

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

Peer Reviewed Professional Conference/Symposium Contributor

International Continence Society Annual Meeting

Nov 2020

Virtual

Wiebe J. New Solutions and Strategies for Incontinence in Athletic Females. 19th Physiotherapy Forum presentation at 50th Annual International Continence Society Meeting.

North American Cystic Fibrosis Conference

Oct 2018

Denver, CO

Von Berg K, Wiebe J. Getting to the Core of Continence for Adults & Children with Cystic Fibrosis: New Strategies for Physical Therapists. Short Course Co-Presenter. North American Cystic Fibrosis Conference 2018.

Von Berg K, Wiebe J. Hey Look! No Devices: Optimizing Airway Clearance & Function Through

Breathing Strategies, Manual Techniques, & Core Alignment. Discipline Group Co-Leader. North American Cystic Fibrosis Conference 2018.

American Physical Therapy Association-Combined Sections Meeting

Feb 2018

New Orleans, LA

Wiebe J. Sport Specificity Training for Female Athletes. Pre-Conference Panel Co-Presenter. APTA-CSM Section of Women's Health.

American Physical Therapy Association-Combined Sections Meeting

Feb 2017

San Antonio, TX

Wiebe J, Battles B. Female Athlete Strength and Conditioning: Bridging Rehab and Fitness. Education Session Co-Presenter. APTA-CSM Section of Women's Health.

Clinton S, Wiebe, J. From the Glottis to the Pelvic Floor: Making the Clinical Connections. Education Session Co-Presenter. APTA-CSM Section of Women's Health.

National Strength and Conditioning Association SoCal State Clinic

Aug 2016

Santa Monica, CA

Battles B, Wiebe J. Coaching the Pregnant and Postpartum Athlete. Education Session Co-Presenter. NSCA SoCal State Clinic.

American Physical Therapy Association-NEXT

June 2016

Nashville, TN

Wiebe J. Female Athletes: They're Not Little Men. Education Session Presenter. APTA-NEXT.

American Physical Therapy Association-Combined Sections Meeting

Feb 2016

Anaheim, CA

Wiebe, J. Relevance of the Pelvic Floor for Orthopedics and Sports Medicine. Education Session Panel Co-Presenter. APTA-CSM Co-Sponsored by Orthopedic, Sports Physical Therapy and Women's Health Sections.

Mannell S, Wiebe J. Dynamic Core Stability in Children with Cerebral Palsy. Education Section Co-Presenter. APTA-Section on Pediatrics.

American Physical Therapy Association-Combined Sections Meeting Feb 2015

Indianapolis, IN

Wiebe J. Treatment of SUI in a Female CrossFitter with a Complex History. Complex Case Contributor. APTA-Section on Women's Health.

Wiebe J, Green B, Granger J. Building the Female Athlete from the Inside Out. Education Session Panel Member. Co-sponsored APTA-Section on Women's Health and Sports Physical Therapy Section.

California Physical Therapy Association Annual Conference Oct 2014

Oakland, CA

Wiebe J. The Female Athlete: Ready for Impact? Education Session Presenter. CPTA Annual Conference Women's Health Track.

Nurse Practitioners in Women's Health Annual Conference Oct 2014

Savannah, GA

Barbato K, Wiebe J. Web-Based Treatment for Women with Stress Urinary Incontinence. Poster Presentation Co-Presenter. National Association of Nurse Practitioners in Women's Health-17th Annual Conference.

American Physical Therapy Association-Combined Sections Meeting Jan. 2013

San Diego, CA

Mannell S, Wiebe J. Evidenced-Based Core Stability for Children with Challenges Part 1. Education Session Co-Presenter. APTA-Section on Pediatrics.

Mannell S, Wiebe J. Evidenced-Based Core Stability for Children with Challenges Part 2. Education Session Co-Presenter. APTA-Section on Pediatrics.

American Physical Therapy Association-Combined Sections Meeting Feb. 2012

Chicago, IL

Wiebe J. Isolation versus Integration: Dynamic Pelvic Floor for Core Programs Part 1. Education Session Presenter. APTA-Section on Women's Health.

Wiebe J. Isolation versus Integration: Dynamic Pelvic Floor for Core Programs Part 2. Education Session Presenter. APTA-Section on Women's Health.

Miller J, Wiebe J. Complicated Patient Case Study: Management of Osteitis Pubis in a Female Collegiate Basketball Player with Neuromuscular Pelvic Floor Reeducation. Complicated Patient Case Study Co-Presenter. APTA-Sports Physical Therapy Section.

Mannell S, Wiebe J. Effect of Dynamic Core Intervention on Posture and Function in a Child with Cerebral Palsy: Case Report. Poster Presentation Co-Presenter. APTA Section on Pediatrics.

Keynote/Invited Speaker/Guest Lecturer

University of Michigan-Flint DPT Advanced Topics Seminar (Remote)	Nov 2020
Messiah University Nurse Practitioner Graduate Program (Remote)	July 2020
Another Mother Runner Retreat	May 2018
University of Central Arkansas DPT Musculoskeletal Track(Remote)	Aug 2017
Women's Health and Fitness Summit Melbourne, Australia (Remote)	Sep 2016
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 neuromuscular model of central control inclusive of the diaphragm and pelvic floor applied to the individualized functional, movement and fitness needs of clients. Furnished 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 activity) while addressing pelvic/abdominal, pregnancy/postpartum, musculoskeletal, and performance health simultaneously. Course furnished live in UK (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, Ireland, US 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 assessment, intervention and clinical reasoning with pelvic health and orthopedic/sports medicine professionals through the cases of two female athlete volunteers from the local community. Furnished 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. Co-developed with Shelley Mannell, PT. Furnished 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 assessment, intervention and clinical reasoning with pediatric professionals through pediatric case videos. Furnished throughout 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 need 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)

Clinical Experience

Julie Wiebe Physical Therapy, Inc. 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	2004 - present
Women's Physical Therapy Rehabilitation Beverly Hills, California	2010-2011 2005-2006
Wellspring Cancer Support Network Oakville, Ontario	2009
Layfield and Associates Physical Therapy Encino, California	2003-2004
Blake Physical Therapy Santa Monica, California	2000-2003
McK Physical Therapy, Inc Burbank, California	1998 - 2000

Scholarly Activity

Published Work

Wiebe JW. Movement-based intervention to resolve severe pelvic and hip pain in a female Iron-distance triathlete. Accepted for publication 27th November 2020, due for publication February 2021, *Journal of Pelvic, Obstetric and Gynaecological Physiotherapy* No. 128 (Spring), in press.

Wiebe JW. Pelvic floor: Integration vs. Isolation. In: Liebenson 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. *Urol Nurs*. 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. *Ped Phys Ther*. Abstracts of poster presentations at the 2012 combined sections meeting of the American Physical Therapy Association, Chicago, IL, February, 2012. 2012;24(1):111-112.

Current Research Activity

Authorship: Co-Investigator with University of British Columbia Running Research Team
Nature of the project: Running Biomechanics and Pelvic Health Dysfunction
Status: Ethics approval submission pending

Authorship: Co-Investigator/Clinical Consultant with University of New Brunswick Human Performance Laboratory and Industry partner (Renovia)
Nature of the project: Pelvic Floor Muscle Behavior During Activities of Daily Living and Movement Tasks in Nulliparous Women
Status: Preliminary research proposal awaiting Renovia approval

Authorship: Collaborator with International working group
Nature of the project: Strength Training Recommendations in Pregnancy
Status: In process

Appointments

University of New Brunswick
Andrew & Marjorie McCain Human Performance Laboratory
Honorary Research Assistant

Oct 2020

Professional and
Community Service

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

Community Education Program Development and Instruction

2004-present

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

Affiliations

Member: American Physical Therapy Association

Section Member: Sports Medicine (Female Athlete SIG) and Education

Member: International Continence Society

Member: International Pelvic Pain Society

Member: National Association of Black Physical Therapists