

Dr. Tara Sullivan, PT, DPT, PRPC, WCS, IF  
pelvicfloordoctor@gmail.com  
[pelvicfloorspecialist.com](http://pelvicfloorspecialist.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.

**Herman And Wallace Pelvic Rehabilitation Institute**

**March 2019-present**

**Adjunct Faculty** teaching continuing education courses on pelvic health levels PF1 and PF2

**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 2016-2019**  
**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.
- 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**

**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 programs

## **CERTIFICATIONS:**

- State of Arizona Board of Physical Therapy, license #9955 Exp. Aug.2020
- Women's Health Physical Therapy Board Certified Specialist July 2017
- Pelvic Rehabilitation Practitioner Certification Nov. 2015
- ISSWSH Fellowship Aug  
2018
- Basic Life Support Exp. April 2019

## **EDUCATION:**

- A.T. Still University  
**Doctor of Physical Therapy** Aug. 2009-2012
- 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
- Lane Community College  
**Associate of Art** Jan. 2002-2004
- Florida College of Natural Health  
**Massage Certificate** Nov. 1999-2000

## **SPECIALTY TRAINING:**

- Pregnancy and Postpartum Complications  
Aug. 2012
- 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  
Sept. 2015
- Sexual Medicine  
Nov. 2015
- Visceral Manipulation  
Aug. 2017
- Teacher Assistant for Pelvic Floor Level 2B  
April 2018