

Dr. Sima Schach, PT, DPT
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Education:

Doctor of Physical Therapy, University of St. Augustine, Austin, TX, 2018
Bachelors of Arts in Kinesiology & French Studies, Rice University, Houston, TX, 2015

Certifications:

Licensed Physical Therapist, State of Texas, since 2019
Clinical Instructor Certification, since 2021
Dry Needling Certification, since 2020
American Red Cross, CPR/AED, current
Registered Yoga Teacher, 200 hours, 2016-current

Work Experience:

Lady Bird Physical Therapy, Pelvic Floor Physical Therapist, January 2024-present
Sullivan Physical Therapy/Origin, Pelvic Floor Physical Therapist, January 2020-October 2023
Achieve Pediatric Therapy and Rehab, Pediatric Physical Therapist, March 2019-December 2019

Awards:

Best of the Best Physical Therapist, Austin American Statesman, 2022

Continuing Education:

Queer & Trans Patients: The Underserved Population in Pelvic Floor Rehab - Pelvic Floor University, 2024
Nutrition Perspectives for the Pelvic Rehab Therapist, Herman & Wallace, 2023
Pregnancy and Postpartum for High Intensity Athletes, Herman & Wallace, 2023
Urogynecological Visceral Manipulations, Gale Wetzell, 2022
Sacroiliac Joint Current Concepts, Herman & Wallace | Pelvic Rehabilitation Institute, 2022
Trauma Sensitive Physical Therapy, Hope for the Journey, 2022
Texas PT – Human Trafficking Prevention, 2021
Vulvar Dermatology and Pelvic Pain for PT's and MD's, Alcove Education, 2021
General Compliance Training for Healthcare Staff, Medbridge Inc, 2021
Fraud, Waste and Abuse Prevention for Clinical Staff, Medbridge Inc, 2021
Doula Course for the Pelvic PT, 2021
IASTM: An Introduction to the Lower Quarter, Medbridge Inc, 2021
Neurologic Dry Needling for Pelvic Pain and Dysfunction, Integrative Dry Needling, 2020
American Physical Therapy Association Pelvic Floor Level III, APTA, 2020
Clinical Instructor Certification Course Part I and II, Texas Consortium for Physical Therapy Clinical Education, 2020
Pediatric Pelvic Floor Rehabilitation: Evaluation and Treatment of Common Conditions, Medbridge Inc, 2020
Pediatric Pelvic Floor Rehabilitation: Terminology, Conditions, & Diagnoses, Medbridge Inc, 2020
Functional Applications in Pelvic Rehabilitation: Part B, Medbridge Inc, 2020
Functional Applications in Pelvic Rehabilitation: Part A, Medbridge Inc, 2020

Hangar 2019

Community Involvement:

Clinical Instructor 2021-Present

Yoga Webinars, Sullivan Physical Therapy, 2020-2022

Presented on the pelvic floor to Club Pilates, 2023

Conference Attendance:

American Physical Therapy Association Combined Sections Meeting, San Antonio, TX, 2022

American Physical Therapy Association Combined Sections Meeting, New Orleans, LA, 2018