

LICENSE: Licensed in state of Utah (#9695400-2401exp 5/25)

EXPERIENCE: **Pinnacle Performance** Salt Lake, UT 2020 – Present.
Evaluate, develop and implement treatment plans for patients with both orthopedic and pelvic floor dysfunction. Develop and implement home exercise programs, teach self-myofascial release techniques, Pilates, Yamuna body rolling classes and solo sessions.

Self-Employed Physical Therapist Salt Lake, UT & Los Angeles, CA 2011 – 2020.
Evaluate, develop and implement treatment plans for patients with both orthopedic and/or pelvic floor dysfunction. Formulate exercise prescriptions, somatic therapy programs, and teach self soft-tissue mobilization techniques to clients based on clinical findings and client goals. Taught private Pilates sessions and Yamuna Body Rolling sessions. Self-Employed as a Pilates & Yamuna Instructor since 2003, and 2009 respectively under own private business NKaufmanstudio.

Veteran's Health Administration of Salt Lake, Salt Lake City, UT October 2014 - December 2017.
Women's Health Program Coordinator. Responsible for development of a physical therapy program specific to women's health and LGBTQTI+ population. This included the development of pelvic rehabilitation, oncology and lymphedema physical therapy within the Outpatient Physical Therapy, Physical Medicine and Rehabilitation Departments and Women's Clinic within the VA hospital. Extensive interdepartmental collaborations were necessary to both establish and maintain this specialized clinic including work with Mental Health Services, Urology, Gastroenterology, Pharmacology, Oncology, Primary Care, Emergency Care among many others. Grant funding was applied for and won at the Federal level annually to both establish and support this clinic, with over \$40,000 in funding to date and over a million dollars saved by keeping these specialized veteran services within the VA system rather than contracted out. Also served on the National Veteran's Pelvic Rehabilitation Advisory Committee, which was by invitation only, for a two-year term. This committee advised on national policy regarding physical therapy services for establishing pelvic rehabilitation clinics throughout VA hospitals nationwide. Mentored several pelvic rehab physical therapists in the VA system, on how to set up pelvic rehab clinics and navigate the difficulties of doing so within the VA system at their own individual hospitals.

Body Synergy PT Pasadena, CA October 2011-July 2013
Responsible for outpatient orthopedic physical therapy care and pelvic rehabilitation at this small owner operated clinic. Started the pelvic rehabilitation services at this clinic. Developed and implemented treatment plans for patients post joint replacement surgeries for hip and knee, Femoral Acetabular Impingement syndrome for the hip, Patello-femoral joint syndrome of the knee, medial and lateral epicondylitis, carpal tunnel syndrome, repetitive stress injuries involving the elbow, forearm hand, neck, lower back and other areas of the body.

Goodman Physical Therapy Los Angeles, CA October 2011-May 2012
Responsible for pelvic rehabilitation treatment at this small cash-based high-end clinic in West Los Angeles. Responsible for development and implementation of treatment plans for patients with chronic pelvic pain, vaginismus, vulvar pain, urinary incontinence, levator-ani syndrome, prostatitis, male pelvic pain syndrome, sexual dysfunction, irritable bowel syndrome, chronic constipation, GI dysfunction, bowel incontinence, post-partum issues and peri-partum pain.

Veteran's Health Administration of Greater Los Angeles, CA Jan-April 2011
Clinical internship inpatient rehabilitation, and acute care setting (16wks). Responsible for development and implementation of treatment plan for patients with stroke, TBI, post-op total knee and total hip replacements, secondary impairments due to cancer, dementia, chronic alcohol & drug use, and patients with neuropsychiatric involvement.

Cardenas & Associates Physical Therapy Burbank, CA July-August 2010

Clinical internship in outpatient orthopedic clinic with focus on pelvic floor rehabilitation (8wks). Treated patients with chronic pelvic pain, incontinence, irritable bladder, fibromyalgia, and chronic regional pain syndrome. Responsible for developing and modifying treatment plans, application of soft-tissue intra-pelvic mobilization techniques.

Blake Physical Therapy Santa Monica, CA July-August 2009

Clinical internship in outpatient orthopedic sports clinic (7wks). Responsible for treatment of patients with various orthopedic conditions including ACL repair, post-op total knee replacements, hip labrum repair, Achilles tendon repair, shoulder rotator cuff repair and other non-surgical orthopedic conditions.

Cedars Sinai Medical Center Los Angeles, CA Feb 2005-April 2006

Volunteered in-patient rehab to assist physical therapy staff with gait training, therapeutic exercise, transfer training, and donning-doffing clothing/shoes.

Dance, Yoga, Alignment & Conditioning for Dance, Dance History and Pilates Adjunct Professor Rio

Hondo College, Santa Monica College, Mount San Antonio College, Moorpark College, CA 2001-2005
Taught alignment & conditioning for dance, yoga, Pilates mat, and dance history as a part-time adjunct faculty. Developed curriculum, performed teaching and administrative duties.

Arts Axis Los Angeles, CA 1999-2001

Founder and Executive Director of this non-profit arts organization that specialized in the model of pairing a social worker with an arts background with an artist to work with underserved youth utilizing the arts as a platform to build bridges across social, racial, religious and ethnic divides.

EDUCATION:

Master of Physical Therapy, California State University Northridge, CA (CSUN), June 2011

Master of Fine Arts in Dance, UCLA, June 1998

Bachelor of Arts in Dance, UCLA, June 1995

Continuing Education:

- 2003** **Certified Pilates Instructor, Body Arts & Science International**, Long Beach, CA
- 2008** **Certified Yamuna Body Rolling Instructor**, Los Angeles, CA
- 2009** **Active Release Technique Certification Upper Body**, Burbank, CA
- 2011** **Active Release Technique Certification Lower Body**, Las Vegas, NV
- 2012** **PF1 Herman & Wallace Pelvic Rehab Institute** – Introduction to Pelvic Floor Rehab Concepts, Jenni Gabelsberg, DPT, MSc, MTC, WCS, BCB-PMD and Kathe Wallace, PT, BCB-PMD, Burbank, CA
Franklin Method, Module A Level 1. Burbank, CA
Movement Links Seminar Series, Claire Frank, DPT, MS, OCS, FAAOMPT, Los Angeles, CA
- 2013** **PF2B Herman & Wallace Pelvic Rehab Institute** – Intermediate Women’s Health, Elizabeth Hampton PT, DPT, WCS, PRPC, BCB-PMD and Tina Allen, PT, BCB-PMD, PRPC. San Diego, CA
PF2A Herman & Wallace Pelvic Rehab Institute – Colorectal & Men’s Health, Stacey Futterman Tauriello, PT, MPT, WCS, BCB-PMD and Holly Tanner PT, DPT, MA, OCS, WCS, PRPC, LMP, CCI
Care of the Post-partum Patient, Jenni Gabelsberg, DPT, MSc, MTC. Los Angeles, CA
- 2014** **PF3 Herman & Wallace Pelvic Rehab Institute** – Advanced Concepts in Women’s Health, Hollis Herman, DPT OCS WCS BCB-PMD IF AASECT PRPC and Lila Abbate PT, DPT, OCS, WCS, PRPC
“Pain & The Protectometer” – Loyola Marymount University, Lorimer Moseley. Los Angeles, CA
- 2015** **Certified Laban Movement Analyst (CLMA)**. Integrated Movement Studies (IMS). Salt Lake City, UT
Registered Somatic Movement Therapist (RSMT). International Somatic Movement Educators and Therapists Association (ISMETA)
Oncology and the Pelvic Floor: Female Reproductive and Gynecological Cancers. Michelle Lyons, PT, MISCP. Los Angeles, CA.

- 2016** **Oncology and the Male Pelvic Floor.** Michelle Lyons, PT, MISC. Salt Lake City, UT
Visceral Mobilization Level 1, Jean Barral Institute. Tampa, FL.
- 2017** **Certified Lymphedema Therapist (CLT).** Academy of Lymphatic Studies (ACOLS), Phoenix, AZ.
SIJ Evaluation & Treatment. Peter Philip, PT ScD, COMT, PRPC. Fairfield, CA
“If You Can’t Breathe, You Can’t Function”, Mary Massery, PT, DPT, ScD Laguna Hills, CA.
- 2021** **John Barnes Myofascial Release Level I and Unwinding,** Sedona, AZ.
John Barnes Myofascial Release Fascial Pelvis. Rochester, NY
- 2022** **John Barnes Myofascial Release Women’s Health.** Sedona, AZ.
ASPIRE Lumbar COMT Level 1. Salt Lake City and Provo, UT.
- 2023** **ASPIRE Cervical COMT Level 1.** Provo, UT.
ASPIRE Lumbar Level 2 COMT. Salt Lake City, UT.
ASPIRE Lower Extremity COMT. Salt Lake City, UT
John Barnes Myofascial Release Healing Seminars. Sedona, AZ
- 2024** **ASPIRE Cervical COMT Level 2.** Salt Lake City, UT.
ASPIRE Upper Extremity COMT. Salt Lake City, UT.
John Barnes Myofascial Release (Repeat) Level 1, Unwinding, Level II. Sedona, AZ
John Barnes Myofascial Release Rebounding and Advanced Unwinding. Sedona, AZ
John Barnes Myofascial Release Fascial Cranium. San Francisco, CA

TEACHING & ASSISTING

- 2015 – 2020** Invited and served as a Lab Technician for Herman & Wallace Pelvic Rehabilitation Institute for the Pelvic Floor Series (PF1, PF2A, PF2B, Capstone). Was responsible for bringing the first Pelvic Floor rehabilitation course to the Salt Lake Valley region in 2017. There was never before any continuing education in our area for providers to receive such training in the intermountain west. Since 2017 there have been 5 courses with over 250 providers trained in this high-in-demand and rapidly growing field.
- 2018** Teaching Assistant for “If You Can’t Breathe, You Can’t Function”, Mary Massery, PT, DPT, ScD Samuel Merritt University, Oakland, CA
- 2019** Guest lecturer for Anatomy for Dancers class at University of Utah Dance Department. Lecture on “Alternative roles of the diaphragm: much more than a breathing muscle, and how this applies to dance.”

RESEARCH

2018 Movement Brain Body Cognition Conference, Harvard University, Boston MA.

“The Integration of Laban Movement Analysis and Bartenieff Fundamentals with Physical Therapy in treating a patient with chronic pain, PTSD and military sexual trauma.”

PROFESSIONAL ORGANIZATIONS:

- American Physical Therapy Association 2008-present
- Dance Resource Center of Los Angeles 1998-present

AWARDS:

- Dee Lily Tuition Scholarship for physical therapy student demonstrating outstanding clinical potential 2009 and 2010.
- Trailblazer Award from City and County of Los Angeles for being a Founding Member of The Los Angeles Women’s Theater Festival, now in it’s 20th year.
- Award for Outstanding set design for “Found” and “What Remains” 2005.
- Award for outstanding service while serving as a board member on the Dance Resource Center Board of Directors 2002-2005.