

Katie Kelly, BSc, MSc.PT
Clinical Physiotherapist
Special Interest Pelvic Floor
Katie Kelly PT PC Inc
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EDUCATION

- October 2010 **M. Sc Physiotherapy**
Dalhousie University
*Thesis Project: The Knowledge of Chronic Pain and its
Management between Graduating Healthcare Students as Assessed
by the Chronic Pain Questionnaire*
- May 2005 **B. Sc (Combined Hons.) Biology/Psychology**
Dalhousie University
*Thesis title: The role of morphemes in the psycho-linguistic
development of bilingual children*

EMPLOYMENT

- April 2017 – Present Katie Kelly PT, owner and clinical physiotherapist
(Orthopedic/Pelvic Health) Moncton, NB
- October 2012 – March 2017 Advanced Health and Physiotherapy – Clinical Physiotherapist
(Orthopedic/Pelvic Health) Moncton, NB
- September 2010 – 2013 Partners for Healthier Weight – Program Developer/Physiotherapist
Halifax, NS
- September 2010 - 2012 Bedford Orthopedic Health Centre – Clinical Physiotherapist
(Orthopedic/Pelvic Health) Bedford, NS

TEACHING EXPERIENCE

- 2011 – Current **Guest Lecturer**
Dalhousie University, School of Physiotherapy
- Physiotherapy: Pregnancy and the Peri-natal Period I
 - Physiotherapy: Pregnancy and the Peri-natal Period II
 - Introduction to the Pelvic Floor
 - Orthopedic Concerns for the Pelvic Floor
 - Women's Health Physiotherapy Lab: Manual Therapy Skills
 - Physiotherapy and Obesity: Where are We Now?

- June 2017 – July 2018 **Clinical Instructor of MSc. Physiotherapy Student**
Katie Kelly PT PC Inc, at 360 Degree Health Centre, Moncton NB
- May 2017 **Continued Medical Education: The Role of Pelvic Floor
Physiotherapy and Gynecology Practise**
Moncton City Hospital, Moncton, NB
- January 2017 **Guest Lecturer**
Nova Scotia Community College, Amherst Campus PTA/OTA
program
 - Physiotherapy and Obesity: Where are We Now?
- January 2016 **Continued Medical Education: The Role of Pelvic Floor
Physiotherapy**
Moncton City Hospital, Moncton, NB
- Sep. 2011 – 2012 **Teaching Assistant/Tutor**
Dalhousie University, School of Physiotherapy
 - Neurobiology and Neurophysiology

RESEARCH

2017/18 Graded Motor Imagery in Women with Chronic Pelvic and Genital Pain (In progress),
Mount Allison University, NB & Dalhousie University, NS

AWARDS

- 2018 **Oral Presentation Award**, Katie Kelly, MSc PT, Bonnie L. Fisher, BA, Natalie O. Rosen, PhD, Lisa Dawn Hamilton, PhD, Anxiety and anticipated pain levels of women with and without genital pain in response to pain-related images. Dr. Donald MacLellan Research Day, Moncton City Hospital
- 2010 **Jean McAloney Memorial Prize**, Dalhousie University
New Brunswick Physiotherapy Association Student Professionalism Award, Dalhousie University
Newfoundland and Labrador Physiotherapy Association Neuroscience Prize, Dalhousie University
- 2001 **Entrance Undergraduate Scholarship**, Dalhousie University

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- Canadian Physiotherapy Association
- Women's Health Division of the CPA (Newsletter Subcommittee Member)
- New Brunswick College of Physiotherapists
- Canadian Sex Researcher Forum
- Canadian Obesity Network

PROFESSIONAL DEVELOPMENT

- Dynamic Core for Kids – Online: www.juliewiebept.com, In-progress
- A World of Hurt: A Guide to Classifying Pain Course, Annie O'Connor, Shediac NB, April 2018
- Physiotherapy for Diastasis Recti, Diane Lee, PT, Julia Di Paolo, PT and Dr. Nicole Hills, PT, Women's Health Division Webinar, March 2018
- Pelvic Floor Physiotherapy in Pediatrics, Uro-Sante, Halifax, NS, February 2018
- Physiotherapy for Ano-Rectal Disorders, Uro-Sante, Halifax, NS, February 2018
- SMARTERehab: Lumbo-Pelvic Movement Patterns and Muscle Imbalances: Sub-classification- Functional Mechanism Based Rehab, Dieppe NB December 2017
- Female Athlete: Ready for Impact and High-Intensity? Online: www.juliewiebept.com, May 2017
- SMARTERehab: Body Image, Midline & Central Pain Presentations: Evidence Based Diagnosis & Rehabilitation, Riverview NB April 2017
- Pelvi-Perineal Education: The Physiotherapy Approach for Dyspareunia and Physiotherapy for Male Urinary Incontinence PR Level 2, Canadian Physiotherapy Association, Women's Health Division, New Glasgow NS 2016
- Diaphragm and Pelvic Floor Piston Training for Adult Populations Online, www.juliewiebept.com, Toronto ON 2016
- Rost Therapy: Relieving Sacro-iliac and Pubic Pain During and After Pregnancy, Canadian Physiotherapy Association, Orthopedic and Women's Health Divisions, Halifax NS 2015
- CPR – Level C, St. John's Ambulance, Moncton NB 2015
- Core Confidence Specialist Certification, Bellies Inc., Toronto ON, 2015
- Advancing your Manual Skill Set: Osteopathic Techniques for Physiotherapists, Canadian Physiotherapy Association, Orthopedic Division, Halifax NS 2012
- Exercise and Obesity – Teleconference, Canadian Physiotherapy Association, 2012
- Meditech Bioflex Laser Training, Alpha Laser, Halifax NS 2011
- Behavioural Training for Healthcare Professionals, Dr. Micheal Vallis, Partner's for Healthier Weight, Halifax NS 2011-2012
- Pelvi-Perineal Education: The Physiotherapy Approach to Female Urinary Incontinence PR Level 1, Canadian Physiotherapy Association, Women's Health Division, Ottawa ON 2011
- Orthopedic Manual Skills, Level 1, Canadian Physiotherapy Association, Orthopaedic Division, Halifax NS 2010
- Craving Change Intensive Professional Workshop for Behavioural Change, Craving Change Inc, Halifax NS 2010
- A Review of Bariatric Equipment and Case Presentation to Demonstrate Clinical Decision Making in a Bariatric Patient – Teleconference, Canadian Physiotherapy Association, 2010

INVITED TALKS

- 2018 *Anxiety and anticipated pain levels of women with and without genital pain in response to pain-related images.* Katie Kelly, MSc PT, Bonnie L. Fisher, BA, Natalie O. Rosen, PhD, Lisa Dawn Hamilton, PhD, Dr. Donald MacLellan
Research Day, Moncton City Hospital
- 2011 *Obesity and Physiotherapy* (Co-presenter), Capital Health District Authority, Halifax NS
- 2011 *Hypertension & Exercise*, Capital Health District Authority, Halifax NS
- 2010 *PT Matters Lecture Series: Physiotherapy and Obesity*, Dalhousie University, Halifax NS
- 2010 *Creative Exercise for Sore Joints* (Co-presenter) NS Obesity Conference, Capital Health District Authority, Halifax NS
- 2010 *Bariatric Surgery Program Creative Activity* (Co-presenter), Capital Health District Authority, Halifax NS

CONFERENCE TALKS

- Kelly, K. (October 2017) *Anxiety and perceived pain levels of women with and without genital pain in response to pain-related images.* Katie Kelly, MSc PT, Bonnie L. Fisher, BA, Natalie O. Rosen, PhD, Lisa Dawn Hamilton, PhD, Presented at the Canadian Sex Researchers Forum National Conference, Fredericton NB
- Kelly, K., & Dechman, G. (October 2012) *Physical Activity: Finding the Right Prescription for Clients with Obesity.* Presented at the Canadian learning retreat on the Principles and Practice of Interdisciplinary Obesity Management for Dietitians, Canadian Obesity Network, Halifax NS

MEDIA ARTICLES

- Kelly, K. (Spring 2018) *Childhood Obesity and its Role in Pelvic Floor Dysfunction: Food for Thought,* Current Directions in Women's Health Newsletter, A Division of the Canadian Physiotherapy Association
- Kelly, K. (Spring 2018) *An Interview with Dr. Julie Granger.* Current Directions in Women's Health Newsletter, A Division of the Canadian Physiotherapy Association
- Kelly, K., Miller, K. (Winter 2018) *C-Section Procedure Explained.* Current Directions in Women's Health Newsletter, A Division of the Canadian Physiotherapy Association
- Kelly, K. (Winter 2018) *Guest Editor's Note - There is No Easy Way to Birth a Baby.* Current Directions in Women's Health Newsletter, A Division of the Canadian Physiotherapy Association
- Kelly, K. (Fall 2017) *Coccydynia – What has 2017 Taught Us?* Current Directions in Women's Health Newsletter, A Division of the Canadian Physiotherapy Association

Kelly, K. (Spring 2017) *Compression Wear and the Female Athlete*. Current Directions in Women's Health Newsletter, A Division of the Canadian Physiotherapy Association

Kelly, K. (Winter 2017) *The Role of Physiotherapy in Breast Cancer Rehabilitation*. Current Directions in Women's Health Newsletter, A Division of the Canadian Physiotherapy Association

Kelly, K. (Fall 2016) *Pregnancy*. Current Directions in Women's Health Newsletter, A Division of the Canadian Physiotherapy Association

WORKSHOPS & COMMUNITY EVENTS

Running and the Pelvic Floor. (January 2018) Education session for learn to run patrons, sponsored by the Moncton Running Room.

Wine and Vagina Night – An anonymous Q & A for women with pelvic floor questions (August 2017). Private Function of invited guests

The Pelvic Floor and Crossfit Workshop (November 2016). Workshop for fitness trainers and athletes sponsored by Crossfit Moncton.

The Female Pelvic Floor and Running. (October, 2016). Education session at Legs for Literacy Marathon, sponsored by Running Room. Co-presenter Julie McGivery, (PT)

Running after Pregnancy. (April, 2016). Education session for 'learn to run' patrons, sponsored by Moncton Running Room. Co-presenters Julie McGivery (PT)

The Role of Pelvic Floor Physiotherapy in Women with Incontinence and Pain. (March, 2014). Lunch and learn event for healthcare practitioners at Well Nurture Custom Health Inc. Sponsored by Advanced Health and Physiotherapy.

Gardening without Injury. (May 2013) Education session for horticulturists, Westmorland Horticultural Society.