

## **Karen C. Snowden, PT, DPT, WCS**

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### **EDUCATION**

Widener University, Chester, Pennsylvania

**Doctorate Degree in Physical Therapy, 2004**

Northeastern University, Boston, Massachusetts

**Bachelor of Science Degree in Physical Therapy, 1987**

### **CERTIFICATIONS**

Pennsylvania State Physical Therapy License # PT001975E

Pennsylvania Direct Access License # DAPT000156

American Heart Association Certified in Cardiopulmonary Resuscitation

Board Certification in Women's Health (ABPTS) – WCS, **2011**

Certificate of Achievement in Pregnancy and Postpartum Physical Therapy (CAPP-OB), **2010**

Certificate of Achievement in Pelvic Physical Therapy (CAPP-Pelvic), **2009**

APTA Certified Clinical Education Instructor, **2004**

Certified Strength Training Specialist (IWA), **2000**

Certified Strength and Conditioning Specialist (NSCA), **1990**

### **AWARDS**

APTA Section on Women's Health (SoWH) Volunteer of the Year, 2018

APTA Section on Women's Health (SoWH) President's Award – Nominating Committee, 2018

APTA Section on Women's Health (SoWH) President's Award – CAPP Case Reviewing, 2018

APTA Section on Women's Health (SoWH) Lab Assistant of the Year, 2017-2018

APTA Section on Women's Health (SoWH) Education Volunteer of the Year, 2016-2017

Best Original Research Award, Pennsylvania Physical Therapy Association (PPTA) Annual Conference, 2017

### **TEACHING EXPERIENCE**

**Instructor and Co-owner, Snowden & Litos, LLC**

Developed company offering live and online healthcare education; includes the latest evidence-based curriculum and instruction in menopause education for healthcare professionals including

“(Pre) Menopause Matters: Early Planning for a Healthier Future”. **2019-Present**

**Course Instructor, APTA's Section on Women's Health**

**2014-Present**

Develop curriculum and instruct postgraduate continuing education for APTA certification courses in pregnancy, postpartum, and pelvic physical therapy internationally throughout the year.

**Associate Professor, DeSales University**

**2014-Present**

Instructor in Doctorate of Physical Therapy Program – Educate graduate students through lecture and lab in topics related to pregnancy, postpartum, pelvic anatomy and kinesiology, aging, and pelvic girdle dysfunction. Curriculum development and instruction in a Special Topics Advanced Women's Health course for third year students. Mentor student physical therapy research projects.

**Clinical Instructor**

**1998-Present**

Provide physical therapy students clinical instruction and evaluation in the clinical setting. Educate medical professionals in chronic pain, obstetric PT, and female/male pelvic health conditions.

**Lehigh Carbon Community College, Schnecksville PA**

**1991-1997**

Instructor in Physical Therapist Assisting Program - Educated students through lecture and lab in the studies of kinesiology, therapeutic exercise, medical/surgical conditions, physical therapy procedures, massage, and rehabilitation. Coordinated clinical sites for student affiliations and evaluated students' clinical performance. Advisor for student academics and conflict resolution. Curriculum development of physical therapy courses, and a massage course offered college wide.

**PROFESSIONAL EXPERIENCE**

**Lehigh Valley Health Network, Emmaus PA**

**2006 - Present**

Physical Therapist and Clinical Team Leader for conditions associated with Woman's Health, Pelvic Dysfunction, and Complex Pain - Evaluate and treat female, male and LGBTQ outpatient clients with obstetrical, gynecological, urological, anorectal, sexual, orthopedic, and persistent pain disorders.

**Blue Mountain Healthcare System, Lehighton PA**

**2002 - 2006**

Physical Therapist - provided inpatient and outpatient evidenced-based treatment for patients with orthopedic and neurological conditions including wound care and cardiopulmonary rehabilitation.

**Luther Crest Retirement Community, Allentown PA**

**1997 - 2002**

Director of Rehabilitation - Managed physical, occupational, and speech therapy services. Developed Women's Health Clinic and clinical education for physical therapy students.

**Independent Contractor**

**1991-Present**

Provide pro bono services of fitness and healthy living education in community.

**Valley Manor Nursing and Rehabilitation Center, Coopersburg PA**

**1991-1996**

Rehabilitation Coordinator - Supervised physical, occupational, and speech therapists. Liaison to nursing home executive staff. Provided inpatient short and long term physical therapy services.

**Sports Physical Therapists Inc., Sellersville PA**

**1989-1991**

Senior Physical Therapist - Provided care for athletes and patients with orthopedic injuries, conducted research with orthopedic doctors, administered functional capacity evaluations and work hardening programs, provided back education classes onsite at manufacturing businesses, provided preseason fitness screenings to high school athletes, and provided health tip commercials for use during televised Philadelphia 76ers and Flyers games.

**Southern Maine Medical Center, Biddeford, ME**

**1988-1989**

Senior Physical Therapist – Provided inpatient and outpatient care, assisted with administrative duties, and coordinated clinical education for physical therapy students.

**Lawrence and Memorial Hospital, New London CT**

**1987-1988**

Staff Physical Therapist – Provided inpatient and outpatient physical therapy services for patients with wounds, orthopedic and neurologic conditions.

## RESEARCH

### Peer Reviewed Publication:

*In Process – Book Chapter(s)*

**Snowden K**, Litos K. Pathology of the Female Reproductive Tract, Goodman and Fuller's PATHOLOGY: IMPLICATIONS FOR THE PHYSICAL THERAPIST, Fifth Edition. Elsevier. Expected Publication: 2020.

### Peer Reviewed Professional Presentations and Abstracts:

*Note: Names with an asterisk represent students.*

#### Abstracts:

(Accepted) **Snowden K** (Author), Carroll MA (Author), Haring L (Author), Bufiano MR\* (Author), Mayhew K\* (Author), McGrane M\* (Author), Perry C\* (Author), Strange E\* (Author). Pelvic floor physical therapy successfully treats chronic pelvic pain without opioids: a retrospective chart review. *American Physical Therapy Association Combined Sections Meeting - poster*. Boulder, CO, February 2020.

(Accepted) **Snowden K** (Author), Carroll MA (Author), Haring L (Author), Bufiano MR\* (Author), Mayhew K\* (Author), McGrane M\* (Author), Perry C\* (Author), Strange E\* (Author). Pelvic floor physical therapy successfully treats chronic pelvic pain without opioids: a retrospective chart review. *Pennsylvania Physical Therapy Association (PPTA) Annual Meeting - poster*. Champion, PA, October 2019.

**Snowden K** (Presenter & Author), Carroll MA (Author), Burris A\* (Presenter & Author), Joerger K\* (Author), Smelas C\* (Author), Levchak J\* (Presenter & Author), Yeager L\* (Presenter & Author). Hypermobility, Stability, and Pelvic Positioning in Dancers. *American Physical Therapy Association Combined Sections Meeting - poster*. Washington, DC, January 2019.

Carroll MA (Presenter & Author), **Snowden K** (Author), Luciani J\* (Author), Clements E\* (Author). Pelvic anatomy dissection video for women's health physical therapists. *Experimental Biology 2018; American Association of Anatomists (AAA) - poster*. San Diego, CA. April 2018.

**Snowden K** (Author), Carroll MA (Author), Luciani J\* (Author), Engleman S\* (Author), Clements E\* (Presenter & Author), Harman L\* (Author), Wehrman K\* (Author), McCullion L\* (Author). Pelvic dissection video's effect on retention and confidence: A pilot study. *American Physical Therapy Association Combined Sections Meeting - PLATFORM*. New Orleans, LA. February 2018.

Engleman S\* (Presenter & Author), Clements, E\* (Author), Luciani J\* (Presenter & Author), Harman L\* (Author), Wehrman K\* (Author), McCullion L\* (Author), **Snowden K** (Author), Carroll MA (Author). Pelvic dissection video's effect on retention and confidence: A pilot study. *Pennsylvania Physical Therapy Association (PPTA) Annual Meeting – PLATFORM*. Champion, PA, October 2017.

**Snowden K** (Presenter & Author), Carroll MA (Author), Billtez M\* (Author), DeSanctis M\* (Author), Tarnowski E\* (Author). Anatomical Training in Women's Health Physical Therapists. *American Physical Therapy Association Combined Sections Meeting- PLATFORM*. San Antonio,

TX, February 2017.

Billetz M\* (Presenter & Author), DeSanctis M\* (Presenter & Author), Tarnowski E\* (Author), **Snowden K** (Author), Carroll MA (Author). Characteristics of Physical Therapists who Treat the Pelvic Floor. *Pennsylvania Physical Therapy Association (PPTA) Annual Meeting – PLATFORM*. Lancaster, PA, October 2016.

Ritter J\* (Presenter & Author), Romano M\* (Presenter & Author), Veccia S\* (Presenter & Author), **Snowden K** (Author), Carroll MA (Author). Effects of Pelvic Floor Muscle Training on Stress Urinary Incontinence. *Pennsylvania Physical Therapy Association (PPTA) Annual Meeting. – poster*. Lancaster, PA, October 2016.

**Snowden K** (Author), Moretz C (Presenter & Author). Improving Sexual Function Using a Multidisciplinary Approach for a Breast Cancer Survivor: A Case Report. American Association of Sexuality Educators, Counselors and Therapists (AASECT) 44<sup>th</sup> Annual Conference – *poster*. Austin, TX, June 2012.

**Snowden K** (Presenter & Author), Moretz C (Author). Improving Sexual Function Using a Multidisciplinary Approach for a Breast Cancer Survivor: A Case Report. *American Physical Therapy Association Combined Sections Meeting – poster*. Chicago, IL, February 2012.

**Snowden K** (Presenter & Author), Garges L (Presenter & Author). Improving Symptoms of Stress Urinary Incontinence for Patients with Dyspareunia Utilizing Physical Therapy: A Case Report. *American Physical Therapy Association Combined Sections Meeting – poster*. New Orleans, LA, February 2011.

Professional Presentations and Publications:

(*Accepted*) Speaker - “Physical Therapists’ Guide to Weight Management Coaching for Midlife Women”. American Physical Therapy Association Combined Sections Meeting. Boulder, CO. February 2020.

Publication – APTA *PT in Motion*, September 2019: “Menopause: PTs Help to Ease ‘The Change’.”

Speaker – “*Musculoskeletal Health and Menopause*”. Philadelphia Regional Pelvic Physical Therapy Alliance. 40 pelvic physical therapists. Philadelphia, PA. August 6, 2019.

Speaker - “*Pelvic Anatomy and Pelvic Physical Therapy*”. The 2019 Female Athlete Conference. Sports Medicine Division of Boston Children’s Hospital, Wellesley, Massachusetts. Babson College June 6-9, 2019.

Publication – APTA *PT in Motion*, April 2019: “Menopause is Not a Disease but a Natural Series of Events.”

Speaker - “*It Takes Two: Coupling of Respiratory & Pelvic Diaphragms to Optimize Breathing*”. American Physical Therapy Association Combined Sections Meeting. 200+ physical therapy professionals. Washington, DC. January 24, 2019.

Speaker - *"Maximizing the Menopausal Years Through Early Screening and Training"*. American Physical Therapy Association Combined Sections Meeting. 250+ physical therapy professionals. Washington, DC. January 26, 2019.

Speaker - *"Promoting Breast Cancer Survivorship: Addressing Bone Health, Endocrine Therapy, Sexual Dysfunction & Weight Management After Cancer"*. Second Annual Symposium of the Lehigh Valley Cancer Institute: Partnership with Primary Care. 100+ medical professionals. Camelback Resort, Tannersville, PA November 10, 2018.

Speaker – *"Physical Therapy and the Opioid Epidemic"*. Chronic Pain and Addiction Medicine Symposium. 100+ medical professionals. Lehigh Valley Health Network, Allentown, PA April 28, 2018.

Speaker - *"Understanding the role of lumbo-pelvic assessment and treatment in the management of women's health and related pathology"*. Lehigh Valley Health Network Rehabilitation Services. 35+ physical therapy professionals. Allentown, PA September 27, 2016.

Speaker - *"Hot Flashes, Low Libido and Back Fat: Singing the Menopause Blues"*. American Physical Therapy Association Combined Sections Meeting. 200+ physical therapy professionals. Anaheim, California February 18, 2016.

Speaker – *"The Female Athlete: Preparation for Impact (without leaking)"*. Annual Athletic Training Symposium. Lehigh Valley Health Network. 40+ athletic trainers. Allentown, PA August 4, 2015.

Speaker – *"Vulvar Malignancy: Coping with Altered Body Image"*. 9<sup>th</sup> Annual Innovations in the Treatment of Gynecologic Cancers: Vulvar Malignancy/Melanoma. Lehigh Valley Health Network. 100+ medical professionals. Allentown, PA October 3, 2014.

#### Consultative Positions:

Manuscript Reviewer, *Frontiers in Physiology Journal*, Exercise Physiology Section, April-November 2018

Lehigh Carbon Community College Physical Therapist Assistant Advisory Board

Member 1991 - Present

Chairperson 1991 – 2010

Reviewer, APTA Section on Women's Health Clinical Practice Guideline Development Committee, 2014-2015

#### MEMBERSHIPS

American Physical Therapy Association, 1985 – Present

American Physical Therapy Association, Section on Women's Health, 1997 – Present

Pennsylvania Physical Therapy Association, 1989 - Present

International Organization of Women's Health Physical Therapists, 2006 – Present

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North American Menopause Society, 2016-Present

American Physical Therapy Association, Academy of Geriatric Physical Therapy, 2016

Institute for Women in Pain, Founding Member, 2011 – 2015

The International Pelvic Pain Society, 2008 – 2013

International Society for the Study of Women's Sexual Health, 2013

#### VOLUNTEER / PROFESSIONAL DEVELOPMENT

Elected Member of the APTA Section on Woman's Health Nominating Committee, 2017-2019

Clinical Mentor for DeSales University DPT Student Research Projects, 2015-Present

Clinical Mentor for University of Michigan-Flint DPT Student Service Project, 2015

APTA, SoWH CAPP-Obstetric Committee Assistant Chairperson, 2015-Present

APTA, SoWH CAPP Case Reviewer Chairperson (CAPP-Pelvic and CAPP-OB), 2013-Present

APTA, SoWH CAPP-Pelvic and CAPP-OB Case Reviewer, 2011-Present

APTA, SoWH Educational Review Committee, 2013-Present

ABPTS Specialization Academy of Content Experts, 2014

APTA, SoWH CAPP Course Curriculum Oversight Task Force, 2013-2016

Compeer of the Lehigh Valley "Big Sister" Volunteer, 1999 – Present