

**Cheryl Wisinski, PT, DPT**

**Board-Certified Clinical Specialist in Women's Health Physical Therapy**

**Nebraska**

**5/8/2021**

[captcheryl@gmail.com](mailto:captcheryl@gmail.com)    **402-670-9470**

**Education:** BS in Biology St. Mary's University San Antonio TX 1984, BS in Physical Therapy UTSA Health Science Center 1986, tDPT Des Moines University, College Health Sciences, Des Moines, IA 2007.

**Certifications:** Board certified clinical specialist in women's health physical therapy 6/2011-present

**Professional Awards:**

Awarded President's Award by PHAPTA for outstanding performance by Nominating Committee, Feb. 2019.

Awarded Wayne H. Perdue Fellow by Nebraska Chapter Foundation, April, 2008

Awarded the 2007 Outstanding Physical Therapist/Physical Therapist Assistant Team Award, with Kristina Bangs, PTA, by the APTA

Awarded the Mary Ellen Sackseder award in March 2004 by Nebraska Chapter, APTA

Recognized as Clinical Preceptor 440 hours Clarkson PTA program 2005-2006

Awarded the 2003 National Association for Continence (NAFC) Continence Care Champion, in Tampa, FL, Feb. 2003

Second Place Recognition for Partners in Excellence Award, Public Relations entry, Section on Women's Health, American Physical Therapy Association, May, 1997

**Professional Employment:**

Owner Midwest Physical Therapy Services in Omaha, Nebraska, an outpatient predominantly pelvic health clinic (1987-present) serving patients both in the clinic and via telehealth. Currently have business relationships with yoga instructor, CPR instructor and phytophysio functional medicine specialist.

**Publications:**

Peer-reviewed:

Ternent C, Beaty J (2018) Clinical Decision Making in Colon and Rectal Surgery, second ed. Springer. (assisted in writing Pelvic floor chapter with C Ternent, MD and J Beaty, MD)

Physical Therapy Treatment for Urinary Incontinence Utilizing Rectal Weights Following Radical Prostatectomy. J Section on Women's Health, 25:4, Dec. 2001.

Non-peer-reviewed:

Male Pelvic Floor Dysfunction. Article for Advance Magazine for Directors in Rehab., Nov. 2007.

Neurological Disorders Get Help From PT. Article for "Bottom Line" in Quality Care (NAFC Newsletter), Vol 21, pg6, 2003.

Don't Suffer Incontinence In Silence. Omaha World Herald, Dec. 28, 1998.

How to Tap into the P.T. Market of Women's Services. Advance Magazine, April, 1996

Standing Up to Back Problems in Sports. Advance Magazine, Aug., 1995.

**Scientific and Professional Presentations:**

Presented at multiple CSMs 1-3 hours each (2009, 2007, 2006, 2004, 2002, 2001, 2000, 1997)

Medical presentation speaking on physical therapy treatments to physicians at Breast Cancer Summit (2016), Annual Management of Colon and Rectal Disease conference (2014, 2015), and Midwest Clinical Society meeting (1993).

**Membership in Scientific/Professional/Honorary Societies**

**Involvement in APTA:**

Lead in development of APTA NC HUB at CSM 2020 in Denver and worked on it for the year prior as well (Appointed)

APTA Brand Champion July, 2009 to current (Appointed)

SACE Item Writer (By ABPTS of APTA): Jan. 1, 2008 to Dec. 31, 2009 (Appointed)

Advisory Panel on Public Relations (7/01/01-6/30/05), appointed by the Board of Directors, American Physical Therapy Association. Elected "Chair" 4/2004-6/2005

Participated in the Summit Meeting for the APTA Board of Directors, APTA Headquarters, May 2-3, 2002, and again Jan 22-24, 2005 (Appointed)

Participated in the coalition for consensus to agree on a Document for Professionalism, APTA Headquarters, July 19,20,21, 2002 (Appointed)

**Involvement in State Chapter:**

NE Chapter APTA Delegate 9-11-05 to Oct. 2009, 9-11-2010 to 2012, May 2018-Sept. 2021 (Elected)

WEB Committee Chair, NPTA, Feb. 2005 to current (Appointed)

NE Chap. APTA PR Committee 1997-current

Board of NPTA Foundation for PT, Nov. 2004 to 2012 (elected)

Secretary of Foundation Board, Oct. 2006 to 2012 (Elected)

**Involvement in Sections/Academies:**

Nominating Committee Chair, APTAPH, Feb.14-Mar. 8, 2021 (Elected)

Nominating Committee, Section on Women's Health: Feb.17, 2017- Feb. 14, 2020 (Elected)

Book Reviewer JWHPT 2018-current (Appointed)

Web/Media Committee Section Women's Health Dec. 31, 2013-2016 (Appointed)

Webmaster Section on Women's Health 2/2007 to Dec. 31, 2013 (Appointed)

Media Coordinator, Section on Women's Health Feb. 2005 to 2007 (Appointed)

Board member (Director of Public Relations), Section on Women's Health, American Physical Therapy Association Feb. 1995 to Feb. 2001 (Elected)

**Community Activities:**

For over a decade I have spearheaded a Christmas fundraiser through my clinic for the Heartland Family Services domestic violence shelter. My staff, their families and our patients are encouraged to donate along with the clinic itself to put together gift bags of new items for every woman and child in the shelter. Often there is enough for monetary donations as well. This is always appreciated by those who must flee their homes with nothing but the clothes they are wearing.

Other 2020 activities included promoting fundraising for Alzheimer's Association via a virtual walk, and sewing 90 masks made of surgical fabric for other local hospitals and health care workers in need at the beginning of COVID.

Every year staff at my clinic and our student interns are encouraged to assist in 2-3 community assistance projects, such as fundraising for Parkinson's Association, Breast Cancer support groups and student fundraisers.

I am also active in our church and volunteered at my children's schools in the past.

**Continuing Education Workshops Conducted:**

Service as a CI for student interns for over 20 years for physical therapy programs in Nebraska (Creighton and UNMC), Kansas, Colorado and Iowa and physical therapy assistant programs in Nebraska (Clarkson and Methodist),with focus on women's and pelvic health.

Speaking to nurses was performed via multiple Nebraska RN Association meetings over the last 20 years.

Speaking to physical therapists, physical therapist assistants and students during weekend lectures for CEUs (10-14 hours each course related to pelvic health) via Nebraska, Missouri, Minnesota, South Dakota, Iowa and Wisconsin weekend Chapter meetings.

Speaking at PT and PTA schools via their curriculum performed as adjunct faculty at Creighton (1994-2006), UNMC (1992-2011), Kansas, Colorado, and Iowa (1993-2006) PT programs over the last 20 years offering Women's Health lectures

Served as APTA brand champion 2010-2013 speaking to physical therapy district meetings at multiple Midwest states launching concept of the new brand.

Many community healthcare speaking engagements have occurred over the last 30 years. Some examples are guest speaker for "Bosom Buddies" breast cancer support group and post-prostate surgery support group, Omaha Childbirth Education Association and member speakers panel for Susan G. Komen support group. Details on the other engagements may be provided on request.

**Continuing Education:**

Attendance at CSM yearly since 1992. Multiple specialty courses attended across country over last 30 years including thousands of hours of continuing education, with most recent ones being Functional Dry Needling. More details and dates may be provided on request.