

Rebecca G. Stephenson PT, DPT, MS, WCS, CLT
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Degrees



- Board Certified Women's Health Specialist 2009
- Certified lymphedema therapist, Norton 2010
- Master of Science, Physical Therapy
May 2006 Institute of Health Professions MGH,
Boston Ma
- Doctor of Physical Therapy
May 2005 Institute of Health Professions MGH,
Boston Ma
- Certified Childbirth Educator
February 1980 Council of Childbirth Education
Specialists, Inc
- Bachelor of Science, Physical Therapy May 1974
Boston University, Boston, Ma

Publications

- Chapter on Electrical Stimulation and Biofeedback for Genitourinary Dysfunction for *Clinical Electrophysiology: Electrotherapy and Electrophysiologic Testing*, 3rd edition, author Andrew Robinson Lynn Snyder-Mackler. Lippincott 2008.
- Section on Women's Health Study Module, "Obstetrics Study Module". APTA, 2006.
- Primary co-author *Obstetric and Gynecologic Care in Physical Therapy 1st and 2nd* editions, Slack Publishers 2000 and 1990.
- Co-author (with Jill Schiff Boissonnault) chapter "The Obstetric Client" in *Primary Care for the Outpatient Orthopaedic Physical Therapist*, edited by William Boissonnault. Saunders 2005. Second 2011.
- Orthopedic Home Study Module, APTA, Fall 2002, "Lumbopelvic Dysfunctions During Pregnancy and the Postpartum Period".
- Co-author, Electrical Stimulation, in *Gynecological Manual*, SOWH of APTA 1st and 2nd editions.
- Co-author, a two-part article on "How to review and understand a research article," for the *Journal of the Section on Women's Health*, March and September 2002.
- Chapter, "Physical Therapy and Women's Health Issues" in *Orthopaedic Physical Therapy Secrets*, Hanley & Belfus 2006, 2001.
- Products editor for the *Journal for the Section on Women's Health*-numerous columns on women's health related physical therapy products 2000 to 2004.
- 20 clinical protocols for *Iomed* on iontophoresis 1999.
- Reviewer and Board Member for The Back Letter. Newsletter for back clients. Skol Publishing Company. Madison NH. 1987.
- Book review editor, *Bulletin of the Section on Obstetrics and Gynecology*, APTA, 1984-1987.

- Journal abstractor and book reviewer, *Bulletin of the Section on Obstetrics and Gynecology*, APTA, 1982 to 1989.
- Book Reviewer for the *Journal of the American Physical Therapy Association*, i.e., Occupational Therapy in Rehabilitation, Occupational Therapy, Occupational Therapy for Physical Dysfunction, Options – Spinal Cord Injury.
- Journal Abstractor: Abstract articles for the *Journal of the American Physical Therapy Association*, from the *American Journal of Occupational Therapy*, over 10 articles. 1980's.

Certifications

- CLT: Certified Lymphedema Therapist: 2010
- WCS: Women's Health Certified Specialist 2009
- Certified Childbirth Educator: 1980

Professional Activities

Board Member ABPTS: American Board of Physical Therapist Specialists

President: International Organization of Physical Therapists in Women's Health
President of the International Organization of Physical Therapists in Women's Health a sub-group of the World Confederation of Physical Therapy (WCPT) 2007-present. Committee member CAPP OB of the APTA 2008-present, Director of Communications-Section on Women's Health APTA 2005 to 2007, Secretary and delegate to IOTWH from 2000 to 2007. Past secretary of the Section on Women's Health of the APTA 6 years, Section on Women's Health Historian, Booth coordinator for the Section on Women's Health.

Adjunct Faculty at the Massachusetts General Hospital Institute of Health Professions 2008 to present. Multiple lectures on issues of women's health, lab assistant orthopedic spine courses.

Member: American Physical Therapy Association, Section on Women's Health and Orthopaedic Sections 1974-present, American Medical Writers Association 1999-present.

Member: CAPP-OB task force: Certificate of Achievement in Pregnancy and Postpartum Physical Therapy Section on Women's Health (SOWH), APTA

- Instructor: Pregnancy and Postpartum Physical Therapy Courses
- Lab assistant for CAPP OB and CAPP Pelvic courses

Lecturer: Local, National, International Conference presenter: Numerous presentations on aspects of women's health physical therapy

Professional Experience

2006 to present: Coordinator of Women's Health Physical Therapy at the Brigham and Women's Hospital, Boston Ma.

- Conduct a women's health practice in all areas of women's health: breast care, osteoporosis, urogynecology, orthopedics, lymphedema, and obstetrics.
- Supervise and train PT staff and students in women's health physical therapy.
- Plan and design research projects.

2000 to 2006: Stephenson Physical Therapy, Private Practice, Medfield, Ma.

- Conduct a private practice providing physical therapy to adult, adolescent and pediatric clients.
- Specializing in orthopedics and women's health.

1978 to 2003: Private Physical Therapist, Dedham Medical Associates, Dedham, Ma.

- For 15 years, created and managed a private practice within a large multispecialty practice, with three PT's, 4 PTA's and 2 office personnel that provided physical therapy treatments to adult, adolescent and pediatric clients by professional referral. Patient types include orthopedic, neurological, obstetric, urologic, gynecologic, pediatric, respiratory and psychiatric.
- Supervised and mentored all professional staff.
- Designed and led a program in early pregnancy education.
- Provided consultation and direct service to Eastwood Nursing Home, (Dedham, Mass), North Hill, (Needham, Mass), Weston Manor Nursing Home, (Weston Mass). Provided consultation and direct services to a pediatric school, Mainstay, (Needham, Mass).

1976– 1978: Senior Physical Therapist, New England Rehabilitation Hospital, Woburn, Ma.

- Began as a staff physical therapist. Promoted to senior physical therapist at this 200-bed facility for neurologic, orthopedic, spinal cord and pediatric patients.

1976 – 1977: Supervisor, Physical Therapy Clinic, Boston University, Boston, Mass

- Directly supervised basic Physical Therapy Master's Degree students in the Physical Therapy Clinic of Boston University.

1974 - 1976: Physical Therapist, Walter E. Fernald State School, Waltham, Mass

- As a member of an interdisciplinary team addressing itself to a 30-patient caseload of severely retarded, multi-handicapped, long-term residents age 3-35.

Professional Education Experience

- Currently enrolled for certification in Medical Writing and Editing from the American Medical Writers Association.
- Certificate in Childbirth Education, Council of Childbirth Education Specialists, Inc., February 1980.
- Attendance at five WCPT conferences, and 25 national APTA conferences.
- Numerous continuing education courses taken from 1974 to present.
- Examination and Treatment of Musculoskeletal Conditions of the Childbearing Year, two day conference for the Louisiana State Chapter, 2007.
- CSM 2006- Physical Therapy + Breast Cancer Recovery Roundtable. San Diego CA.
- New Hampshire Musculoskeletal Institute- September 2006.
- CSM 2005- The Breast Cancer Patient. New Orleans LA
- CSM 2003- Advance Case presentation Tampa, Florida.
- Women's Health Issues co-led two-day conference Maine State Chapter APTA, 2003.
- Presentations on Musculoskeletal Dysfunctions of the Childbearing Year at CSM twice, and Products for Pregnancy, locally and nationally multiple times.
- *Examination and Treatment of Musculoskeletal Conditions of the Childbearing Year*, a two-day conference for Education Resources, Inc. 4-6 times a year 2003 to 2007.

Board Member, Professional Advisory Board, Boston Visiting Nurse Association, 1987-1989.

Consultant, Leonard Medical Supply Company – coordinated two day seminars (“Traction,” “High Volt Ultrasound and Diathermy,” and “Muscle Physiology,”) and numerous evening seminars.

Seminar Coordinator: For APTA: August 2008 “Pelvic Floor I” Boston Ma. Feb 2007 An Integrated Approach to Examination and Intervention of Pelvic Organ Prolapse” Boston, Ma. Pelvic Floor: Function, Dysfunction and Treatment Boston, Ma. June 1993 SOWH.

For IOPTWH: June 2011 Updates on Current Women's Health Practice Roundtable Amsterdam, Netherlands. June 2007 "Prevention and Management of Osteoporotic Fractures" Vancouver, Canada. September 2005 "Update on Pelvic Floor Research and Rehabilitation" Ljubljana, Slovenia. June 2003 "Low Back and Pelvic Girdle Pain in Pregnancy" Barcelona, Spain. As a member of the Massachusetts Education Committee of the APTA, coordinated seminars on "Physical Therapist in the School System" and "Normal Child Development." Coordinated "Incontinence" for SOWH and "Gait Analysis" seminar at New England Rehabilitation Hospital.

Audio-Visual Producer: "High Risk Pregnancy" a video for the patient on bed rest, Produced a video "Back Pain in Pregnancy"; a training video on "How Teachers Can Best Utilize the Services of a Physical Therapist"; and a slide show on Adaptive Equipment.

AWARDS:

- Winner of the Barbara Adams Fellow Award from the Mass General Hospital Institute of Health Professions for leadership, service to the profession and potential to contribute significantly as a clinical scholar, May 2002.
- The Elizabeth Noble Award for outstanding vision and service to the Section on Women's Health of the American Physical Therapy Association 1998.