

Julie W. Wiebe, PT, DPT  
11/8/2023

## **CURRICULUM VITAE**

### **Julie W. Wiebe**

University of Michigan-Flint  
Physical Therapy Department

#### **Education:**

Doctor of Physical Therapy (DPT)-Academic Emphasis  
University of Medical Sciences Arizona  
Physical Therapy  
July 2020

Master of Physical Therapy (MPT)  
Hahnemann University  
Physical Therapy  
May 1996

Bachelor of Science (BS)  
Gordon College  
Movement Science  
June 1992

#### **Licensure Information:**

Licensed Physical Therapist: California #23898, Michigan #5501301964

#### **Employment and Positions Held:**

Clinical Assistant Professor  
University of Michigan-Flint  
Non-Tenure Clinical Track  
Flint, Michigan  
April 2021-present

Owner, Clinician and Professional Development Educator  
Julie Wiebe Physical Therapy, PC  
Ann Arbor, Michigan  
2004-present

Staff Physical Therapist  
Women's Physical Therapy and Rehabilitation  
Beverly Hills, CA  
2010-2011

Staff Physical Therapist  
Wellspring Cancer Support Network  
Oakville, Ontario, Canada  
2009

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Staff Physical Therapist  
Women's Physical Therapy and Rehabilitation  
Beverly Hills, CA  
2005-2006

Staff Physical Therapist  
Layfield and Associates Physical Therapy  
Encino, CA  
2003-2004

Staff Physical Therapist  
Blake Physical Therapy  
Santa Monica, CA  
2000-2003

Staff Physical Therapist  
McK Physical Therapy  
Burbank, CA  
1998-2000

Staff Physical Therapist  
Seneca Physical Therapy  
Rockville, MD  
1996-1998

### **Peer Reviewed Publications:**

#### **Journal Articles**

**2021** **Wiebe JW**. Movement-based intervention to resolve severe pelvic and hip pain in a female Iron-distance triathlete. *J Pelvic, Obstetric and Gynaecological Physiotherapy*. Spring 2021; 128: 46-53.

**2017** Mannell S, **Wiebe JW**, Larin HM. Dynamic core intervention for a child with cerebral palsy. *Remed Open Access*. 2017; 2:1-5.

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

#### **Books/Chapters**

**2020** **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.

### **Peer Reviewed Scientific and Professional Presentations:** (underlined indicates student)

#### **Poster and Platform Presentations**

**2024** **Wiebe J**, LaCross J, Huang M, Nguyen A, Fridman L, Tran N, Napier C.

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Prevalence of Pelvic Health Symptoms Associated with Pelvic Floor Overactivity in Recreational Female Runners. Poster Presentation. American Academy of Sports Physical Therapy-American Physical Therapy Association. Combined Sections Meeting. Boston, MA. February 2024 (Accepted).

**2024 Wiebe J**, Huang M, LaCross J, Nguyen A, Fridman L, Tran N, Napier C. Dyspareunia Associated with Peak Resultant Acceleration in Recreational Female Runners. Poster Presentation. American Academy of Sports Physical Therapy-American Physical Therapy Association. Combined Sections Meeting. Boston, MA. February 2024 (Accepted).

**2024 Wiebe JW**, Nguyen A, Huang MH, LaCross J, Fridman L, Tran N, Napier C. Prevalence of Pelvic Health Dysfunction and Help-Seeking Behavior Among Recreational Female Runners. Platform Presentation. Academy of Pelvic Health Physical Therapy-American Physical Therapy Association. Combined Sections Meeting. Boston, MA. February 2024 (Accepted).

**2023 Wiebe JW**, LaCross J, Huang MH, Nguyen A, Fridman L, Tran N, Napier C. Dyspareunia in recreational female runners: investigating obstetrical and running habit characteristics. Poster Presentation. International Pelvic Pain Society: 26<sup>th</sup> Annual Scientific Meeting on Pelvic Pain. Denver, CO. October 2023.

**2023 Wiebe JW**, Nguyen A, LaCross J, Huang MH, Fridman L, Tran N, Napier C. Prevalence of pelvic health dysfunction in female recreational runners: a preliminary report. Platform Presentation, APTA-Michigan Fall Conference. Grand Rapids, MI. October 2023.

**2023 Wiebe JW**, Huang MH, LaCross J, Nguyen A, Fridman L, Tran N, Napier C. Obstetric, running habit, and kinetic characteristics in recreational female runners with and without running-related urinary incontinence: A preliminary report. E-Poster Presentation. Female Athlete Conference Boston, MA. June 2023.

**2014 Barbato KD, Wiebe JW**  
Web-Based Treatment for Women with Stress Urinary Incontinence. Poster Presentation. National Association of Nurse Practitioners in Women's Health-17th Annual Conference. Savannah, GA. October 2014.

**2012 Mannell S, Wiebe JW**, Larin, HM  
Effect of Dynamic Core Intervention on Posture and Function in a Child with Cerebral Palsy: Case Report. Poster Presentation (Pediatrics Section). American Physical Therapy Association-Combined Sections Meeting. Chicago, IL. February 2012

### **Peer Reviewed Seminars**

**2023 Vagy J, Lau M, Cofield S, Wiebe JW**  
The Social Media Dilemma: Adapt and Engage or Get Left Behind?  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2023

**2022 Wiebe JW**  
Pregnancy, Postpartum, and Abdominopelvic Health Considerations for the Female Athlete  
Education Session. APTA-Michigan Fall Conference.

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October 2022

**2020 Wiebe, JW**

New Solutions and Strategies for Incontinence in Athletic Females.  
19th Physiotherapy Forum Presentation. 50th Annual International Continence Society Meeting  
Remote  
November 2020

**2018 Von Berg K, Wiebe JW**

Getting to the Core of Continence for Adults & Children with Cystic Fibrosis: New Strategies for  
Physical Therapists.  
Short Course Presentation. North American Cystic Fibrosis Conference  
October 2018

**2018 Von Berg K, Wiebe JW**

Hey, Look! No Devices: Optimizing Airway Clearance & Function Through Breathing Strategies,  
Manual Techniques, & Core Alignment  
Discipline Group Presentation. North American Cystic Fibrosis Conference  
October 2018

**2018 Wiebe JW**

Sport Specificity Training for Female Athletes  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2018

**2017 Wiebe JW, Battles B**

Female Athlete Strength and Conditioning: Bridging Rehab and Fitness  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2017

**2017 Clinton S, Wiebe JW**

From the Glottis to the Pelvic Floor: Making the Clinical Connections  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2017

**2016 Battles B, Wiebe JW**

Coaching the Pregnant and Postpartum Athlete  
Education Session. National Strength and Conditioning Association SoCal State Clinic  
August 2016

**2016 Wiebe JW**

Female Athletes: They're Not Little Men  
Education Session. American Physical Therapy Association-NEXT Conference  
June 2016

**2016 Wiebe JW**

Relevance of the Pelvic Floor for Orthopedics and Sports Medicine  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2016

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**2016 Mannell S, Wiebe JW**

Dynamic Core Stability in Children with Cerebral Palsy  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2016

**2015 Wiebe JW**

Treatment of SUI in a Female CrossFitter with a Complex History  
Complex Case Presentation. American Physical Therapy Association-Combined Sections Meeting  
February 2015

**2015 Wiebe JW, Green B, Granger J**

Building the Female Athlete from the Inside Out  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2015

**2014 Wiebe JW**

The Female Athlete: Ready for Impact?  
Education Session. California Physical Therapy Association-Annual Conference  
October 2014

**2013 Mannell S, Wiebe JW**

Evidenced-Based Core Stability for Children with Challenges Part 1  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
January 2013

**2013 Mannell S, Wiebe JW**

Evidenced-Based Core Stability for Children with Challenges Part 2  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
January 2013

**2012 Wiebe JW**

Isolation versus Integration: Dynamic Pelvic Floor for Core Programs Part 1  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2012

**2012 Wiebe JW**

Isolation versus Integration: Dynamic Pelvic Floor for Core Programs Part 2  
Education Session. American Physical Therapy Association-Combined Sections Meeting  
February 2012

**2012 Miller J, Wiebe JW**

Complicated Patient Case Study: Management of Osteitis Pubis in a Female Collegiate  
Complicated Patient Case Study Presentation. American Physical Therapy Association-Combined Sections Meeting  
February 2012

**Invited Seminars and Lectures**

Pelvic Health Series- Embodia Academy (Remote- Belgium)-2023

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Smart Education Power Talk (Remote- Belgium) - 2023

Evidence in Motion Elevate Pelvic Health Online Symposium-2023

Siaparto- International Birth Workers Symposium (Asynchronous Remote-Brazil)- 2021

AASPT Female Athlete/Running SIG Monthly Webinar/Learning Academy (Remote)-2021

University of Michigan-Flint DPT Advanced Topics Seminar (Remote)- 2020

Messiah University Nurse Practitioner Graduate Program (Asynchronous) 2020-2023

University of Central Arkansas Musculoskeletal Track (Remote) -2017

California State University Northridge Research Symposium - 2016

Clarke University DPT Women's Health/Sports Med Elective (Remote)-2014-2021

California Physical Therapy Association-San Francisco Chapter (Remote)-2014

UCLA Outpatient Rehabilitation Department- 2012, 2013,

UCSD Orthopedic Research Department - 2012

Association of Perinatal Naturopathic Doctors Toronto Chapter-2009

Association of Perinatal Naturopathic Doctors National Symposium-2008

### **Current/Active Research Activity:**

Primary Investigator: Julie W. Wiebe, PT, DPT, Min-Hui Huang, PT, PhD, Jenny LaCross, PT, DPT, PhD(c), ATC, CLT, Anna Nguyen, SPT, Christopher Napier, PT, PhD

#### **Pelvic Health Clinical Features Associated with Biomechanical Factors at Initial Contact in Recreational Female Runners**

Funding: None

Primary Investigator: Julie W. Wiebe, PT, DPT, Anna Nguyen, SPT

#### **Obstetrician Readiness to Provide Post-Partum Return to Fitness Guidance**

Funding: None

### **Membership in Scientific/Professional Organizations:**

American Physical Therapy Association-Academies of Sports Medicine and Education  
2013-present

International Continence Society  
2014-present

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International Pelvic Pain Society  
2018-present

### **Service**

### **Profession**

*Journal of Pelvic Obstetric and Gynaecological Physiotherapy* Manuscript Reviewer 2023

*Physiotherapy* Manuscript Reviewer 2021

APTA: Combined Sections Meeting Programming Committee Section of Women's Health 2013-2017

### **Community**

Medical Provider Volunteer (Pelvic Health): National Medical Provider Network for the US Olympic and Para-Olympic Committee 2022-present

Program Liaison with University of Michigan- Ann Arbor Adaptive Athlete Sport and Fitness Program 2022-23

Community Education Program Development/Various community groups  
2004-present

### **University**

Website Update Committee 2021-22

### **College**

CHS representative Website Update Committee 2021-22

### **Department**

Admissions Committee 2021-present

Social Media/Recruitment 2021-2023

Pelvic Health-Female Athlete Student Special Interest Group 2023

### **Honors/Awards**

2023 Golden Apple Teaching Award

2023 Early Career Research Release to Support Research Excellence

2022 Hagerman Faculty Entrepreneurship and Innovation Award

2021 Movers and Mentors: Leaders in Movement Science

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**Professional Development Attended:**

International Pelvic Pain Society Annual Meeting-October 2023

International Continence Society Annual Meeting-September 2023

Female Athlete Conference-June 2023

American Physical Therapy Association Combined Sections Meeting-February 2023

Evidence in Motion: Evidence in Motion Elevate Pelvic Health Online Symposium-January 2023

APTA-Michigan Fall Conference- October 2022

Trauma Informed Best Practices: Working with Athlete Survivors-October 2022

Northwestern University Sports Medicine Grand Rounds- "Rotation: The Keystone of Hip & Pelvic Floor Performance in Athletes"-May 2022

University of Michigan Med Sport Exercise is Medicine Conference- May 2022

University of Michigan Pelvic Floor Research Group Research Day-March 2022

UM-Flint: Implicit Bias Training and the Ways Our Identities Matter in PT-February 2022

UM-Flint Quad Pod: How Grades Can Undermine Learning and Jeopardize our Students' Wellbeing – Feb 2022

National Association of Black Physical Therapists Inaugural Conference-June 2021

American Academy of Sports Physical Therapy Team Concept Conference: The Female Athlete December 2020

19th Physiotherapy Forum. 50th Annual International Continence Society Meeting-November 2020

The Black Patient Experience Webinar- June 2020

The Black Physical Therapist Experience Webinar-June 2020

University of Michigan Pelvic Floor Research Group Annual Research Day-February 2020

American Academy of Sports Physical Therapy Team Concept Conference: Hot Topics-December 2019

Transitional Doctorate in Physical Therapy Program: University of Medical Sciences Arizona-2018-2020



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Emergency Medical Responder Certification Renewal- November 2018

North American Cystic Fibrosis Conference-October 2018

American Physical Therapy Association Combined Sections Meeting-February 2018

American Physical Therapy Association- Combined Sections Meeting Pre-Conference Course:  
The Female Athlete- February 2018

American Physical Therapy Association- Combined Sections Meeting Pre-Conference Course:  
Pelvic Floor Treatment of Urinary Incontinence: An Evidence Update February 2018

American Physical Therapy Association Combined Sections Meeting-February 2017

Emergency Medical Responder Initial Certification- February 2017

### **Current Teaching Responsibilities**

#### **2023-2024**

##### **Spring/Summer**

PTP 699 Integration & Critical Thinking 1  
PTP 703 Biophysical Agents

##### **Fall**

PTP 892 Professional Practice Management  
PTP 789 Advanced Topics in Physical Therapy  
PTP 728 Axial Skeleton - 20% Instruction  
PTP 704 Therapeutic Exercise -15% Instruction  
PTP 794 Service Learning

##### **Winter**

PTP 705 Soft Tissue Techniques

#### **2022-2023**

##### **Spring/Summer**

PTP 699 Integration & Critical Thinking 1

##### **Fall**

PTP 892 Professional Practice Management  
PTP 789 Advanced Topics in Physical Therapy  
PTP 728 Axial Skeleton - 20% Instruction  
PTP 704 Therapeutic Exercise -15% Instruction  
PTP 794 Service Learning

##### **Winter**

PTP 665 Tests & Measures (50%)  
Early Career Research Release to Support Research Excellence

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**2021-2022**

**Spring/Summer**

PTP 699 Integration and Critical Thinking 1

**Fall**

PTP 789 Advanced Topics in Physical Therapy

PTP 728 Axial Lab Instructor 50%

PTP 768 PT Management of Athlete 50%

**Winter**

PTP 739 Orthotics, Prosthetics & Assistive Technologies

PTP 665 Tests & Measures 50%