

Dr. Tara Sullivan, PT, PRPC, WCS, IF
Pelvicfloorspecialist.com
pelvicfloordoctor@gmail.com

EMPLOYMENT:

HonorHealth

Aug. 2012-present

Pelvic Health Physical Therapist specializing in bowel, bladder, and sexual dysfunction and chronic pelvic pain as it relates to the pelvic floor.

- Expanded the program from one location to three locations across the valley, hiring and mentoring three pelvic health physical therapists.
- Experience in marketing, building and maintaining relationships with referral sources, i.e. Urologists, Gynecologists, and Colorectal Physicians to expand pelvic health program and increase patient population.
- Treatment for urinary and fecal incontinence, dyspareunia, vaginismus, prolapse, constipation, defecation, including patient education, manual therapy, bowel and bladder retraining, visceral and myofascial manipulation, therapeutic exercise, and modalities when appropriate including biofeedback and electrical stimulation.

Herzing University

April 2011-present

Online Instructor for the following classes: Medical Terminology for Healthcare Professionals, Medical Ethics, and Current Healthcare Issues

Northern Arizona University, Phoenix Campus
Franklin Pierce University, Goodyear Campus

Adjunct Professor 2016-2018
Adjunct Professor 2018

Course Author and Presenter of the elective course Pelvic Health Physical Therapy: an introduction to pelvic floor function and treatment including bowel, bladder, and sexual dysfunctions and chronic pelvic pain in men, women, and children.

- The course provides the understanding and knowledge needed to treat the whole person and provide differential diagnosis with overlapping orthopedic and neurological conditions.
- Emphasis on anatomy and physiology of the pelvic floor muscles and bowel, bladder, and sexual function that lead to Pelvic Floor Dysfunction in all patient populations.

Continued

- For each condition, the student will learn to: recognize key signs and symptoms that lead to impairment and functional limitations in all patient populations whether the student therapist chooses to specialize in orthopedic, acute, neuro, or pelvic rehabilitation.

ISSWSH, Scottsdale Conference

Annual Presenter 2016-2018

Course Author and Presenter for the International Society for the Study of Women's Sexual Health: Sexual Pain Mini-Course and co-speaker of Pelvic Floor Physical Therapy Breakout Session

Carrington College

March 2007 – Aug. 2009

Regional Program Director for the massage therapy programs in 5 Western-US college campuses

- Revised and implemented curriculum
- Managed 30 employees (interviewing, hiring, training, reviews, classroom observations, faculty and student issues, and data analysis)
- Taught massage therapy, managed massage clinic and substitute teacher in the physical therapy technician program

SPECIALTY TRAINING:

- | | |
|---------------------------------------------------------------|------------|
| • Pregnancy and Postpartum Complications 2012 | Aug. |
| • Pelvic Floor Level 1 | Sept. 2013 |
| • Pelvic Floor Level 2A | Feb. 2013 |
| • Pelvic Floor Level 3 | June 2013 |
| • Movement and Systems Approach | Nov. 2013 |
| • Women's Health Summit | Feb. 2014 |
| • Pediatric Incontinence and Pelvic Floor Dysfunction | Aug. 2014 |
| • Pudendal Neuralgia Assessment, Treatment, and Differentials | Aug. 2014 |

- Post Prostatectomy 2015 Sept.

Continued

- Sexual Medicine Nov. 2015
- Visceral Manipulation Aug. 2017
- Teacher Assistant for Pelvic Floor Level 2B April 2018

CERTIFICATIONS:

- State of Arizona Board of Physical Therapy, license #9955 Exp. Aug.2020
- ISSWSH Fellowship Exp. Sept. 2023
- Women’s Health Physical Therapy Board Certified Specialist July 2017
- Pelvic Rehabilitation Practitioner Certification Nov. 2015
- Basic Life Support Exp. April 2019

EDUCATION:

- 2012 A.T. Still University
Doctor of Physical Therapy Aug. 2009-
- A.T. Still University
Master of Science in Human Movement Aug. 2008-2010
- Oregon State University
Bachelor of Science in Exercise and Sport Science Sept. 2004-2006
- 2004 Lane Community College
Associate of Art Jan. 2002-
- Florida College of Natural Health
Massage Certificate Nov. 1999-2000