

Julie W. Wiebe

Education

Doctor of Physical Therapy

2020 University of Medical Sciences Arizona Avondale, AZ

Master of Physical Therapy

1996 Hahnemann University Philadelphia, PA

Bachelor of Science, Movement Science

1992 Gordon College Wenham, MA

Credentials

California Licensure for Physical Therapy (License#23898)

Issued: 1/15/1999

Expiration: 12/31/2020

Teaching Experience

Professional Conference/Symposium Contributor

North American Cystic Fibrosis Conference

Denver, CO

Short Course Co-Presenter

Discipline Group Co-Leader

Oct 2018

American Physical Therapy Association-Combined Sections Meeting

New Orleans, LA

Section of Women's Health Section-Pre-Conference Co-presenter

Feb 2018

American Physical Therapy Association-Combined Sections Meeting

San Antonio, TX

Section of Women's Health Section-Education Session Co-Presenter

Feb 2017

Women's Health and Fitness Summit

Melbourne, Australia

Session Presenter (Remote)

Sep 2016

National Strength and Conditioning Association SoCal State Clinic

Santa Monica, CA

Session Co-presenter

Aug 2016

American Physical Therapy Association-NEXT

Nashville, TN

Session Presenter

June 2016

American Physical Therapy Association-Combined Sections Meeting

Anaheim, CA

Orthopedic/Sports Medicine/Women's Health Section-Education Session Co-Presenter

Section on Pediatrics-Education Session Co-Presenter

Feb 2016

American Physical Therapy Association-Combined Sections Meeting

Indianapolis, IN

Section on Women's Health-Complex Cases Contributor

Section on Women's Health and Sports Medicine-Education Session

Feb 2015

California Physical Therapy Association Annual Conference

Oakland, CA

Women's Health Track: Education Session Presenter

Oct 2014

Nurse Practitioners in Women's Health Annual Conference Oct 2014
Savannah, GA
Poster Presentation

American Physical Therapy Association-Combined Sections Meeting Jan. 2013
San Diego, CA
Section on Pediatrics–Education Session Co-Presenter

American Physical Therapy Association-Combined Sections Meeting
Section on Women's Health-2013 Programming Committee Apr 2012
-2014 Programming Committee Apr 2013
-2015 Programming Committee Mar 2014
-2016 Programming Committee Mar 2015
-2017 Programming Committee Mar 2016

American Physical Therapy Association-Combined Sections Meeting Feb. 2012
Chicago, IL
Section on Women's Health-Education Session Presenter
Sports Physical Therapy Section-Complicated Patient Case Study Presenter
Section on Pediatrics- Co-presenter Poster Presentation

Keynote/Invited Speaker/Guest Lecturer

Messiah University Nurse Practitioner Graduate Program July 2020
Another Mother Runner Retreat May 2018
University of Central Arkansas DPT Musculoskeletal Track (Remote) Aug 2017
California State University Northridge DPT Research Symposium May 2016
Clarke University DPT Women's Health/Sports Med Elective (Remote) Sep 2014-19
California Physical Therapy Association-San Francisco Chapter (Remote) May 2014
UCLA Outpatient Rehabilitation Department Oct 2013
May 2012
Aug 2012
UCSD Orthopedic Research Department July 2012
Women's Physical Therapy and Rehabilitation May 2011
Trimesters Massage Therapy Education Mar 2010
Association of Perinatal Naturopathic Doctors Toronto Chapter Feb 2009
Association of Perinatal Naturopathic Doctors National Symposium Sep 2008

Professional Continuing Education Course Development and Instruction

Piston Science: Diaphragm/Pelvic Floor Piston for Adult Populations (Part One)

- Instruction for adult orthopedic, pelvic health, sports medicine, and neurological providers in a dynamic, neuromuscular model of central control inclusive of the diaphragm and pelvic floor applied to the individualized functional, movement and fitness needs of clients. Furnished as a 2-day live professional development course throughout the US and Canada. CEU's provided. (2010 to present)
- Adapted and provided as an enhanced, asynchronous online learning experience with self-labs. CEU's provided via FSBPT (Procert).

Treating and Training the Female Runner

- Clinical management and reasoning for the return of females to running (and any fitness endeavor) while addressing pelvic/abdominal, pregnancy/postpartum, musculoskeletal, and performance health simultaneously. Whole athlete care. Course furnished live in London, England (June 2019)
- Adapted and delivered as a robust, synchronous live-online learning experience with remote lecture and guided labs in 2020 due to COVID-19 with groups in the UK and Canada. Live-online course recording made available as an asynchronous, interactive professional development opportunity.

Piston Science Part Two: It Depends: Bridge the Gap Between Rehab and Fitness

- Guided collaborative clinical reasoning with pelvic health and orthopedic/sports medicine professionals through the cases of two female athlete volunteers from the local community to assess, intervene and treatment plan in real time. Furnished as a 2-day live professional development course throughout the US and Canada. CEUs provided. (2017 to the present)
- Live course recording provided with self-guided reflective learning labs for the asynchronous online learner. CEU's provided via FSBPT (Procert).

Dynamic Core for Kids (Pediatric Populations)

- Provision of an accessible model of dynamic core control to address developmental, sensory and motor challenges in the neuro-atypical pediatric population. Furnished as 2-day live professional development course with co-developer and pediatric professional Shelley Mannell, PT at institutions throughout the US and Canada. CEU's provided. (2009 to the present)
- Adapted and provided as an online synchronous learning opportunity for remote pediatric professional participants. Recorded and provided asynchronously with self-guided labs for the online learner. CEU's provided via FSBPT (Procert).

Dynamic Core for Kids Part 2

- Guided collaborative clinical reasoning with pediatric professionals through video of pediatric cases from assessment to treatment. Furnished as a 2-day live professional development course for venues in Canada. (2009 to the present)

Dynamic Core Across the Lifespan (Pediatric to Geriatric Populations)

- Provision of both adult and pediatric foundational courses as a combined continuum to meet the needs for core control across the lifespan. Furnished as a 4-day live professional development course for rehabilitation professionals across the Middle East in Muscat, Oman. (2013)

Community Education Program Development and Instruction

Numerous topical educational seminars provided free as a community service for Whole Foods Markets, mommy and me groups, women's groups, fitness groups, community centers, and childbirth education programs. (2004 to the present)

Clinical Experience

Julie Wiebe Physical Therapy, Inc.	2004 - present
Owner and operator of a women's sports medicine physical therapy consulting practice providing direct patient care, practitioner mentoring, remote consultation, telehealth, community and professional education programs (live, remote synchronous and asynchronous online courses). (previously: Interior Fitness, Julie Wiebe, PT). Woodland Hills, California	
Women's Physical Therapy Rehabilitation	2010-2011
Beverly Hills, California	2005-2006
Wellspring Cancer Support Network	2009
Oakville, Ontario	
Layfield and Associates Physical Therapy	2003-2004
Encino, California	
Blake Physical Therapy	2000-2003
Santa Monica, California	
McK Physical Therapy, Inc.	1998 - 2000
Burbank, California	
Seneca Physical Therapy, Inc.	1996 - 1998
Rockville, Maryland	

Publication

Wiebe JW. Pelvic floor: Integration vs. Isolation. In: Liebensohn C, ed. *Rehabilitation of the Spine: A Patient-centered Model*. 3rd ed. Baltimore, MD: Wolters Kluwer. 2020; 790-806.

Mannell S, Wiebe JW, Larin HM. Dynamic Core Intervention for a Child with Cerebral Palsy. *Remed Open Access*. 2017; 2: 1076.

Barbato KA, Wiebe JW, Cline TW, Hellier SD. Web-based treatment for women with stress urinary incontinence. *Urologic Nursing*. 2014. 34(5): 252-257.

Mannell S, Wiebe JW, Larin HM. Effect of dynamic core intervention on posture and function in a child with cerebral palsy: case report. *Pediatric Physical Therapy, Abstracts*, 2012:111-112.

Affiliations

Member: American Physical Therapy Association

Section Member: Sports Medicine

Member: International Continence Society

Member: International Pelvic Pain Society