence, fecal urgency, and constipative dysfunction; lymphedema; as well as antepartum and post-partum musculoskeletal conditions; osteoporosis management; and orthopedic management for young female athletes. This program has grown to 25 staff in 24 offices throughout Western Pennsylvania over the past 19 years. Administrative responsibilities continue to include staff training using both didactic teaching and clinical education in pelvic floor rehabilitation at basic, intermediate, and advanced levels of practice.

97-present University of Pittsburgh—School of Health and Rehabilitation Sciences
Adjunct Assistant Professor. Specialty education in lumbopelvic core stabilization principles and women's health physical therapy principles.

06-2011 St. Francis University—Department of Physical Therapy
Adjunct Instructor. Specialty education in women's and health issues.

09-present Duquesne University----Department of Physical Therapy
Guest Lecturer on the subject of gastrointestinal pelvic floor rehabilitation.

2/93-10/96 **Oakland Rehab Associates:** Outpatient orthopedic physical therapy. Staff PT responsible for developing a women's health pelvic floor rehabilitation program.

2/90-10/90 **Physical Therapy and Sports Medicine Institutes:** Outpatient orthopedic and sports physical therapy

8/88-11/89 **The Montefiore Hospital:** General acute care-cardiac rehabilitation, orthopedic medicine, wound care, and neurology for the adult population.

4/88-6/88 **Saint Vincent Health Center:** Employed treating patients with various orthopedic and neurologic impairments.

1986-88 **The Evangelical Alliance Mission:** Karanda Mission Hospital, Zimbabwe, Africa--resident physical therapist in a rural "bush" setting. Treated developmentally delayed children, orthopedic and neurological patients, burns, and open wounds. Taught anatomy and physiology for three terms to nursing students. Also, provided basic radiology services, and assisted in surgery for minor procedures.

1984-86 **Lake Erie Institute of Rehabilitation:** Head trauma rehabilitation focus providing serial inhibitive casting, sensory stimulation, behavioral modification plans, neurodevelopment techniques, and orthopedic intervention.

Licensure Certificate number: PT 005408L and DAPT 001194
Expires: December 31, 2014

Board Certification:

Orthopedic Certified Specialist---American Board of Physical Therapist Specialties: 2008-2018
Women's Health Certified Specialist---American Board of Physical Therapist Specialties: 2009-2019

Professional Affiliations:

84-present American Physical Therapy Association: 1984- present
94-present Section on Women's Health of the APTA
05-present International Organization Women's Physical Therapists
94-present Orthopedic Section of the APTA
09-13 Director of Practice—Section on Women's Health
08-09 Reimbursement Chair—Section on Women's Health

Articles

2/98 Home Incontinence—Physical Therapy Management. Advance for Directors in Rehabilitation.

8-9/98 Preparing the Nest—a two-part article discussing assessment and treatment during pregnancy. Advance for Directors in Rehabilitation.

2005 Zelle BA, Gruen GS, Brown S, George S. Sacroiliac joint dysfunction: evaluation and management. Clin J Pain 21:446-455, 2005.

2010 Al-Sayegh NA, George S, Boninger ML, Rogers JC, Whitney SL, Delitto A. Spinal Mobilization of a Postpartum Low Back and Pelvic Girdle Pain: An Evidence-Based Clinical Rule for Predicting Responders and Non-responders. PM R. 2010;2:995-1005.

2011 Clinton SC, George SE, Mehnert M, Fitzgerald CM, Chimes GP. Point-Counterpoint Pelvic Pain: Pelvic floor pain: physical therapy versus injections.2011;3(8):762-770.

2012 Dusi J, Borello-France D, George S, Phelps A, Somers D. Assessing Physical Therapy Outcomes for Women with Urinary Incontinence. J Women's Health PT 36:78-89, 2012.

2012 George S, Clinton S, Borello-France D. Physical therapy management of female chronic pelvic pain: Anatomic considerations. Clinical Anatomy. 2012;26(1);77-88.

2016 George S, Clinton S, Borello-France D. (in press). A Perspective on the Physical Therapy Management of Functional Constipation. PTJ 2016.

Web Cast

2006 Awareness and Hope for Interstitial Cystitis. Colleen Dunwoody, Margie O'Leary, Susan George, and Michael Chancellor. (1 hour)

Poster Presentation

3/06 Physical Therapy Management of Interstitial Cystitis

Authorship Authored anatomy, evaluation, and treatment components of pelvic floor rehabilitation course for Section on Women's Health Educational Series.

Teaching Experience

3-day Course: Physical Therapy Management of the Patient with Gastrointestinal Dysfunction: December 2016 Tucson; March 2016 Pittsburgh; May 2016 Boston; May 2015, Toronto; September 2014 Chicago, March 2014 Toronto, Canada, January 2013 Toronto, Canada; January 2012 Los Angeles, CA; October 2011, Orlando, FL; March 2011, Chicago, IL; and October 2009, Baltimore, MD.

3-day Course: Level 1 Pelvic Floor Training: January 2011, Minneapolis, MN

Professional Presentations:

2001-present: Women's Health Lecture, University of Pgh PT Doctoral Program (2-6 hrs)

2009-present: Stage II Lumbar Rehabilitation: Core Stabilization, University of Pittsburgh PT Doctoral Program in conjunction with Susan Clinton. (8 lecture hours)

2008-present: Duquesne University Physical Therapy: Fecal Incontinence Case Study, Pittsburgh, PA

2/10 Section on Women's Health Clinical Round Tables. APTA Combined Sections Meeting, San Diego, CA

1/09 Soft Tissue Mobilization: Beyond the Basics (2 credit course St. Francis University)

Spring/09 Case Studies: The Medically Complicated Pregnant Patient. St. Francis University Physical Therapy Department. Loreto, PA

10/08 Core Stabilization 12 contact hours approved for PA Direct Access

2/08 Multidisciplinary Approach to Constipative Dysfunction (1 contact hour). American Physical Therapy Association Combined Sections Meeting. Nashville.

4/07 Women's Physical Therapy Introductory Lecture: St. Francis University (12 contact hours)

9/04 Pelvic Floor Rehabilitation: Evaluation and Treatment (16 hour course)

3/04 Lower Extremity Amputees: University of Pgh Physical Therapy Program (2 hrs)

5/03 Pelvic Floor Rehabilitation: Evaluation and Treatment (16 hr. course)

8/02 Pelvic Floor Rehabilitation (20 hr. course)

6/02 Women's Physical Therapy Introductory Lecture: Duquesne University Physical Therapy Program. (4 hours).

8/01 Pelvic Floor Rehabilitation: Evaluation and Treatment (18 hour course)

4/01 Pelvic Floor Rehabilitation: Evaluation and Treatment (20 contact hours)

6/00 Women's Physical Therapy Introductory Lecture: Duquesne University Physical Therapy Program. (2 hours).

- 6/00 Lymphedema Management for the UE and LE limb swelling. (10 contact hours)
- 5/99 Lymphedema Management for the UE and LE limb swelling. (10 contact hours)
- 1986-8 Taught all aspects of anatomy and physiology for three terms to nursing students in Zimbabwe, Africa. Great Britain's nursing licensing board accredited this program.

Continuing Education

- 5/16 Graston Technique M2 (1.5 days)
- 1/16 Graston Technique M1 (2 days)
- 2/15 CSM pre conference: Addressing Psycho social issues associated with chronic pain
- 2/15 Combined Sections Meeting (CSM) 5 days of presentations
- 12/14 Cervical Spine Assessment and Treatment
- 12/14 Thoracic Spine Assessment and Treatment
- 2/14 Combined Sections Meeting (CSM) 5 days of presentations
- 4/13 Central Sensitization and Chronic Pelvic Pain: Sandy Hilton
- 2/13 Combined Sections Meeting (CSM) 5 days of presentations
- 12/12 Overview of Hip Dysfunction: Keelan Enseki
- 4/12 Pudendal Neuralgia Management: Stephanie Pendergast and Elizabeth
- 1/12 Breathing Patterns and Posture: Mary Massery. CSM Pre-con 2 day course followed by 5 days of presentations at Combined Sections Meeting (CSM)
- 2/11 Core Stabilization Update: Paul Hodges. CSM Pre-con 2 day course followed by 5 days of presentations at Combined Sections Meeting
- 7/10 Thoracic, Lumbar, and Hip Movement Impairment Syndrome Related to Pelvic Pain by Tracy Spitznagle at Centers for Rehab Services, Pittsburgh, PA
- 6/10 Level 1A Visceral Manipulation, Pittsburgh, PA
- 4/10 Medical Screening for pain Masqueraders: Visceral and Pathological Sources of Pain by Bill Boissonault
- 2/10 Understand and Explain Pain: Lorimer Moseley. CSM Pre-con 2 day course followed by 5 days of presentations at Combined Sections Meeting
- 7/09 Gynecological Visceral Manipulation by Section on Women's Health Regional Courses by Gail Wetzler, White Plains, NY
- 2/09 Looking Beyond the Pelvic Floor: An Integrated clinical approach to the Assessment and Exercise management of Continence and LB or Pelvic Pain . Paul Hodges, Las Vegas NV followed by 5 days of presentations at Combined Sections Meeting.
- 8/08 Advanced APTA CI Course
- 4/08 APTA CI Course
- 3/06 Evidence based approach to the management of lumbar instability (12 hrs)
- 3/06 Dr. Robert DuVall: Differential Diagnosis and Medical Screening for Physical Therapists. (12 contact hours or 1.2 CEU's)
- 2/04 Diane Lee: The Painful Pelvis. (13 CEU's)
- 4/03 Dee Hartman: Visceral and Urogenital Manipulation as Applied to Women's Health. (20 contact hours)