

Dr. Shannon Russell, PT, DPT

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EDUCATION

Doctor of Physical Therapy, Texas State University, San Marcos, TX 78666

Bachelors of Education-Kinesiology, University of Virginia, Charlottesville, VA 22903

CERTIFICATIONS

- Licensed Physical Therapist, state of Texas, since 2013
- First aid and CPR certified 2012-present

WORK EXPERIENCE

- Lady Bird Physical Therapy -- Pelvic Floor Physical Therapist January 2022-present
- Champion Performance Physical Therapy-- Clinic Director October 2018- August 2021
- Champion Performance Physical Therapy-- Sports Orthopedic Physical therapist June2013-August 2021

CONTINUING EDUCATION

- Queer & Trans Patients: The Underserved Population in Pelvic Floor Rehab - Pelvic Floor University, 2024. Fertility Considerations for the Pelvic Therapist, August 13th 2022
- Pregnancy and Postpartum for High Intensity Athletics - May 21 2023
- Coccydynia and Painful Sitting March 31 2023
- Abdominals in the Postpartum Patient: Evaluation and Treatment Jun 6, 2022
- Treatment Strategies for the Pelvic Girdle and Pelvic Floor Jul 21, 2021
- Evaluation Strategies for the Pelvic Floor Jul 20, 2021
- Functions and Dysfunctions of the Pelvic Girdle and Pelvic Floor Jul 19, 2021
- Current Guidelines for Prenatal Fitness Jul 21, 2021
- The Hip & Pelvis: A Global Systems Approach Jun 13, 2019
- The "How-To" of Teaching Patients about Pain Aug 23, 2019
- Dysfunctional Breathing Part 2: Intervention Strategies Aug 21, 2019
- Dysfunctional Breathing Part 1: Background Information and Assessments Aug 20, 2019
- The Movement System: Advanced Running Assessment and Treatment Aug 20, 2019
- Part A: Sex and Sexuality in Physical Therapy Practice Aug 2, 2021
- Part B: Sexuality for Pelvic Floor Practitioners Aug 10, 2021
- Part C: Clinical Tools for Treatment of Complex Sexual Pain Disorders - Addressing Psychosocial Factors in Treatment Aug 12, 2021
- Understanding Prolapse Completed Aug 11, 2021
- The Athlete's Hip: Evaluation of Groin Pain Completed Aug 25, 2019

- The Athlete's Hip: Treatment of Hip Pathology Completed Aug 25, 2019

COMMUNITY INVOLVEMENT/LEADERSHIP ROLES

- Clinical Instructor Champion Performance Physical Therapy 2013 - 2021
- Presented on the Pelvic Floor during pregnancy and postpartum stages to Moms group 2022

CLINICAL/SURGICAL OBSERVATIONS:

- Dr. Natasya Ikbal, Ascension Medical Group Seton, clinical observation, Austin, TX 2022
- Dr. Elizabeth Mobley, Urology Associates, clinical observation, Austin, TX 2018