

Dr. Jessica Chastka, PT, DPT, WCS
jessica@ladybirdpt.com

EDUCATION

Doctor of Physical Therapy, University of Texas Medical Branch, Galveston, TX 2015
Bachelors of Science-Kinesiology, University of Louisiana Monroe, Monroe, LA 2012

CERTIFICATIONS

- Licensed Physical Therapist, state of Texas, since 2015
- First aid and CPR certified 2012-present
- Clinical Instructor Certification, from the Texas Consortium for Physical Therapy Education, Inc. 4/2016
- Women's Health Clinical Specialist 6/17/19: certified in Women's Health Physical Therapy by the American Board of Physical Therapy Specialists. Demonstrated knowledge, skill, and experience exceeding that of the physical therapist at entry to the profession and unique to the area of women's health practice
- Certified in Dry Needling November 2020

WORK EXPERIENCE

Lady Bird Physical Therapy -- Full Time Pelvic Floor Physical Therapist January 2021-present
Sullivan Physical Therapy --Full Time Pelvic Floor Physical Therapist, October 2015-December 2020
St. David's Hospital, Georgetown --PRN Physical Therapist, September 2015-October 2021

ASSOCIATIONS

APTA member since 2015
Section of Women's Health member since 2016

CONTINUING EDUCATION

- Queer & Trans Patients: The Underserved Population in Pelvic Floor Rehab - Pelvic Floor University, 2024
- Medical Procedures for Pelvic Pain Masterclass - Nicole Cozean October 2023
- Visceral Manipulation: Abdomen 1 (VM1), Barral Institute, August 2023
- Spinning Babies® One Day Workshop February 2023
- Treating the Patient with Fibroids, Triggered Pelvic Academy, February 2023
- Fertility Considerations for the Pelvic Therapist, Herman and Wallace, Lecture completed August 2022, Lab completed April 2023
- The Postpartum Athlete: Guidelines to Return to Sport, Medbridge Inc 2014
- Abdominals in the Postpartum Patient, Evaluation and Treatment, Medbridge Inc 2014
- Postpartum Patient, General Treatment, Medbridge Inc 2014
- Aquatic Therapy for the Pregnant Client, Medbridge Inc 2014
- Cultural Humility with the Transgender and Nonbinary population, Medbridge Inc 2014
- Current Guidelines for Prenatal Fitness, Medbridge Inc 2014
- Patient-Centered Care: Motivational Interviewing and Health Coaching, Medbridge Inc 2014
- Orthopedic Connections to Pelvic Floor Dysfunction, Medbridge Inc 2014
- Postpartum Patient General Examination, Medbridge Inc 2014
- Prostate Cancer Survivorship, Medbridge Inc 2014
- Treatment of Pediatric Pelvic Floor, Medbridge Inc 2014
- Basics of Pediatric Pelvic Floor Treatment, Medbridge Inc 2014
- Enhancing Patient Engagement Throughout the Course of Care, Medbridge Inc 2014
- Treating and Training the Female Runner, Julie Wiebe, 2021
- Neurologic Dry Needling for Pelvic Pain and Dysfunction Course - Integrative Dry Needling November 2020
- The Relationship Between Sleep and Pain, Medbridge Inc 2014

- Pediatric Pelvic Floor Rehabilitation: Evaluation and Treatment of Common Conditions, Medbridge Inc 2014
- Adult Bladder Control and Urinary Incontinence Certificate, Medbridge Inc 2014
- The Female Athlete Triad Medbridge Inc 2014
- Breast Cancer Survivorship Medbridge Inc 2014
- Evidenced Based Treatment of the Pelvis Medbridge Inc 2014
- Comprehensive Care Plan for the Older Adult with Osteoporosis, Medbridge Inc 2014
- More on Breast-Cancer-Related Edema, Medbridge Inc 2014
- Basic Skills to Manage Breast-Cancer-Related Edema, Medbridge Inc 2014
- Fundamentals of Lymphology and Lymphedema Diagnosis, Medbridge Inc 2014
- Diving into the Pelvic Floor, Alcove Education, November 3-4th, 2018, Instructed
- The Basics of Providing Hormone Replacement Therapy (HRT) – Zest Family Medicine
- Graston Technique®: Treating the Sensitive Nervous System Part 2 - Manual Therapy and Complementary Interventions, Medbridge Inc 2014
- Diving into the Pelvic Floor, Alcove Education, May 5-6, 2018, Instructed
- Pacifying Pregnancy Pain, Alcove Education, April 21-22, 2018, Audited
- Vulvodynia and Pelvic Pain: An Evidence-Based and Practical Guide to Treating Women in Pain by Dr. Rachel Rubin, Alcove Education, April 7, 2018, Audited
- Diving into the Pelvic Floor, Alcove Education, November 18-19, 2017 - Instructed
- Understanding Endometriosis, Medbridge Inc 2014
- Pelvic floor 2A: Function, Dysfunction and Treatment: Colorectal and Coccyx Conditions, Male Pelvic Floor, Pudendal Nerve Dysfunction (7/2017)
- How to Treat a Man in Pain: Part 1, Alcove Education, 2017
- Attendance at CSM 2017
- The Female Athlete: The Lower Half (Lumbosacral, Pelvis, Pelvic Floor, Hip) 2014
- Clinical Instructor Certification Course Part I & II, Texas Consortium for Physical Therapy Clinical Education. Inc, 2016
- Pelvic floor Function, Dysfunction and Treatment Level 1, Herman and Wallace 2016
- Evidence-Based Examination of the Lumbar Spine, Medbridge Inc 2014
- Introduction to Female and Male Pelvic Pain, Medbridge Inc 2014
- Vestibulodynia: a Pelvic floor and Orthopedic approach, Alcove Education September 2015

COMMUNITY INVOLVEMENT/LEADERSHIP ROLES

- Clinical Instructor Sullivan Physical Therapy 2016 - 2020
- Developed evidenced based curriculum for Diving Into the Pelvic Floor
- Teaches Diving into The Pelvic Floor for Alcove Education, a continuing education class for clinicians who treat pelvic floor dysfunction
- Teaching Assistant for Alcove Education: How to Treat a Man in Pain: Part 1, Alcove Education, May 2017
- Volunteer for ZERO Prostate Cancer Run/Walk, Urology Austin, October 2017
- Guest lecturer at ACC, presented “Pelvic Floor Physical Therapy” to PTA students in October 2016, 2017, 2018, and 2019
- PT Service Day at SafePlace, Austin, TX, October 2016
- Presented a talk on role of Pelvic Floor PT in Prostate cancer at a Prostate support group July 2018
- Interviewed Wendy Powell, CEO of MUTU System for PT Below The Waist November 2018
- Guest on Top Knot Squad, a podcast about parenting, pregnancy and postpartum February 2019
- Interviewed Nicole Cozean PT, DPT, WCS of Pelvic Sanity and writer of *The Interstitial Cystitis Solution: A Holistic Plan for Healing Painful Symptoms, Resolving Bladder and Pelvic Floor Dysfunction, and Taking Back Your Life* for PTBelowtheWaist April 2019
- Interviewed Dr. Rachel Rubin, MD, a Urologist and surgeon in Washington DC June 2019
- Interviewed Julie Wiebe PT, DPT and Pelvic Health, Orthopedic and Sports Physical Therapist August 2019
- Interviewed Amanda Olson, PT, DPT, PRPC a pelvic floor physical therapist and creator of Intimate Rose September 2019

- Interviewed Susan Clinton, PT, DPT, founder and co-owner of Embody Physiotherapy and Wellness and Continuing Education Instructor February 2020
- Interviewed Heather Edwards, PT, DPT, a pelvic floor physical therapist, holds a certificate in Sexuality Counseling and Sexuality Education February 2020
- Interviewed Jeanice Mitchell PT, MPT, Owner of Integrity Rehab and creator for MyPFM website, youtube channel and instagram January 2020
- Interviewed Amy Stein, PT, DPT, owner of Beyond Basics PT and writer of *Heal Pelvic pain and Beat Endo* January 2020
- Interviewed Jessica Drummond, DCN, CNS, PT, Founder and CEO of Integrative Women's Health Institute March 2020
- Interviewed Jessica Reale, PT, DPT, WCS, owner of Southern Pelvic Health, Pelvic Floor Physical Therapist and instructor with Herman and Wallace September 2020

CLINICAL/SURGICAL OBSERVATIONS:

- Dr. John Thoppil, River Place OBGYN, clinical observation Austin, TX 2023
- Dr. Laura Downing, Austin OBGYN Associates, clinical observation, Austin, TX 2022
- Dr. Elizabeth Mobley, Urology Associates, clinical observation, Austin, TX 2018
- Dr. Tomas Antonini, Central Texas Urogynecology and Continence Center, surgical observation, Austin, TX
- Dr. Natasya Ikbal, Women's Partners in Health, March 2018, clinical observation, Austin, TX
- Dr. Curtis Crane, Urology and Plastic Surgery, May 2017, surgical observation, Austin, TX
- Dr. Mark White, Advanced Pain Care, March 2017, clinical observation, Austin, TX
- Dr. Miranda Hardee, Urology, 2016, clinical observation, Austin, TX

OTHER

- Founded and hosted PT Below The Waist Podcast from 2017-2020
- Provides patient and provider education through instagram, @jessicachastka_dpt