

Dr. Rebecca Maidansky, PT, DPT

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EDUCATION

Doctor of Physical Therapy, Temple University, Philadelphia, PA, 2017

Bachelor of Arts, University of Pittsburgh, Pittsburgh, PA, 2012

CERTIFICATIONS

- Licensed Physical Therapist, State of Texas, 2017
- CPR certified, renewed 2023

PHYSICAL THERAPY EXPERIENCE

- Lady Bird Physical Therapy, *Founder, Clinic Manager, Physical Therapist*, Austin, Texas 2019-present
- Sullivan Physical Therapy, *Pelvic Floor Physical Therapist, full time*, Austin, Texas 2017-2019
- Select Physical Therapy, *Orthopedic Physical Therapist, part time*, Austin, Texas 2017-2018

WORK EXPERIENCE

- Lady Bird Physical Therapy, 2019-Present

Founder, Clinic Manager, Physical therapist: Founded and grew Lady Bird Physical Therapy to a team of 8, offering >100 visits per week in under 3 years.

Social Media Manager: Created and managed Lady Bird PT's Instagram, Youtube channel, Facebook page, blog, newsletter and media relations. Grew Lady Bird PTs Instagram (@ladybirdpt) to 45k followers in 3 years and email list to ~6,000. Created a newsletter with an average 48% open rate.

- Journal of Women's Health Physical Therapy, *Digital Media Editor*, 2022-2024

Write content to draw awareness to articles and research, work closely with editors, authors, academy staff and the publisher in promoting journal content on social media platforms, attend JWPHT Editorial Board Meetings

- Origin Way, *Clinical Advisory Founding Board Member*, 2022-2023

Participate in content creation and development for blog and social media content by leading clinical discussions surrounding recent research, the state of pelvic health physical therapy, areas of growth for the field, improving support for clinicians and patients.

CONTINUING EDUCATION COURSES

- Queer and Trans Patients: The Underserved Population in Pelvic Health, 2024
- Barral Visceral Manipulation: Abdomen, 2023
- Fertility Manual Training Lab, Dr. Oluwayeni Abraham, 2023
- Spinning Babies Workshop, Emma Moreland CPM, 2023
- Vulvovaginal Pain Disorders & Female Sexual Pain Defined, Andrew Goldstein, 2023
- Fertility Considerations For The Pelvic Floor Therapist, Herman & Wallace, 2022
- Orthopedic Connections to Pelvic Floor Dysfunction, Medbridge, 2022
- Introduction to HDS and EDS, Medbridge, 2022
- Abdominals in the Postpartum Athlete, Medbridge, 2022
- Postpartum Patient General Treatment, Medbridge, 2022
- Postpartum Patient General Exam, Medbridge, 2022
- Global Dynamic Functional Stability for the Hip & Pelvis, Medbridge, 2022

- Current Guidelines for Prenatal Fitness, Medbridge, 2022
- Temporomandibular Joint & The Pelvic Floor, MyPFM, 2022
- Inflammation and Its Impact on Performance and Chronic Disease, Medbridge, 2022
- The Neuroscience of Pain, Medbridge, 2022
- Nutrition and Immune Health, Medbridge, 2022
- Telehealth for Pelvic Health, Medbridge, 2022
- Evidence-Based Treatment of Lumbar Spine: An Update, Medbridge, 2022
- Brainy Health and Lifestyle Medicine, Medbridge, 2022
- Social and Cultural Constructs of Pain, 2022
- Lower Extremity Alignment: A proximal approach, Medbridge, 2022
- Pain Peculiarities in Everyday Life, Medbridge, 2022
- Human Trafficking, Medbridge, 2022
- Professionalism in Practice: Examining Common Ethical Challenges, Medbridge, 2022
- Treating the Female Runner, Dr. Julie Wiebe, 2021
- Trauma Informed Care, Dr. Krystyna Holland, 2021
- Birthworker Course, Mamastefit 2021
- Analgesic Options for Labor and Delivery, Dr. Stephen Freiberg, 2021
- Pregnancy Hormones, Dr. Jill Krapf, 2021
- Push Prep, Birth Smarter, 2021
- Moving Beyond the Binary: Love Over Fear Wellness, 2020
- Systemic Racism/Implicit Bias in Perinatal Health: Rebirth Equity, 2020
- Physical Therapy To Support Birth Prep, MyPFM, 2020
- Anti-Racism & Allyship for Rehab and Movement Professionals, Dr. Jpop, 2020
- Diastasis Recti Maximizing Not Minimizing, Birth Healing Summit 2020
- Pushing: Understanding the Second Stage of Labor, MamasteFit, 2020
- Introduction to Caring For the Pregnant Patient, Medbridge Inc, 2019
- Debunking Diastasis Recti, Birth Healing Summit 2019
- Preventing and Healing Birth Trauma, Birth Healing Summit, 2019
- Prolapse Examination, Birth Healing Summit, 2019
- Considering the Female Athlete, Birth Healing Summit, 2019
- The Pressure System: Your Voice, Breath and Pelvic Floor, Birth Healing Summit, 2019
- Understanding Prolapse, Medbridge Inc, 2018
- Understanding Endometriosis, Medbridge Inc, 2018
- Pain Peculiarities in Everyday Life, Medbridge Inc, 2018
- The Running Athlete: Part A- Biomechanics and Analysis, Medbridge Inc, 2018
- Top Down Bottom Up, Gait Happens, 2018
- Functional Applications in Pelvic Rehabilitation: Part A, Medbridge Inc, 2017
- Functional Applications in Pelvic Rehabilitation: Part B, Medbridge Inc, 2017
- Introduction to Female and Male Pelvic Pain, Medbridge Inc, 2017
- Diving Into The Pelvic Floor, Alcove Education, 2017

WRITING

- Head Author and Editor of The Pelvic Press March 2019- Present
- Contributing author to Clinical Case Studies Across the Medical Continuum for Physical Therapists, 2021
- Author and creator of Baby Steps Fitness, 6 Week Recovery Program, 2020
- 6 Questions for Screening the Pelvic Floor, Covalent Careers, March 2018
- Pelvic Floor Physical Therapy Q&A, Birth In Austin, June 2019
- Physical Therapy for Blocked Milk Ducts, August, 2019
- 4 Things Every PT Should Know About Pelvic Floor Physical Therapy, Covalent Careers, March 2018
- Urinary Incontinence and What To Do About It, AustinFit, 2018
- Pelvic Floor Physical Therapist's Guide to Urinary Incontinence, May 2018

- How Pelvic Floor Physical Therapy Can Help You Poop, Health.com, July 2018
- The Athlete's Guide To Pelvic Floor Pain, Women's Running, July 2018
- 3 Exercises That Can Make Sex Less Painful, Health.com, September 2018
- PT's Guide To The Pelvic Floor For Female Athletes, Covalent Careers, October 2018
- Meditation, Mindfulness and Physical Therapy, Better PT, November 2018

PODCAST

- The Boob Business, Pelvic Floor PT.. is it for me?, 2023
- Kegels are the Carbs of the Pelvic Floor, Weight A Minute Podcast, 2022
- Pelvic Health & Business, PelviBiz Podcast, 2022
- Yoga & The Pelvic Floor, Yoga & Podcast, 2021
- More Than Kegels, Your Doing It Different Podcast, 2021
- Who Needs Pelvic Floor PT?, Your Birth Partners Podcast, 2021
- Pelvic Floor Health and Fitness: Q&A with a pelvic floor PT, Blossom Strong Podcast, May 2020

COURSES & PRESENTATIONS CREATED:

- Hysterectomy & Prolapse, 2024
- Baby Steps Fitness: Prenatal Strengthening, 2023
- Managing C-Section Scar Pain & Recovery, 2023
- Understanding VBACs and Improving Outcomes Mini-Course, 2022
- Helping Clients Understand the Role of their Pelvic Floor in Birth, International Childbirth Education Association Conference, 2022
- Birth Preparation and Postpartum Planning Digital Course, 2021
- Baby Steps Fitness, a 6 week postpartum recovery program, 2021
- Better Sex Movement Series, a three week course including education and movement to address painful sex independently and in relationships, 2020
- Diastasis Recti Abdominis Seminar, a class on causes, symptoms and solutions for diastasis recti during and following pregnancy, 2020
- Preparing For A Hospital Birth With Dr. Escarzaga, 2020
- Preparing For A Birthing Center Birth With Midwife Michelle Gold, CPM, 2020
- Pelvic Floor Seminar, a class on pelvic floor changes during pregnancy, childbirth and postpartum recovery, 2020
- Postpartum Sex Seminar, a class on common causes of pain with sex postpartum and common solutions, 2020
- Pregnancy and Postpartum Basics at Austin Area Birthing Center, 2017-2020

COMMUNITY INVOLVEMENT:

- Diastasis Recti Community Workshop, Expert Speaker, 2023
- Perinatal Pelvic Health, Urology Austin, Expert Speaker, 2023
- Helping Clients Understand the Role of their Pelvic Floor in Birth, International Childbirth Education Association Conference, 2022
- Be Well Inside Conference Panel Speaker, Expert Speaker, 2022
- Partners In Parenting, Pelvic Floor Recovery, Expert Speaker 2019-Present
- Austin Doula Care, Pre and Postnatal Preparation, Expert Speaker, 2019-Present
- Austin Area Birthing Center, Birth Preparation and Postpartum Conditions, Centering Expert Presenter 2019-Present
- Baby Steps Connect, Pelvic Health & Postpartum Wellness, Organizer and Expert Speaker 2022
- Benefits of Pelvic Floor PT in Pregnancy & Postpartum Recover, ARC North, Expert Speaker 2021
- Black Mamas ATX, Holistically Healing Black Maternal Health, Expert Speaker, 2021
- Pelvic health through pregnancy, birth and postpartum recovery, Easton Park Moms Group, 2021
- Rogue Running, She Runs, Postpartum Running and Training Expert Speaker, 2020

- Rogue Running, Women's Clinic, Pregnancy and Postpartum Expert Speaker, 2020
- ModFitness, Diastasis Recti and Postpartum Exercise, Expert Speaker, 2019
- Mamasana Vibrant Woman, How To Support Birthing People, Expert Speaker, 2019
- Organized and hosted Austin Birth Workers Meet Up, 2019
- Bloom Retreat, Postpartum Recovery: Pelvic Floor and More, Expert Speaker, 2019
- North Broad Physical Therapy, Volunteer, 2015-2017

CLINICAL OBSERVATION

- Dr. Julia Gutierrez, Austin Area OBGYN, 2023, clinical observation, Austin, TX
- Dr. Bailey Escarzaga, OBGYN, Women Partners in Health, 2023, clinical interview, Austin, TX
- Dr. Laura Downing, Austin OBgyn Associates, 2021, clinical observation, Austin, TX
- Michelle Gold, Midwife, CPM, Austin Area Birthing Center, 2020, clinical interview, Austin, TX
- Dr. Devin Garza, Austin OBGYN, 2018, clinical observation, Austin, TX
- Dr. Elizabeth Mobley, Urology Austin, 2018, clinical observation, Austin, TX
- Megan Tremmel, RN, IBCLC, 2018, clinical observation, Austin, TX

OTHER

- Austin Birth Awards Winner, 2023
- Austin Birth Awards Winner, 2021
- Austin Birth Awards Nominee, 2020
- Pelvic Consultants *Co-founder and Consultant*, 2020,
- Moderator and Creator of Postpartum Recovery, Facebook Group